

“When there is EFFORT, ATTITUDE and DESIRE, nothing is impossible” - Lionel Messi

Orienteering	Dance	Invasion Games	Net and wall	Athletics
Communication, Decision-making, Map reading, Navigation, Observation, Orientation, Pace judgement, Teamwork	Action/reaction, Canon, Choreograph, Count, Dynamics, Emotions/Feelings, Set, Timings, Trigger, Unison	Body position, Bounce pass, Chest pass, Curl/swerve, Double dribble, Overhead pass, Positions, Rebound, Travel, Volley, Weight of pass	Backhand, Deuce, Drop shot, Forehand, Grip, Love, Net, Overhead shot, Rally, Smash, Umpire, Volley	Analysis, Consistency, Speed Endurance, Explosive Power, Momentum, Relay changeover, Officiate, Technique

Substantive Knowledge in PE is based on deliberate practise and development of specific skills that can be used in a variety of disciplines, sports and games.

Disciplinary Knowledge in PE comes through opportunities for the children to choose and apply their own actions, balances, movements and skills. Once they have mastered the specific skills, they have opportunities to apply these within sports and games; therefore, they have to choose different strategies and the best way to approach different challenges. When the children know more, they remember more and can do more.

Key Concepts

- Head** Knowledge Understanding
 - Analysis Feedback
 - Responsibility
- Heart** Communication Leadership
 - Respect Resilience
 - Effort Confidence
- Hands** Physical Qualities
 - Fit and Healthy
 - Competitive
 - Techniques Tactics

Extra Curriculum Competitions
Ashfield District School Games (Level 2 events)

- including events such as:
- Invasion Games
 - Basketball
 - Netball
 - Tennis
 - Swimming

Next Level Events

- Boccia
- Dodge Ball
- Cross Country
- Handball
- Tag Rugby

Next Level After School Sports Clubs KS1 & KS2

- Girls and Boys Football
- Multi-sports
- Basketball

Additional sports events

- Sports leader training
- Sports days
- Sports week
- Additional out of school coaching

School Games Values

We follow the six School Games Values when competing and in our PE lessons.

Determination: Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self discipline to overcome obstacles, commit to your goals and keep working everyday to become the very best you can be. Don't hold back!

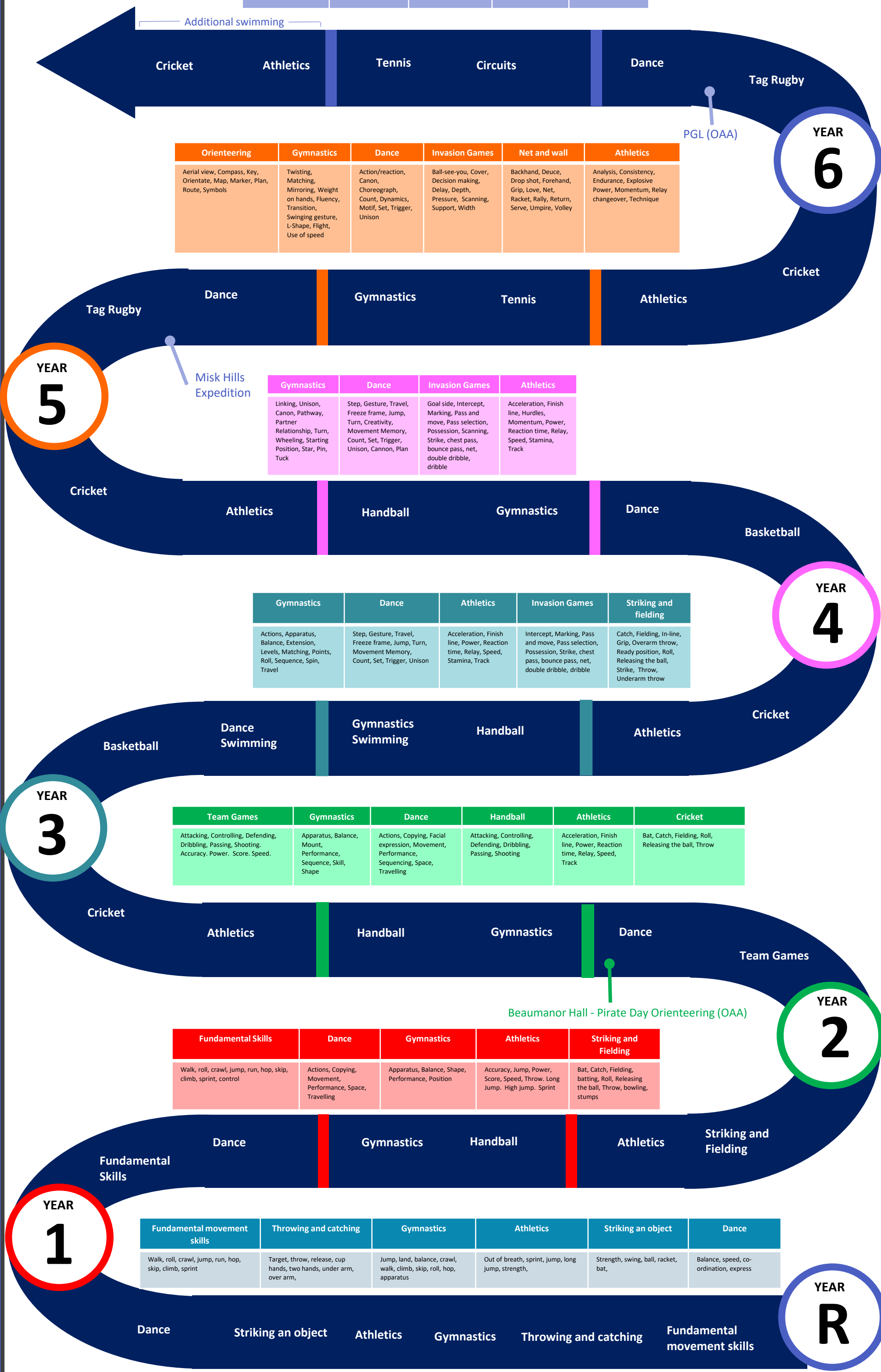
Teamwork: Treating everyone equally, supporting each other and working together to have fun and achieve. Celebrate each other's success and be a positive team player.

Self Belief: You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best

Honesty: Be honest with others and with yourself. Have the courage to do the right thing and what you know is right. Let the best person win, not the best cheat!

Passion: Giving it 100 per cent. Put your heart and soul into the game and never give up. Passion makes you enter the race and passion makes you finish it.

Respect: Show respect for the referee, for the opposition, for your team mates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Have respect every day, in every sport and for everyone.



P.E : we aim to utilise fine and gross motor skills, cultivate character, ambition and healthy competition