

What does PE look like at Overstone Primary?

At Overstone Primary, we aim for the Physical Education curriculum to inspire all pupils to enjoy, succeed and excel in competitive sport and other physically-demanding activities. We will strive to ensure that every child exceeds their potential and the impact of our PE curriculum will allow our children to live a healthy and active lifestyle. As part of this, we will provide the children with plenty of opportunities to allow them to enjoy communicating, collaborating and competing.

Children are provided with two PE sessions a week throughout the school. We have adopted a PE scheme called 'PE Planning' which meets the requirements of the Early Years Framework and the National Curriculum. It focuses on progression from Foundation Stage through to Key Stage 2, with active, engaging learning, to prepare children for active participation in games and competitions. Our aim for this is to build character and help to embed core values, such as fairness and respect, and to inspire a positive relationship with competitive sport learning respectable competition attributes.

Alongside PE lessons, Year 3 have 10 weeks of swimming lessons and Years 5 and 6 have 10 weeks of top up sessions for any children who are unable to swim 25m.

Staff members, Pacesetter Sports, Freestyle Soccer and our Year 5 Sports Crew also provide a variety of opportunities for our children, focussing on a range of different sports that take place before or after school or during lunchtime.

By providing access to a variety of sports, both in and out of PE lessons, it prepares children for taking part in intra-school competitions and inter-school competitions. Intra-school competitions are held in PE lessons every half term and Pacesetter Sports and The Kettering School Sports Partnership provide other competitive opportunities. Our PE curriculum and clubs are guided by these in order for the children to achieve their best at these tournaments.

PE Timetable

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R Indoor	Me and Myself	Ball Skills	Throwing and Catching	Ball Skills	Dance	Throwing and Catching
Year R Indoor	Fun and Games	Movement and Development	Working with Others	Gymnastics (Yr1 plan)	Fitness Outdoor (Yr1 plan)	Athletics Outdoor (Yr1 planning)
Year 1 Outdoor	Football	Hockey	Tag Rugby	Netball	Cricket (Pacesetter)	Athletics (Pacesetter)
Year 1 Indoor	Gymnastics (Pacesetter)	Dance (Pacesetter)	Basketball (Pacesetter)	Dodgeball (Pacesetter)	Fitness	Tennis
Year 2 Outdoor	Football	Hockey	Tag Rugby	Netball	Cricket	Athletics
Year 2 Indoor	Gymnastics	Dance	Basketball	Dodgeball	Fitness	Tennis
Year 3 Outdoor	Football	Hockey	Swimming		Cricket	Athletics
Year 3 Indoor	Gymnastics	Tag Rugby	Basketball	Dodgeball	Fitness	Tennis
Year 4 Outdoor	Football	Hockey	Tag Rugby	Netball	Cricket (Pacesetter)	Athletics (Pacesetter)
Year 4 Indoor	Gymnastics (Pacesetter)	Dance (Pacesetter)	Basketball (Basketball)	Dodgeball (Pacesetter)	Swimming	
Years 5/6 Outdoor	Football	Hockey	Tag Rugby	Netball	Cricket	Athletics
Year 5/6 Indoor	Gymnastics	Dance	Basketball	Dodgeball	Fitness	Tennis

Example of clubs available

<u>Clubs at Overstone Primary School Spring 2 Term</u>				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Morning	Morning Football- Freestyle Football	Morning Dodgeball	Morning
Lunch Time Pacesetter- Change For Life	Lunch Time Sports Crew Chess Club in the Owl's Nest	Lunch Time Sports Crew Pacesetter Colouring Club- KS2-Mrs Coe	Lunch Time Sports Crew Chess Club in the Owl's Nest	Lunch Time Sports Crew Pacesetter Coding Club-Year 3/4-Mrs Coe
After School Gymnastics – Pacesetter Choir-Mrs Bellamy-KS2	After School Basketball- Pacesetter	After School Performing Arts	After School Netball-Mrs Bellamy	After School Yoga