

The Upton Meadows Physical Education Journey 2020/2021

Upper Key Stage Two – Creating A Love For Physical Education



Cricket – Kwik Cricket

Children will develop their batting and fielding techniques. They will also learn to work as a team and officiate matches and lead skill based drills.



Tag Rugby

Children in UKS2 will be able to show excellent skills, strategies and tactics during Tag Rugby. They will also be able to lead and officiate matches showing good leadership skills, with the help of professional Coaches from Northampton Saints as part of the Saints In Schools Partnership.



Dance

UKS2 will perform routines using a range of movement patterns. Children will link their routines to their topic work and will start to develop their theatrical ability. UKS2 will also develop an understanding of more complex choreography. Children will improve their knowledge, skill and technique of dance. Developing confidence and working as team.



Netball – High 5

Children in UKS2 will continue with their development of throwing, 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 lead class warm ups and umpire matches.



Gymnastics – Key Steps

Children's flexibility, strength, muscular endurance and power will continue to be a focus as well as continuing to develop balance, control and technique. UKS2 will be able to perform more complex routines in floor, body management and vault. Children will also be able to evaluate their own and others performances and give positive and constructive feedback.

Spring
Term

Summer
Term



Hockey – QuickSticks

Children will be able to play competitive games of Quicksticks Hockey with confidence and success. Children in UKS2 will also show confidence and effective communication with peers.



Athletics

Children will enjoy communicating, collaborating and competing with each other. They will also be able to analyse their own and others performances.

Autumn
Term



Tennis – Mini

UKS2 will demonstrate accuracy and develop and enhance technique in a fun and competitive environment. Children will lead warm up and skill based drills.

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 Clubs

All pupils in UKS2 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 Fixtures and Competitions

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.

The Physical Education Journey Starts Here ...