

PHYSICAL EDUCATION CURRICULUM INFORMATION

YEAR 1

In Games lessons, Year 1 girls develop multi-skills which include basic catching, throwing and movement skills. In gymnastics, they develop travelling and balancing skills working towards building a sequence of actions. In swimming, they build confidence in the water by moving with and without buoyancy aids. They develop symmetrical and asymmetrical arm and leg actions and they begin to float on their front and back.

YEAR 2

In Games lessons, Year 2 girls further develop multi-skills which include catching and various types of throwing actions. They are introduced to stick and ball activities, as well as net and wall, and striking and fielding games. They begin to work together by playing small sided games with attackers and defenders. In gymnastics, they develop further travelling and balancing skills with a view to building extended sequences. In swimming, they develop techniques for front crawl, back stroke and breast stroke.

YEAR 3

In Games lessons, Year 3 girls work towards understanding the basic rules and conventions of a variety of sports, namely Uni-hoc, First Step netball and other invasion games, tennis and rounders. In gymnastics, they extend their knowledge and practical skills using more challenging travelling and balancing skills, whilst in swimming, they improve their stroke technique for the three main strokes and extending distance and time. They also compete in the House Swimming Gala in the Summer Term. Gymnastics Club is available for Year 3 girls.

YEAR 4

In Games lessons, Year 4 develop their netball skills and look to transfer these skills into the High 5 game of netball. They extend their Uni-hoc, tennis, badminton and rounders knowledge and skills. In gymnastics, they learn and use more challenging gymnastics skills and build longer and more complex sequences. In swimming, the girls are introduced to different ways of enjoying the water by playing water games. They also compete in the House swimming gala held in the Summer Term. This further develops their confidence in and around water. A variety of extra-curricular clubs are available for Year 4 girls and House events are introduced.

YEAR 5

In Games lessons, Year 5 extend their knowledge and skills in High 5 netball with a view to playing in competitive situations. They further develop their skills in other invasion games, such as Uni-hoc, badminton, and tennis and rounders. In gymnastics, they build sequences with others using the skills they have already and a variety of equipment. In swimming, they experience personal survival skills and aqua-aerobics and take part in the School swimming gala held in the Summer term. Extra-curricular clubs on offer for Year 5 girls include: High 5 Netball which provides a team to play in

the local Leicester league with matches against other schools, badminton club, gymnastics, tennis and rounders and quick cricket.