

East Worlington Primary School Physical Education After School Club Rolling Program 2021-2022 Wednesday

Delivered in partnership with Primary Sports and Education

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation/KS1	<p>Multiskills with a focus on Tag rugby Working on agility and coordination, working as a team and basic technique when passing</p>	<p>Multiskills with a focus on Netball</p> <p>Hand-eye coordination, sending and receiving, communication, working on basic passes.</p>	<p>Gymnastics/Dance</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>Multiskills with a focus on Volley-Sport</p> <p>Developing hand eye coordination, working on the basics of catching the ball above your head, dig, set, spike.</p>	<p>Multiskills with a focus on Tennis</p> <p>Working on hand eye coordination and agility. Basics of contact points and forehands and backhands and volleys.</p>	<p>Multiskills with a focus on Athletics</p> <p>Working on agility, balance, coordination and speed. Working on Throwing, jumping and running.</p>
KS2	<p>Tag rugby</p> <p>Working on understanding the rules of the game, special awareness, communication, agility and invasion.</p>	<p>Netball</p> <p>Working on hand eye coordination, understanding the rules of the game, working on teamwork and communication.</p>	<p>Gymnastics/Dance</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>Volley-sport</p> <p>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>Tennis</p> <p>Working on forehands, backhands, volleys and serves, understanding the rules of the game, how to play a tiebreak and service games.</p>	<p>Athletics</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>

East Worlington Primary School Physical Education Rolling Program 2021-2022 Thursday

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Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation/KS1	<p>Multiskills with a focus on Teambuilding</p> <p>Understanding how to work together, as a team, and achieve a team goal.</p>	<p>Multiskills with a focus on Table tennis</p> <p>Developing coordination, hit ball with basic control, serve under arm, and return a ball.</p>	<p>Gymnastics/Dance</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>Multiskills with a focus on Uni-Hoc</p> <p>Understanding how to dribble and pass the ball, find a space on the pitch, and take a shot at goal.</p>	<p>Multiskills with a focus on Badminton</p> <p>Working on hand eye coordination and agility. Basics of contact points.</p>	<p>Multiskills with a focus on Rounders</p> <p>Working on catching and striking, Bowling and fielding, basic technique in all areas.</p>
KS2	<p>Teambuilding</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>Table tennis/Football</p> <p>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>Gymnastics</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>Uni-Hoc</p> <p>Understanding the rules of the game. Learn different techniques when dribbling, passing and shooting, I understand a range of tactics when playing the game.</p>	<p>Badminton</p> <p>Working on striking shuttlecock with consistency, tactics when playing badminton, and increasing accuracy when serving.</p>	<p>Rounders</p> <p>Understanding the rules and tactics of the game, techniques when bowling, fielding, striking with consistency and working as a team.</p>

East Worlington Primary School Physical Education Rolling Program 2021-2022 Additional

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Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation/KS1	Thursday After school club -	Thursday After school club	Thursday After school club	Thursday After school club	Thursday After school club	Thursday After school club
	<p>Multi-skills- 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>Multi-skills- 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>Gymnastics- 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>Gymnastics- 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>Athletics- Working on agility, balance, coordination and speed. Working on Throwing, jumping and running</p>	<p>Athletics- Working on agility, balance, coordination and speed. Working on Throwing, jumping and running</p>
			Outdoor Education		Swimming	
			Forest Schools, design and make a variety of large and small projects using materials found in our environment.		To be able to swim 25 meters aided To develop a range of different strokes To be able to self-save in a variety of water-based situations.	

East Worlington Primary School Physical Education Rolling Program 2021-2022 Additional

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Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS2	<p>Wednesday After school club</p> <p>TeamSports- 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>Wednesday- After school club</p> <p>TeamSports- 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>Wednesday After school club</p> <p>Gymnastics- 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>Wednesday After school club</p> <p>Gymnastics- 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>Swimming 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>	
	<p>Outdoor Education Forest Schools, design and make a variety of large and small projects using materials found in our environment.</p>				<p>Wednesday</p> <p>Athletics- Understanding how to score in athletics events and working on techniques. Working on Javerlin, triple jump, Long jump, Long distance, sprinting and relay</p>	<p>Wednesday</p> <p>Athletics- Understanding how to score in athletics events and working on techniques. Working on Javerlin, triple jump, Long jump, Long distance, sprinting and relay</p>
					<p>Outward Bound Residential - PGL</p>	



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