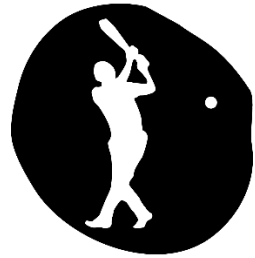


The Upton Meadows Physical Education Journey 2020/2021

Lower Key Stage Two – Creating A Love For Physical Education



Rounders

LKS2 lessons will look at developing basic batting, bowling, fielding skills and applying tactics within the game. LKS2 will start to develop their sporting vocabulary and start to understand the rules of Rounders. They will develop the technique in bowling and batting, then linking their fundamental skills of throwing to their fielding skills.



Tag Rugby

LKS2 will start to link a range of skills learnt in KS1 in a game situation. Starting to also communicate and to compete with others. Children will learn the basic rules for tag rugby, develop a keen ethos to work collectively with others. They will also improve their ball control and technique on throwing and catching.



Netball – High 5

Children in LKS2 will develop their throwing and catching. This will be delivered through High 5 Netball ensuring children are collaborating and competing with each other. They will also develop a responsibility to understand the positions of play.

Your School Games Values

During PE, staff understand the importance of values and focus on the YourSchoolGames Values which consist of:

- Teamwork
- Self-belief
- Honesty
- Passion
- Respect
- Determination

In celebration assemblies, one pupil will receive the 'SPORTS STAR OF THE WEEK' certificate for showing one or more of these values.

Extra-Curricular Sport

All children in LKS2 have the opportunity to attend FREE sports clubs run internally. In these clubs your children will experience an even wider range of sports including OAA and Sports hall Athletics. This enables children to find an enjoyment for a wide range of sporting activities.

There is also an array of external sports clubs on offer including, Hotshots Basketball and Freestyle Soccer that are run as paid for clubs.

Sports Competitions and Fixtures

Upton Meadows Primary School have access to the Northampton School Sport Partnership (NSSP), Northampton Town School Sports Federation (NTSSF), the NPAT Sports Project, Duston Cluster and Strictly Northampton. This ensures all pupils will be able to utilise the skills learnt during PE and extra-curricular sports clubs in a number of competitions, and fixtures, including inclusion events.



Dance

Children will perform routines using a range of movement patterns. LKS2 will link their genre of dance and routines to their topic work and will start to develop their theatrical ability. LKS2 will also develop an understanding of basic choreography. Children will improve their knowledge, skill and technique of different dance genres. Developing confidence and working as team.



Gymnastics – Key Steps

In gymnastics children will develop flexibility, strength, muscular endurance and power through different disciplines. Children in LKS2 will create basic routines and will be able to recall and/or perform them in front of an audience. They will also be able to work towards performing three different disciplines (floor, body management and vault).

Spring Term



Hockey - Quicksticks

During Hockey LKS2 will start to put skills and techniques learnt into a competitive environment. They will also be able to demonstrate what they have learnt to others in their classes. They will start to show some leadership qualities.



Athletics

Children will learn how to develop their technique, balance control and strength whilst working in a group and individually. LKS2 will develop the understanding of different events, learn how to develop a competitive edge in individual and team events and start to understand the muscular and cardiovascular systems.

Autumn Term



Tennis - Mini

LKS2 tennis lessons will help develop eye-hand coordination, body management competency and fundamental skills, which include agility, balance and coordination. Children will develop an understanding of the basic rules for Mini Tennis.