



Physical Education (PE) Programme

2022/2023



Peak Active Sport
Physical Education (PE) Programme

Our PE programme has been specifically modified to challenge each individual participant, with our main aim of maximum participation and achievable practices.

This programme defines different topics and sessions from Reception through to Year Six. To start with Reception and KS1 focus on individual practices and skill work, we have named this stage the basic fundamentals stage. As children develop their individual skills and technique they move on to more team based activities. Therefore we have split KS2 into two stages. The first stage is the fundamentals stage which is designed to develop Year 3 and Year 4 children. This stage is using those individual skills and transforming them into small team activities. Finally Year 5 and Year 6 will develop to the fundamentals plus stage. This is now focusing on teamwork activities, including aspect such as leadership and small sided game play.

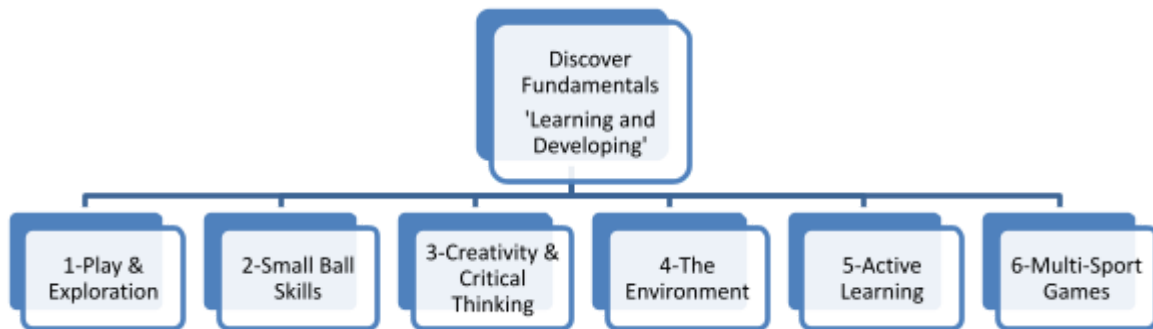
A diagram of the different stages can be seen below-

Year Group	Stage of Programme
Nursery	Discover Fundamentals
Reception	Basic Fundamentals
Year One	
Year Two	
Year Three	Fundamentals
Year Four	
Year Five	Fundamentals Plus
Year Six	

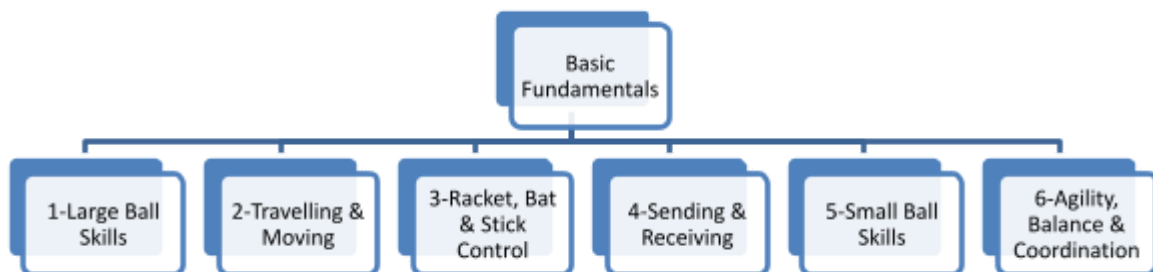
Each specific stage has six topics which run through the year; a breakdown of topics for each specific stage can be seen clearly from the following diagrams.



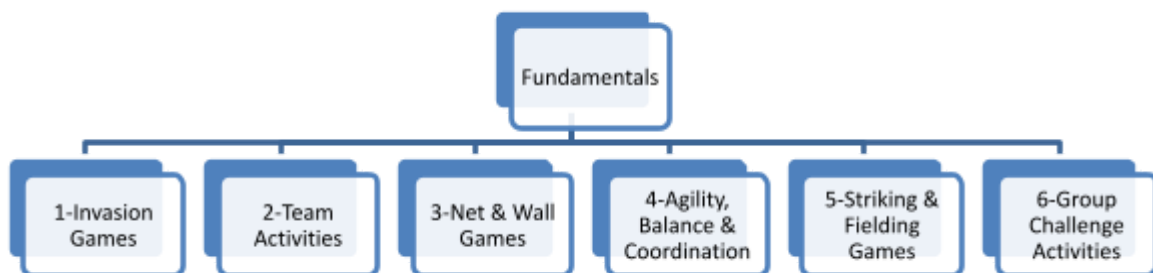
- Discover Fundamentals (Nursery and Early Years Foundation Stage)



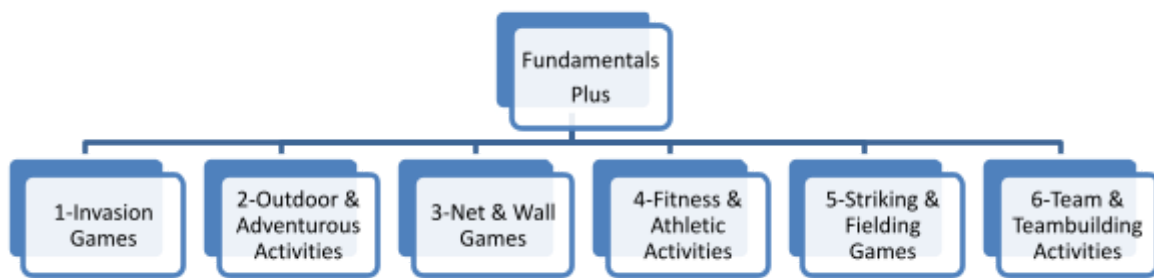
- Basic Fundamentals (Reception, Year One and Year Two)



- Fundamentals (Year Three and Year Four)



- Fundamentals Plus (Year Five and Year Six)



For each stage children will focus on each topic for half a term (6/7 week period).

During these stages children will progress from year to year therefore each topic will be tailored to each specific year group. The development from year to year is extremely important; however having an overlap in sessions makes it easier for children to understand the topics. Through this method children will progress their individual skills and team work year on year.

Each specific topic has six/seven sessions which run through each half term; a breakdown of sessions for each specific topic can be seen below-

- Discover Fundamentals (Nursery and Early Years Foundation Stage)



- Basic Fundamentals (Reception, Year One and Year Two)

1-Large Ball Skills

- Basketball manipulation
- Football manipulation
- Rugby ball manipulation
- Handball skills
- Bouncy ball skills
- Mixture of balls

2-Travelling & Moving

- Discover the environment
- Spacefinder
- Dodge the obstacle
- Colour coordination
- Hop, skip and jump
- Numbers, letters and shapes

3-Racket , Bat and Stick Control

- Discovering the equipment
- Tennis racket control
- Cricket bat strikes
- Uni-Hoc movements
- Rounders bat discovery
- Strike it lucky

4-Sending & Receiving

- Sending on your own
- Rollerball
- Sending the ball
- Receiving the ball
- Bean bag play
- Team Play

5-Small Ball Skills

- Individual ball work
- Target practice games
- Body parts game
- Cowboys and Indians
- Rolling, dribbling and bouncing
- Space invaders

6-Agility, Balance & Coordination

- Understanding body movements
- Agility course
- Balance line/stepping stone work
- Copy Cat and partner challenge
- Different body moves
- Stations are us

● Fundamentals (Year Three and Year Four)

1-Invasion Games

- Football
- Uni-Hoc (repeat if possible)
- Basketball (repeat if possible)
- Handball (repeat if possible)

2-Team Activities

- Communication work
- Small group challenges
- Attackers verses defenders
- Leadership games
- Wacky races

3-Net & Wall Games

- Tennis skills (repeat if possible)
- Volleyball skills (repeat if possible)
- Badminton skills
- Rebound games (mix of balls)

4-Agility, Balance & Coordination

- Circuits (static)
- Circuits (dynamic)
- Equipment balance work
- Agility course
- Ladders and hurdles
- Colour/Number reaction games

5-Striking & Fielding Games

- Cricket stations
- Rounders batting practice
- Tri-Golf putting
- Tri-Golf chipping
- Small group diamond cricket
- Fielding positions and techniques

6-Group Challenge Activities

- Alphabet hunt
- Rope challenge
- Islands and Gutter games
- Bench and shape games
- Numbers, letters and shapes
- Partner challenges you

● Fundamentals Plus (Year Five and Year Six)

1-Invasion Games

- Football
- Basketball
- Uni-Hoc
- Rugby
- Netball
- Lacrosse
- Handball

2-Outdoor & Adventurous Activities

- Orienteering challenge
- Problem solving games
- Invention of new games x1
- Invention of new games x 2
- Navigation
- Map reading and designing
- Survival skills challenge

3-Net & Wall Games

(repeat twice- include rules , refereeing and tournaments)

- Tennis
- Volleyball
- Badminton

4-Fitness & Athletic Activities

- Track activities (short distance)
- Track activities (long distance)
- Field activities (throwing)
- Field activities (jumping)
- Agility, balance and coordination
- Partner challenge (static)
- Partner challenge (dynamic)

5-Striking & Fielding Games

- Running Cricket
- Running Rounders
- Tri-Golf driving range
- Cricket game
- Rounders game
- Tri-Golf course
- (select the groups weakest to repeat)

6-Team & Teambuilding Activities

- Wacky Relays
- Capture the flag
- Space invaders
- Kick the cone
- Teambuilding challenge
- Team game challenge
- Group choice decision