EYFS Reception (Pines)

We believe that physical activity is vital in children's all-round development, enabling them to pursue happy, healthy, and active lives. In Early Years, we nurture children's strong need and desire to be physically active which builds the foundations for other areas of their development by:

- Building children's strength, stamina, balance, co-ordination, and dexterity
- Developing a range of large and small movements which they can control.
- Improving and refining children's control and manipulation of a variety of tools
- Instilling a sense of confidence in children's own physical abilities enabling them to negotiate spaces.
- Promoting independence by teaching them to make decisions and choices that will keep them healthy and safe.

Term	Theme	Knowledge & Skills
Autumn 1	Multi-Skills	Children learn a variety of movement, thinking and communicating skills to develop their core strength, stability, balance, spatial awareness, co-ordination, and agility
Autumn 2	Multi-Skills (links to games)	Children learn a variety of movement, thinking and communicating which allow them to enjoy and succeed in different sports and physical activities
Spring 1	Gymnastics and Dance	Children will learn how to jump off an object and land appropriately. They will learn how to travel with confidence and skill around, under, over and through balancing and climbing equipment
Spring 2	HRE (Health Related Exercise) and Ball skills	Children will learn how to initiate and experiment with new combinations of movement and gesture to express and respond to feelings, ideas, and experiences.
Summer 1	Athletics (Running and Throwing)	Children will learn how to develop good control and co-ordination in large and small movements. They will negotiate space confidently, safely, and successfully when playing racing and chasing games with other children, adjusting speed, or changing direction to avoid obstacles.
Summer 2	Striking and Fielding (Cricket, Rounders, Tennis Skills)	Children will learn how to develop increasing control over an object in pushing, batting, throwing, catching, or kicking it. Children will negotiate space successfully when playing racing and chasing games with other children, adjusting speed, or changing direction to avoid obstacles.

PE Teaching at Stockton on the Forest

Key Stage 1 – Year 1/2 (Willow)



During KS1 our children continue to develop fundamental movement skills, becoming increasingly competent and confident as they access a broad range of opportunities designed to extend their agility, balance, and coordination. They participate in both competitive and co-operative physical activities applying their learning to a range of increasingly challenging situations.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1	Football and Tag Rugby	Basketball and Unihoc	Dance and Gymnastics	HRE and Netball (Endball)	Athletics (Running and throwing)	Striking & fielding (Cricket, Rounders, Tennis Skills)



It's fun! I also learn a lot. GS



Lower Key Stage 2 – Year 3/4 (Hazel)



In Lower Key Stage 2, children continue to develop their knowledge and understanding, learning to apply a broad range of skills in different ways and to link them to make actions and sequences of movement. They enjoy communicating, describing their learning using clearer, more precise explanation and key vocabulary, collaborating, and competing.
They develop a greater understanding of how to improve their performance and learn how to evaluate and recognise their own success and that of others. In Years 3 and 4 children take swimming lessons and work to meet curriculum expectations. They enjoy Health Related Exercise, developing a greater understanding of the health benefits of an active lifestyle and approach new experiences with greater confidence.



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS2	Football and Tag Rugby	Basketball and Unihoc	Dance and Gymnastics	HRE and Netball	Athletics and Orienteering	Striking & fielding (Cricket, Rounders, Tennis Skills)

Upper Key Stage 2 – Year 5/6 (Oaks)

PE Teaching at Stockton on the Forest

In Upper Key Stage 2, children refine their skills, consolidating their understanding and working towards greater consistency and accuracy. They communicate their knowledge with clearer, more precise explanation using appropriate key vocabulary and demonstrate their understanding of more complex tactics, formations, and team games. They practise to improve and reflect on and evaluate their own performance and that of others, providing positive feedback and support. They understand the health benefits associated with an active lifestyle and demonstrate leadership skills, cooperation, and team spirit.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS2	Football and Tag Rugby	Basketball and Unihoc	Dance and Gymnastics	HRE and Netball	Athletics and Orienteering	Striking & fielding (Cricket, Rounders, Tennis Skills)







WE LOVE TEAMS!!!
Its great!!
Oaks Class







PE Teaching at Stockton on the Forest

Gold Sports Mark

We are delighted we have achieved the Sainsbury's School Games GOLD SPORTS MARK in recognition of our commitment to providing excellent sporting opportunities for our pupils. Tournaments, sports days, intra-school sports, extra-curricular sport and sports leader programmes have all contributed to this.

The School Games Mark provides a unique opportunity to motivate and inspire millions of young people across the country to take part in more competitive school sport and hopefully inspire these children to carry on these activities throughout their lives.

Competitions

At Stockton on the Forest, we actively encourage all our children to apply their learning and to embrace opportunities to engage in healthy competition, whether that is achieved through playing team games in PE lessons, striving to improve and achieve personal bests in Athletics and Health Related Exercise (HRE) or taking part in competitions, leagues, tournaments, and festivals with other schools.









We encourage all our children to develop transferable skills and experience sport in a range of different settings. This year, we've enjoyed participating in a wide variety of sports and activities both at school and in the wider community. These have included the Total Sports Football Tournament, Cross Country, Dodgeball and Tag Rugby to name just a few and many more to come. We know from experience that opportunities such as these, help to promote team spirit, confidence, resilience, leadership, independence, and a sense of achievement.

After School Club

A range of games, physical activities, competitions, and challenges are available at our After School Club to support, encourage and promote healthy choices and active lifestyle.





PE & Personal Development

In PE, we teach positive values such as Kindness, Respect, Resilience, Aspiration, as well as Sportsmanship, Teamwork and Honesty and encourage our pupils to strive for their personal best, to develop positive self-esteem and to participate fully in group activities.

We recognise the importance of resilience and growth mind-set in helping children to reach their full potential in all areas of learning and actively foster and promote positive behaviours and attitudes as we teach them to recognise progress, regardless of the starting point and to celebrate success.

Leadership Skills

Every term, the children in each class are organised into teams. Within these, each child takes an active role to support the group. These range from team and warmup leaders to equipment organisers and encourage them to develop an appreciation for teamwork and the need to negotiate and listen to and respect others.

In addition to this, the children in Upper Key Stage Two have the opportunity to train to be Sports Leaders. This programme of both classroom based, and practical sessions runs during the summer term of each year and equips pupils with the skills necessary to lead play activities and to support and lead a range of activities across the year.

Stockton on the Forest Sports Crew

Supporting PE and Sport at Stockton on the Forest is very much a team effort. As a staff, we all acknowledge the importance of physical activity in maintaining a healthy lifestyle and work together to promote a wide range of learning opportunities designed to foster the discovery and development of talents and a life-long love of sport.