



Physical Education, School Sport and Physical Activity

GROVE LEA PRIMARY SCHOOL

PE Team

- Mr Garrick - PE Governor
- Mrs Hudson - PE Lead
- Miss Needham – PE champion
- Mr Oates - PE Coach
- All staff who lead and teach PE

What is Physical Education, School Sport and Physical Activity?

Physical Education

is about what takes place in school curriculum

timetabled time and which is delivered to you all.

This involves both 'learning to move'

(i.e. becoming more physically competent)

and 'moving to learn'.

School Sport

is the structured learning that takes place beyond the curriculum.

This is sometimes referred to as out-of-school-hours learning.

Again, the context for the learning is physical activity.

Physical Activity

is a broad term referring to all bodily movement that uses energy.

It includes all forms of physical education, sports and dance activities.

What does Physical Education, School Sport and Physical activity look like @ Grove Lea Primary?

PE

Two lessons a week so two hours of PE a week.

Specialist coaches – Mr Oates, Mr Parker and Mr Crookes

Swimming in KS2 (Y4 and Y5)

Games (leading to football, netball, basketball, tennis, rugby, cricket, rounders, hockey badminton and golf),

Gymnastics,

OAA (Outdoor and Adventurous Activity)/Residential

Dance

Yoga

School Sport

After school clubs – girls football, games, netball, gymnastics, Zumba

Trips to different events – inter school competitions/events

Competition against each other – intra school competitions

Sports day

Links with other clubs – Hemsworth Terriers

What other clubs would you like at Grove Lea?

Physical Activity

Walking/biking/scooting to school

Active breakfast club

Wake up, Shake up (Go Noodle, Just Dance, Kids Bop)

1K run

Active playtimes (playtime boxes, skipping ropes, gym equipment on the side playground, playground markings)

Active lessons (moving around the classroom)

Yoga

PE Plan



2022/2023						
	TERM 1		TERM 2		TERM 3	
Nursery	Introduction to PE : Unit 1	Dance : Unit 1	Fundamentals : Unit 1	Gymnastics : Unit 1	Ball Skills : Unit 1	Games : Unit 1
Reception	Introduction to PE : Unit 2	Dance : Unit 2	Fundamentals : Unit 2	Gymnastics : Unit 2	Ball Skills : Unit 2	Games : Unit 2
Year 1	Ball Skills	Sending and Receiving	Net and Wall	Target Games	Invasion	Striking and Fielding
	Fundamentals	Dance	Gymnastics	Yoga	Gymnastics	Athletics
Year 2	Ball Skills	Sending and Receiving	Net and Wall	Target Games	Invasion	Striking and Fielding
	Fundamentals	Dance	Gymnastics	Yoga	Gymnastics	Athletics
Year 3	Ball Skills Y3/4	Hockey	Netball	Football	Cricket	Basketball
	Fundamentals Y3/4	Dance	Gymnastics	Table Tennis	Yoga	Athletics
Year 4	Gymnastics	Tennis	Swimming	Swimming	Swimming	Swimming
	Ball Skills Y3/4	Tag Rugby	Table Tennis	Dance	Netball	Athletics
Year 5	Swimming	Swimming	Table Tennis	Football	Cricket	Tennis
	Netball	Tag Rugby	Handball	Gymnastics	Badminton Y5/6	Athletics
Year 6	Football	Volleyball Y5/6	Netball	Tag Rugby	Tennis	Basketball
	Gymnastics	Fitness	Yoga	Table Tennis	Cricket	Athletics

Famous Sports People

Usain Bolt

Famous sprinter and World record holder for 100m and 200m.



Serena Williams

Famous tennis player. Has won 23 Grand Slam tournaments.



Ellie Simmons OBE

Paralympian swimmer. Former world champion and Olympic champion.



Famous Sports People from England

What sports do they play?

- ▶ Raheem Sterling
- ▶ Seb Bechara
- ▶ Leah Williamson
- ▶ Ben Stokes
- ▶ Emma Raducanu
- ▶ Hannah Cockroft
- ▶ Football
- ▶ Wheelchair football
- ▶ Footballer
- ▶ Cricketer
- ▶ Tennis player
- ▶ Wheelchair racer

Being a good sports person

- Be supportive. If you're losing, it's best not to take your disappointment out on your teammates
- Have a positive attitude
- Be respectful
- Be willing to learn
- Practice self-control

Benefits of physical activity

Physical activity

For children and young people

5-18 years



BUILDS
CONFIDENCE AND
SOCIAL SKILLS



MAINTAINS
HEALTHY WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES AND BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
AND LEARNING



IMPROVES
HEALTH AND
FITNESS



MAKES YOU
FEEL GOOD

How much exercise do we need to do?

At least 30 minutes at school.

At least 30 minutes at home.

Be Physically Activity

Spread activity throughout the day

All activities should make you breathe faster and feel warmer

aim for an average of at least **60** minutes per day across the week

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

Get Strong

Move More

Inactivity

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

The infographic is a colorful guide to physical activity for children. At the top, it says 'Be Physically Activity' in teal. Below this, a pink banner contains the text 'Spread activity throughout the day' on the left and 'All activities should make you breathe faster and feel warmer' on the right. In the center is a large pink clock face with the text 'aim for an average of at least 60 minutes per day across the week'. Below the clock is a grid of 12 activity icons in yellow and teal boxes, each with a label: Play, Run/Walk, Bike, Active Travel, Swim, Skate, Sport, PE, Skip, Climb, Workout, and Dance. To the right of the grid is a teal box with the text 'Activities to develop movement skills, and muscle and bone strength ACROSS WEEK'. At the bottom, there are three sections: 'Get Strong' in teal, 'Move More' in teal, and 'Inactivity' in a yellow box with a red arrow pointing down and the word 'REDUCE' written vertically. At the very bottom, a pink banner says 'Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week'. The footer text reads 'UK Chief Medical Officers' Physical Activity Guidelines 2019'.



Outdoor

- ▶ Outdoor Activities Instructor
- ▶ Assistant Activity Leader
- ▶ Outdoor Centre Manager
- ▶ Mountain Leader
- ▶ Outdoor Event Organiser



Fitness

- ▶ Fitness Facilities Manager
- ▶ Gym Instructor
- ▶ Group Exercise Instructor
- ▶ Personal Trainer
- ▶ Membership Consultant



Teaching

- ▶ Primary teaching
- ▶ PE teaching



Development

- ▶ Sports Development Manager
- ▶ Sports Development Officer



Business roles

- ▶ Sports Agent
- ▶ Sports Marketing
- ▶ Sports Journalist
- ▶ Sport Media Commentator
- ▶ Social Media Influencer
- ▶ Sports Lawyer
- ▶ Sports Agent



Elite Sport

- | | |
|--------------------|---|
| ▶ Athlete | ▶ Strengthening and Conditioning Professional |
| ▶ Sponsorship | ▶ Sports Scientist |
| ▶ Influencer | ▶ Sports Nutritionist |
| ▶ Performer | ▶ Driver |
| ▶ Sports Analyst | ▶ Sports Kit Manager |
| ▶ Sports Scientist | |
| ▶ Physiotherapist | |

Want to work in the sport sector?

Sport brings together communities, improves health and well-being and provides essential skills, such as teamwork, coaching others, leadership and resilience. Roles available in the sport sector are incredibly diverse; you could become a Coach, a Sports Journalist, a Sports Scientist, or many other careers. If you study a BTEC you'll get the necessary understanding and skills, to help further a career in this fast-paced and expanding industry.



Management Roles

- ▶ Fitness/Gym Manager
- ▶ Leisure Manager
- ▶ Director/Head of Centre
- ▶ Education Manager



Coaching

- ▶ Community
- ▶ Elite performance
- ▶ Assistant Coach
- ▶ Coach
- ▶ Advanced/Senior Coach



Wellbeing

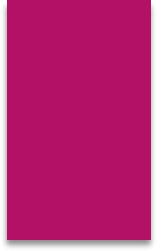
- ▶ Community Health Officer
- ▶ Pilates, Yoga or Tai Chi instructor



Leisure

- ▶ Swimming teacher
- ▶ Leisure Centre Manager
- ▶ Receptionist
- ▶ Recreation Assistant
- ▶ Lifeguard
- ▶ Team Leader

“Exercise not only
changes your body,
it changes your mind,
your attitude
and your mood.”





"If it is to be,
it is up to me"

***It's okay to struggle.
It's not okay to give up.***

- GABE GRUNEWALD

What else would you like at Grove Lea?

Wish list...

- PE
- School Sport
- Physical Activity