

Swimming

Children swim in years 3, 4 and 5 with each year group having a 12 week block. Children are assessed in their first lesson and then swim in ability groups taught by a member of staff. At the end of the 12 weeks, they finish with a 'fun' gala. Children who are less confident and who haven't been able to swim 25m by the end of year 5 are offered 'top up' swimming lessons at the beginning of year 6.

Links

We continue to have good links with sports providers across the city. Children in all year groups regularly receive specialist coaching in sports such as; tennis, cricket, rugby and dance. We offer sports clubs for each year group too, which are incredibly popular. We regularly promote sports clubs in the city.

Inclusion

All areas of PE are fully inclusive and all children are encouraged to participate in activities at their own level. It is important to us that all children see the benefits of a healthy lifestyle, including being as active as possible.

Competition

We aim for all children to have as many competitive experiences as possible. This may be in class, year groups or against other schools. Healthy competition is essential to help children learn how to win and lose. Being a good 'sport' and showing good sportsmanship is an important part of a child's development. Each year group is invited to a Festival organised by Bishop Perowne. It is a chance to spend an afternoon using specialist facilities and most importantly having good fun.

Sports Funding

All schools receive funding from the Government which must be used to make additional and sustainable improvements to the quality of physical education (PE), physical activity and sport they offer. Sports funding documents can be found on the school website.



PE AND GAMES

at Northwick Manor Primary School



Why do we teach PE?

- To enable children to develop and explore physical skills with increasing control and co-ordination;
- To develop the way children perform skills and apply rules and conventions for different activities;
- To learn how to participate, co-operate, win and lose.
- To promote a positive attitude towards a healthy lifestyle.

January 2021

	Gym and Dance	Games
EYFS	All physical activity comes under the heading of physical development. Evidence can be found on Tapestry.	
Year 1	Gymnastics- themes—points and patches (weight bearing) and using low apparatus to explore and create. Dance— themes include: The Nutcracker, The Super Worm.	Developing locomotion, stability and object control through multi skills and athletic activities.
Year 2	Gymnastics— themes include: floor work and linking core actions together using low apparatus. Dance— themes include: fireworks/bonfire night and Space.	Developing and linking locomotion, stability and object control through individual and group games.
Year 3	Gymnastics— themes include: stretching and curling and symmetry and asymmetry. Dance— themes include: The Stone Age and Street dance.	Swimming in the summer term. Invasion games/net/wall games, striking and fielding games, athletics and outdoor and adventurous activities.

	Gym and Dance	Games
Year 4	Gymnastics— themes include: Dynamic balances. Dance— The Tudors and Indian themed dances.	Swimming in the Spring term. Invasion games, net/wall games and striking and fielding games, athletics. outdoor and adventurous activities (Malvern)
Year 5	Gymnastics— themes include: bridges. Dance— themes include: water.	Swimming in the Autumn term. Net/wall games, invasion and target games, striking and fielding games, athletics and outdoor and adventurous activities.
Year 6	Gymnastics— themes include: counter balance and counter tension and matching and mirroring. Dance— themes include: The Lindy hop, West side story.	Invasion games, net/wall games, striking and fielding games, ball handling games. Athletics and outdoor and adventurous activities.