



PE and Sports at St Mary's

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PE

This term in PE, St Mary's staff have continued to deliver the Real PE Curriculum, alongside a PE specialist focusing on bat and ball, striking and fielding games.

Health and fitness were our learning behaviour themes this half term, this is seen as the dark blue cog on our Real PE Wheel.

Year Group	Outdoor PE focus ValSabin	Indoor PE focus Real PE	Learning Focus and Targets: Cognitive
Reception		In this unit, the children have developed and applied ball chasing and floor work balance through focused thematic stories, songs, and games.	Expected - I am aware of the changes to the way I feel when I exercise. Exceeding - I am aware of why exercise is important for good health.
Year 1	By the end of this unit - Steer a ball along the ground with a bat in a controlled way using different directions and weaving through slaloms. Balance a ball on a bat whilst stand and moving. Hit a ball with a bat upwards and downwards. Send a ball along the ground and through the air to a partner. Understand and show skipping with a rope. Use steering, hitting along the ground and hitting through the air to play individual and co-operative target games.	In this unit, children have and applied ball chasing and floor work balance through focused skill development sessions, thematic stories, and games.	Emerging - I am aware of the changes to the way I feel when I exercise. Expected - I am aware of why exercise is important for good health. Exceeding - I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely.

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<p>Year 2</p>	<p>By the end of this unit - Send and receive with consistency, coordination and control using a variety of equipment. Demonstrate accuracy when using hands and feet in different ways to pass or aim. Understand and use simple tactics. Observe and copy a partner's game and then improve it. Choose and use appropriate equipment for the games they create both individually and with a partner. Make up rules and know how to make the game more challenging.</p>	<p>In this unit, children have developed ball chasing and floor work balance through focused skill development sessions, cooperative and competitive games.</p>	<p>Emerging - I am aware of why exercise is important for good health. Expected - I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely. Exceeding - I can describe how and why my body changes during and after exercise.</p>
<p>Year 3</p>	<p>By the end of this unit - Strike a ball with confidence and control and direct it accurately into simple target area. Receive the ball from one direction and throw or strike it away in another direction. Understand and identify good striking and fielding techniques. Make judgements about how best to intercept a ball travelling towards, to one side or beyond the fielder. Combine the skills to play effectively in small sides striking/fielding game and use simple attacking and defending tactics. Understand and demonstrate the roles of a bowler, striker, fielder, backstop/wicket keeper.</p>	<p>In this unit, the children have developed ball chasing and stance through focused skill development sessions, healthy competition, cooperative games, and Personal Best challenges.</p>	<p>Emerging - I use equipment appropriately and move and land safely. I can say how my body feels before, during and after exercise. Expected - I can describe how and why my body changes during and after exercise. I can explain why we need a warm-up and cool down. Exceeding - I can explain how often and how long I should exercise to be healthy. I can describe the basic fitness components.</p>

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<p>Year 4</p>	<p>By the end of this unit - Know and use different ways of sending into and fielding from different directions. Throw accurately and be a reliable bowler and feeder. Strike a ball along the ground or through the air in different directions with control. Understand how to direct or place a ball into spaces to score and how best to intercept and field the ball to return it. Combine the skills to play small-sided striking/fielding games to show an understanding of simple tactics.</p>	<p>In this unit, the children have developed and applied ball chasing and stance through focused skill development sessions, healthy competition, cooperative games, and group Personal Best challenges.</p>	<p>Emerging - I use equipment appropriately and move and land safely. I can say how my body feels before, during and after exercise. Expected - I can describe how and why my body changes during and after exercise. I can explain why we need to warm up and cool down. Exceeding - I can record and monitor how hard I am working. I can describe the basic fitness components.</p>
<p>Year 5</p>	<p>By the end of this unit - Use a rounders bat or cricket bat with confidence. Strike and throw the ball with reasonable accuracy and consistency. Bowl underarm so the ball arrives appropriately for the batter to hit. Understand when and how to move when fielding a ball. Play confidently in a range of small-sided striking/fielding games using different types of bats.</p>	<p>In this unit, the children have developed and applied sending and receiving and ball chasing through focused skill development sessions, modified/non-traditional games and sports and healthy competition.</p>	<p>Emerging - I can describe how and why my body changes during and after exercise. I can explain why we need to warm-up and cool down. Expected - I can describe the basic fitness components. I can explain how often and how long I should exercise to be healthy. Exceeding - I can identify possible dangers when planning an activity.</p>
<p>Year 6</p>	<p>By the end of this unit - Know, understand, and show the correct striking stance and direct the ball away from fielders using different angles and speeds. Bowl in competitive situations and understand strategies that can be deployed between bowler/ wicketkeeper/ backstop/bases. Field the ball and return it with an overarm throw and know when to run after hitting a ball. Play confidently and effectively in a range of small-sided striking/fielding games and work as a team. Recognise and identify what needs to be improved in their performance and can suggest ways to do it.</p>	<p>In this unit, the children have developed and applied sending and receiving and ball chasing through focused skill development sessions, modified/non-traditional games and sports and healthy competition.</p>	<p>Emerging - I can describe how and why my body changes during and after exercise. I can explain why we need to warm-up and cool down. Expected - I can describe the basic fitness components. I can record and monitor how hard I am working. Exceeding - I can self-select and perform appropriate warm-up and cool down activities.</p>



Sports Events – Summer Term 2024



Guest Speakers - This half term we welcomed a total of twelve guest speakers from the world of sports, over the course of a week each assembly was filled with amazing stories and motivational advice. Please see the separate document on the website for a full list and breakdown of all our wonderful speakers.

Sports Day - This year's sports days were spread out over a week, each phase group had a morning session filled with inclusive, exciting and competitive activities tailored to their year group. Each year group was split into eight teams with allocated team colours to wear on the day. At St Marys we are proud to welcome parents to our events and sports day was no exception. We saw lots of families attend and even participate in the parents' races to conclude the sessions.

On the week of the 24th of June - Monday and Tuesday sessions were for KS2, the children took part in eight field events on the playground testing all ranges of athletics skills such as throwing javelins and shot puts and jumping long jump and triple jumps. The children also took part in a variety of track running events such as sprints, relays, egg and spoon and more.

Wednesday and Thursday - EYFS and KS1 had their opportunity to participate in their sports day. Like KS2, KS1 took part in eight carefully selected field events. They also took part in eight relay based, non-competitive, running track events - these included space hoppers, skipping, stilts, running, egg & spoon, football dribbling, bean bag on the head and hurdles. All carefully picked to highlight skills the children have developed throughout the year in PE lessons.

Thursday afternoon and Friday morning - Nursery had their turn to take part in sport day. They had a smaller scale sports day with three field events and three running track events. Running, throwing, balancing and aiming were all key themes for Nursey's sports day.

Please see the school website for pictures taken over the week.