

Physical Education Round Up - Spring 1



Here is a summary of what our PE learning has looked like throughout the school this term. The 'Cog' this term has been the yellow 'Cognitive' Cog which is all about thinking and understanding rules, skills and strategies. In the core lessons the skill development this term has been 'Dynamic balance' and 'Stance'. Across all three year groups children have been working on learning these skills, but at their own stage of development.

Reception

In Reception the children have one PE lesson a week. They have been learning to listen and follow rules through the theme of a train adventure. They have learnt to use opposite arm and legs movements and to balance on a line.

I learnt to balance on a line. Keep your body straight. Try not to fall off the line or the crocodiles might get you!

PE makes me feel good.

Year 1

In Year 1 the children have been having two PE lessons each week. In one lesson they have been learning how to "Observe and describe" rules and skills and doing some tightrope challenges! In the second lesson they have been doing gymnastics lessons, learning flight and rotation skills.

I like climbing on the bars.

PE is brilliant, it makes me hot!

In gym we start on the floor then do the medium apparatus then the large apparatus.

Year 2

In Year 2 the children have been having two PE lessons each week. In one lesson they have been learning how to 'Understand performance' and using athlete and coach partnerships. In the second lesson, they have been taking part in gymnastics learning trickier flight and rotation skills on the apparatus.

We get to do lots of stretches and exercise and it makes your body feel good!

It's challenging, like sliding and rolling at the same time!

