

## PE expectations

- The required provision for PE is 2 hours of quality physical activity per child per week. In order to be able to apply for the school Games Gold Mark Award we need to provide all students with two hours of timetabled Physical Education per week (within the curriculum only) and have extra curriculum provision inclusive of physical activity in addition to this – applicable to years 3-11 only
- We also need to engage the children with at least 2 personal challenges (personal bests), 7 intra school sports competitions (house v house for example) and 6 inter school competitions throughout the year as part of this application
- For Level 1 and 2 competitions- see folder in staff room –“KS1 and 2 competitions” as these are part of PE lessons- competitions against themselves and each other.
- Children should have their PE kit for all sessions- with trainers (not plimsolls as these do not support their feet) No jewellery should be worn. Earrings should be removed or taped and long hair tied back.
- In addition to PE sessions children should use the Golden Mile track for the Golden Mile- and laps recorded on the portal for this as the children work towards the different milestones. They should change into their trainers every time they use the Golden Mile

## PE Map

<b>Class</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
Wrens	Dance Gym Games	Dance Gym Games	Dance Gym Games- outside as much as possible
Kestrels/ Kites	Dance Gym Games- Invasion style	Dance Gym Games- net/wall style	Athletics- x2 Games-striking and fielding
Robins	Dance                  Gym Games- Invasion- Bee netball	Swimming                  Gym Games- Invasion- hockey style	Dance                  Athletics Games- striking and fielding                  Rugby
Kingfishers	Dance                  Gym Games- Invasion- Football Basketball	Dance                  Gym Games- Invasion- Stinger Netball                  Football	Athletics Games- Striking and fielding- Kwik cricket                  Rounders