



Physical Education, School Sport and Physical Activity

GROVE LEA PRIMARY SCHOOL

PE Team

- Mr Taylor - PE Governor
- Mrs Hudson - PE Lead
- Miss Proud – PE Teacher
- Miss Needham – PE Champion
- Our Y5 and Y6 Sport Leaders
- All staff who lead and teach PE, sport and physical activity

Year 5 and 6 Sport Leaders

Help decide what playtime equipment to order.

Help officiate KS1 intra-school games.

Support other children in their playing of games.

Year 6 did a sport leaders course in the Autumn Term.

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 teacher – Miss Proud

Swimming in KS2 (Y4)

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, apparatus, self-defence, cricket

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, Danny Go)

1K run

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

Active lessons (moving around the classroom)

Yoga

Gardening Club

PE Plan



My Curriculum Map

2024/2025						
	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	Fundamentals	Sending and Receiving	Net and Wall Games	Gymnastics	Invasion Games	Striking and Fielding Games
	Target Games	Dance	Gymnastics	Team Building	Yoga	Athletics
Year 2	Fundamentals	Sending and Receiving	Net and Wall Games	Gymnastics	Invasion Games	Striking and Fielding Games
	Ball Skills	Dance	Gymnastics	Team Building	Yoga	Athletics
Year 3	Fundamentals Y3/4	Dance	Gymnastics	Yoga	Football	Athletics
	Netball	Ball Skills Y3/4	Hockey	OAA	Cricket	Tennis
Year 4	Netball	Dance	Gymnastics	OAA	Cricket	Athletics
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year 5	Tag Rugby	Dance	Gymnastics	Hockey	Cricket	Athletics
	Netball	Volleyball Y5/6	Handball	Yoga	Football	Tennis
		OAA				
Year 6	Tag Rugby	Fitness	Gymnastics	Football	Cricket	Athletics
	Netball	Dance	Table Tennis	Badminton Y5/6	OAA	Rounders

Famous Sports People

Rafael Nadal

Has won 22 Grand Slam titles in tennis.
Spain



Simone Biles

Famous gymnast. Won the all around title in 2024 Olympics in Paris.

USA



Alfie Hewett

Won the individual title in wheelchair tennis in the 2024 Paralympics in Paris.

Great Britain



Famous Sports People from England

What sports do they play?

- ▶ Bukayo Saka
- ▶ Lando Norris
- ▶ Ella Toone
- ▶ Adil Rashid
- ▶ Katie Boulter
- ▶ Gordon Reid
- ▶ Football
- ▶ Formula 1
- ▶ Football
- ▶ Cricket
- ▶ Tennis
- ▶ Wheelchair tennis

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



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
AND LEARNING



STRENGTHENS
MUSCLES AND BONES



IMPROVES
HEALTH AND
FITNESS



MAINTAINS
HEALTHY WEIGHT



IMPROVES
SLEEP



MAKES YOU
FEEL GOOD

How much exercise do we need to do?

30 minutes in school per day.

Be Physically Active

Spread activity throughout the day

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

All activities should make you breathe faster and feel warmer

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

Get Strong **Move More**

Inactivity

REDUCE

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



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

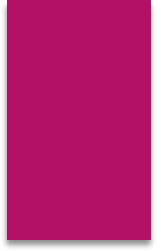
- ▶ Community Health Officer
- ▶ Pilates, Yoga or Tai Chi instructor



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