



PE NEWSLETTER

Friday 14th January 2022

Newsletter

Throughout this term all children from reception to year 6 will be focusing on Gymnastics in PE. The sessions will have different aims and outcomes depending on the year groups and the lesson plans are suited for those ages so all children are learning new skills, being challenged and enjoying their PE lessons with AMSA coaches, Mr Lamont, Mr Shaw and Mr Sobalak. The coaches will ensure lessons are fun, engaging and most importantly safe during gymnastics this term.

Reception: For the first few weeks of gymnastics, Reception we will be focusing on balance and coordination, using animals to create shapes, stretches and rolls with our body in gymnastics. The AMSA Reception plans will focus on the Fundamental Movement Skills. Areas such as Agility, Balance, Co-ordination, Speed, Strength, Body Awareness and Hand-Eye or Foot-Eye coordination will be developed. Children will learn how to move confidently in and around the environment whilst appreciating the size and shape of the body whilst enabling choice and control. They will also learn how to organise and coordinate the arms and legs and respond to speed, direction and force of movement. This will be achieved through coach led activities, whilst also learning the responsibility of child led activities and learning by repetitive play.

KS1: Children focus on increasing their range of basic gymnastic skills through gym-based games and fun animal related skills. Children generate simple movements such as, jumping, balancing and rolling and progress into creating routines. In the first 2 to 3 week of gymnastics the lower years will be learning and practicing three to five Gymnastics shapes and creating a jumping routine. We will then be moving onto rolls, a leaning objective for 1 lesson is, to learn, practice and perform a Forward Roll. Once landed, transition into different shapes.

KS2: The aim for the older children is to focus on increasing their range of gymnastic skills. They develop their floor movements and build on body management learning to develop core stability and pivotal gymnastics techniques. These sessions will consist of fun movement tag games and warm ups to ensure children are fully stretched and ready to challenge themselves in gymnastics. The next step will be to introduce a collection of floor exercises. Pupils practice and work either individually or collectively to collaborate the moves into a routine. In later lessons coaches will introduce a jumping and balance exercise. Gymnasts are then challenged to collaborate all the exercises into their own 4, 6 or 8 step Floor Exercise Routine, using jumps, rolls, balances and other gymnastic skills they may already know.

We look forward to developing our Gymnastics skills and knowledge this term with exciting new PE lessons and future fixtures that will be organised for those children showing a good attitude during P.E, showing the school virtues and values, whilst following the school's inclusion policy.