

Lickey Hills Primary School and Nursery – School Newsletter

Friday 31st March 2023

Curriculum Corner - Physical Education

Physical Education at Lickey Hills:

At Lickey Hills Primary School and Nursery, we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning.



At the Farm

EYFS – Dance

This half term, Nursery and Reception have been exploring dance. Children have been developing their expressive movement through the topics of 'Places' (in Reception) and 'Everyday life' (in Nursery). Children have been exploring space around them and how to use this safely. They have explored different traveling actions, shapes and balances; have chosen their own actions in response to a stimulus to create a dance; and copied, repeated and remembered actions. The children have also used counting to help them keep in time with the music. They created simple dances and performed to others, discussing what went well.



Year 2- Fitness and Invasion games

This half term, Year 2 have been learning about Fitness and Invasion Games. Both classes have taken part in a range of fitness activities to develop components of fitness and began to explore and develop agility, balance, co-ordination, speed and stamina. The children have been given the opportunity to work independently and with others and opportunities to develop perseverance and determination to work for longer periods of time.

In Games lessons, year 2 have developed their understanding of invasion games and the principles of defending and attacking. They have further developed skills such as sending and receiving with both feet and hands, as well as dribbling with both



Year 5- Yoga and Netball

Year 5 have been learning about mindfulness and body awareness in their Yoga lessons this half term. They have learnt yoga poses and techniques that connect their mind and body. Yoga has improved their strength, flexibility and balance. The lessons have also included some breathing and meditation. Children have worked collaboratively with others to create their own flows and lead others.

In Games, Year 5 have been developing their netball skills. They have worked hard on their defending and attacking play during even-sided 5-a-side netball. The children now know a range of different passes to keep possession and attack, to tackle and outwit the opposition.



Year 1- Fitness and Invasion skills

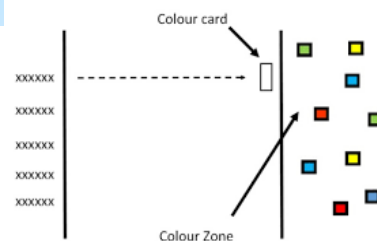
This half term Year 1 children have been learning more about Fitness and Invasion Games. In PE, they have developed their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They have worked independently, in pairs and small groups to complete challenges, and to persevere to achieve their personal bests.

During their Games lessons, the children have developed their basic skills required in invasion games such as sending, receiving and dribbling a ball. They have developed their understanding of attacking and defending and what being 'in possession' means. They have had the opportunity to play uneven and even sided games and learnt how to score points and play to the rules. They have worked independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates, and opponents.

Year 3- OAA and Fundamentals

Year 3 pupils this half term have been developing problem solving skills through a range of challenges. They have worked hard in pairs and small groups to plan, solve, reflect and improve strategies. They've learnt to be inclusive of others and work collaboratively to overcome challenges. The children have enjoyed learning to orientate a map, identify key symbols and follow routes.

In their PE lessons they have will developed the fundamental skills of balancing, running, jumping, hopping and skipping. They have been given the opportunity to explore how the body moves at different speeds as well as how to accelerate and decelerate..



Year 4- Swimming and Basketball

During Year 4's Games lessons this half term they have been learning Basketball. They have been encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling. The children have will learnt to use attacking skills to maintain possession of the ball and started playing uneven and then even sided games. Year 4 now understand the importance of playing fairly - they have been encouraged to use skills, strategies and tactics to outwit the opposition as well as how to evaluate their own and others' performances.

Our Year 4s have also continued to practice their swimming skills in their weekly lessons at the Bromsgrove sports and leisure centre.



Year 6- Golf and Badminton

This half term in Games lessons, year 6 have had the exciting opportunity to develop their golf skills! They have explored striking, chipping, putting and playing a short and long game. They have developed coordination, accuracy and control of movements. The children have been introduced to the principles of golf and developed fluid movements that can be used in game situations. They can now talk about selecting the appropriate shot for the situation. In PE the children have focused on developing the skills they need to play continuous rallies in badminton. They have learnt about the ready position, racket control, serving and hitting over a net and how to use these skills to make the game difficult for their opponent.