

## East Worlington Primary School Physical Education After School Club Rolling Program Wednesdays

Delivered in partnership with Primary Sports and Education

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Foundation/KS1</b>	<p><b>Multi-skills with a focus on Tag rugby</b> Working on agility and coordination, working as a team and basic technique when passing</p>	<p><b>Multi-skills with a focus on Netball</b> Hand-eye coordination, sending and receiving, communication, working on basic passes.</p>	<p><b>Gymnastics/Dance</b> - Children will discover a range of travelling, jumping, turning rolling and balancing. Children will learn different speeds, tempo, rhythms and will also learn how to use shared space of the hall using different pathways, directions, and levels.</p>	<p><b>Multi-skills with a focus on Volley-Sport</b> Developing hand eye coordination, working on the basics of catching the ball above your head, dig, set, spike.</p>	<p><b>Outdoor Education</b> Map reading, Orienteering, Communication and Teamwork</p>	<p><b>Multi-skills with a focus on Tennis/Racket Sports</b> Working on hand eye coordination and agility. Basics of contact points and forehands and backhands and volleys.</p>
<b>KS2</b>	<p><b>Football</b> Working on hand eye coordination, understanding the rules of the game, show the correct technique, understand how to serve and position myself on the court.</p>	<p><b>Netball</b> Working on understanding the rules of the game, special awareness, communication, agility and invasion.</p>	<p><b>Gymnastics/Dance</b> Children will discover a wide range of travelling, jumping, turning rolling and balancing. They will also learn how to create routines and make them flow using control and continuity with a single movement and also when joining movements together.</p>	<p><b>Volley-sport</b> Understanding the rules of the game. Understanding the dig, set, spike. How to play and referee a volley-sport match. The rules of the sport.</p>	<p><b>Outdoor Education</b> Map reading, Orienteering, Communication and Teamwork</p>	<p><b>Tennis/Racket Sports</b> Working on forehands, backhands, volleys and serves, understanding the rules of the game, how to play a tiebreak and service games.</p>
	<p><b>Swimming Reception to Year 5</b> To be able to swim 25 meters unaided To develop a range of different strokes To be able to self-save in a variety of water-based situations.</p>					

## East Worlington Primary School Physical Education Rolling Program Thursdays

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Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Foundation/KS1</b>	<p><b>Multi-skills with a focus on Teambuilding</b></p> <p>Understanding how to work together, as a team, and achieve a team goal.</p>	<p><b>Multi-skills with a focus on Tag Rugby</b></p> <p>Developing coordination, hit ball with basic control, serve under arm, and return a ball.</p>	<p><b>Gymnastics/Dance</b></p> <p>Children will discover a range of travelling, jumping, turning rolling and balancing. Children will learn different speeds, tempo, rhythms and will also learn how to use shared space of the hall using different pathways, directions and levels.</p>	<p><b>Multi-skills with a focus on Uni-Hoc</b></p> <p>Understanding how to dribble and pass the ball, find a space on the pitch, and take a shot at goal.</p>	<p><b>Multi-skills with a focus on Athletics</b></p> <p>Working on agility, balance, coordination and speed. Working on Throwing, jumping and running.</p>	<p><b>Forest Schools</b></p> <p>Linked to Primary Forest Schools in Education</p> <p><b>Outdoor Education</b></p> <p>Forest Schools, design and make a variety of large and small projects using materials found in our environment.</p>
<b>KS2</b>	<p><b>Teambuilding</b></p> <p>Working as a team to achieve a goal, communicating effectively with teammates, and to be able to manage and lead a team.</p>	<p><b>Tag Rugby</b></p> <p>Working on hand eye coordination, understanding the rules of the game, working on teamwork and communication.</p>	<p><b>Gymnastics</b></p> <p>Children will discover a wide range of travelling, jumping, turning rolling and balancing. They will also learn how to create routines and make them flow using control and continuity with a single movement and also when joining movements together.</p>	<p><b>Uni-Hoc</b></p> <p>Understanding the rules of the game. Learn different techniques when dribbling, passing and shooting, to understand a range of tactics when playing the game.</p>	<p><b>Athletics</b></p> <p>Understanding how to score in athletics events and working on techniques. Working on Javelin, triple jump, Long jump, Long distance, sprinting and relay.</p>	<p><b>Forest Schools</b></p> <p>Linked to Primary Forest Schools in Education</p> <p><b>Outdoor Education</b></p> <p>Forest Schools, design and make a variety of large and small projects using materials found in our environment.</p>

## East Worlington Primary School Physical Education Rolling Program Additional Wednesday

Delivered in partnership with Primary Sports and Education

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Foundation/KS1</b>	<p>Wednesday After school club</p> <p><b>Multi-skills-</b> Children will have the chance to participate in lots of different games and activities which will develop their agility, balance, co-ordination, and speed.</p>	<p>Wednesday After school club</p> <p><b>Multi-skills-</b> Children will have the chance to participate in lots of different games and activities which will develop their agility, balance, co-ordination, and speed.</p>	<p>Wednesday After school club</p> <p><b>Gymnastics-</b> Children will have the chance to participate in lots of different games and activities which will develop their agility, balance, co-ordination, and speed. Children will be learning the basic movements, shapes, roles, balances and jumps. We will work on putting these movements into a sequence.</p>	<p>Wednesday After school club</p> <p><b>Gymnastics-</b> Children will have the chance to participate in lots of different games and activities which will develop their agility, balance, co-ordination, and speed. Children will be learning the basic movements, shapes, roles, balances and jumps. We will work on putting these movements into a sequence.</p>	<p>Wednesday After school club</p> <p><b>Rounders/Cricket</b> Understanding the rules and tactics of the game, techniques when bowling, fielding, striking with consistency and working as a team.</p>	<p>Wednesday After school club</p> <p><b>Football</b> Understanding the rules and tactics of the game, choosing appropriate techniques when defending and attacking with consistency and working as a team.</p>

## East Worlington Primary School Physical Education Rolling Program Additional Thursdays

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Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>KS2</b>	<p>Thursday After school club</p> <p><b>TeamSports-</b> Children will have the chance to participate in lots of different games and activities which will develop lots of different skills. Children will participate in lots of different Team sports such as Rugby, Football, Netball, Handball, Basketball and Dodgeball. Certificates and prizes will be given out the children at the end of the programme.</p>	<p>Thursday After school club</p> <p><b>TeamSports-</b> Children will have the chance to participate in lots of different games and activities which will develop lots of different skills. Children will participate in lots of different Team sports such as Rugby, Football, Netball, Handball, Basketball and Dodgeball. Certificates and prizes will be given out the children at the end of the programme.</p>	<p>Thursday After school club</p> <p><b>Gymnastics-</b> Children will have the chance to participate in lots of different games and activities which will develop lots of different skills. Children will be learning the basic Gymnastic Travel, shapes, jumps and roles, as well as creating sequences and routines including all the movements taught. Certificates and prizes will be given out the children at the end of the programme.</p>	<p>Thursday After school club</p> <p><b>Gymnastics-</b> Children will have the chance to participate in lots of different games and activities which will develop lots of different skills. Children will be learning the basic Gymnastic Travel, shapes, jumps and roles, as well as creating sequences and routines including all the movements taught. Certificates and prizes will be given out the children at the end of the programme.</p>	<p><b>Athletics-</b> Understanding how to score in athletics events and working on techniques. Working on Javelin, triple jump, Long jump, Long distance, sprinting and relay</p>	<p><b>Dodgeball/Bench ball</b> Understanding how to score in dodgeball and bench ball and working on techniques and reaction time.</p>
					<p><b>Outward Bound</b> Residential – PGL/Hooke court</p>	



Blank writing area for notes.

