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PE
Subject in the Spotlight



Ravenfield Primary Academy

Aims

- PE Intent
- PE expectations
- PE planning
- Structure of a PE lesson
- Extra curricular and other upcoming events

Intent

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

PE expectations

Children are expected to come to school on PE days wearing full school uniform. They should bring their full PE kit in a bag.

Our full kit includes:

- White T-Shirt
- Black/Navy Shorts (Appropriate length. **Not** cycling shorts)
 - Suitable footwear (Pumps/Trainers)
- Dark (black or navy) Sweatshirt and Jogging Bottoms for Outdoor PE

Borrowing kit is not always possible. Therefore, if your child does not have the correct kit, they may not be able to participate in the lesson and therefore must go to another class.

It is essential that all jewellery is removed prior to PE lessons. Unfortunately, we cannot put tape around earrings and adults cannot support children with removing earrings. Therefore, please ensure earrings are not worn on PE days (including clear plastic/surgical earrings).

Timetable

When is PE taught?

	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1					
Period 2					
Break					
Period 3					
Lunch					
Period 4	Y1 – 1:30-2:05	Y6 – 1:15 – 1:55	Y5 – 1:30 – 2:15	Y6 – 1:30 – 2:15	FS2 – 1:00 – 1:30
Period 5	Y3- 2:05 - 2:35	Y1 – 1:55 – 2:30	Y4 – 2:15 – 3:00	Y2 – 2:15 – 3:00	Y2 – 1:30 – 2:15
	Y5 – 2:35 – 3:05	Y3 – 2:30 – 3:05 (Mrs. White supporting/ teaching)			Y4 – 2:15 – 3:00

Timetable

What is taught in PE?

2024/2025						
	TERM 1		TERM 2		TERM 3	
Nursery	Introduction to PE : Unit 1	Gymnastics : Unit 1	Ball Skills : Unit 1	Dance : Unit 1	Games : Unit 1	
Reception	Introduction to PE : Unit 2	Gymnastics : Unit 2	Ball Skills : Unit 2	Dance : Unit 2	Fundamentals : Unit 1	Games : Unit 2
Year 1	Ball Skills	Gymnastics	Invasion Games	Sending and Receiving	Athletics	Target Games
	Fitness	Dance	Net and Wall Games	Yoga	Striking and Fielding Games	Striking and Fielding Games
Year 2	Ball Skills	Gymnastics	Invasion Games	Sending and Receiving	Athletics	Target Games
	Fitness	Dance	Net and Wall Games	Yoga	Striking and Fielding Games	Striking and Fielding Games
Year 3	Basketball	Gymnastics	Hockey	Cricket	Athletics	Rounders
	Fitness	Dance	Handball	Tag Rugby	OAA	Tennis
Year 4	Basketball	Gymnastics	Hockey	Cricket	Athletics	Rounders
	Fitness	Dance	Handball	Tag Rugby	OAA	Tennis
Year 5	Basketball	Gymnastics	Hockey	Cricket	Athletics	Rounders
	Fitness	Dance	Handball	Tag Rugby	OAA	Tennis
Year 6	Basketball	Gymnastics	Hockey	Cricket	Athletics	Rounders
	Fitness	Dance	Handball	Tag Rugby	OAA	Tennis



Get Set 4 PE

3 Years Primary

Go to Get Set 4 PE

Learning Objective

LESSON 1	To develop attacking skills with accuracy and control.
LESSON 2	To develop attacking skills to maintain possession.
LESSON 3	To use attacking skills to beat a defender.
LESSON 4	To use defending skills to delay an opponent.
LESSON 5	To apply attacking skills to move towards a goal.
LESSON 6	To apply skills and knowledge to compete in a tournament.

PE Knowledge Organiser- Hockey Y4



KQ1: What are attacking skills in hockey?

To develop attacking skills with accuracy and control.

KQ2: How can I use attacking skills to maintain possession?

To develop attacking skills to maintain possession.

KQ3: How can I use attacking skills when against a defender?

To use attacking skills to beat a defender.

KQ4: What are defending skills in hockey?

To use defending skills to delay an opponent and gain possession.

KQ5: How can I use attacking skills to move towards a goal or space?

To apply attacking skills to move towards a goal and to find a space.

KQ6: How can I apply my defending and attacking skills in a tournament?

To apply skills and knowledge to compete in a tournament.

Technical Knowledge:

- Hockey is an invasion game, this is where two teams play against each other and you are invading the other team's space to score goals.
- The main principles of attacking are: to score goals, create space, maintain possession and move the ball towards the goal.
- The main principle of defending are: to stop goals, deny space and to gain possession.

Supporting Images



Glossary

Control – being able to perform a skill with good technique.

Gain – to get possession of the ball.

Invasion – a game of two teams who invade each other's space to score goals.

Possession – to have control of the ball.

Receive – to collect or stop a ball that is sent to you.

Develop and Apply

Holding the Hockey Stick:

Pupils have a stick, ball and cone and place the cone in a space. Show pupils how to hold the stick.

Right hand half way down the stick, left hand at the top of the stick. Left hand controls the rotation, right hand provides control and stability.

Teacher note: Holding the stick is the same for right and left handed people. Stick must not be lifted above waist height.



Controlling the Ball:

A Introduce the flat side rule: only the flat side of the stick is allowed to touch the ball.

Teacher note: In a game, if the wrong side of the stick is used, a free pass is awarded to the opposition.

Keep the ball slightly to the front and right of the body (open side) in contact with the stick.

B Explore moving the ball one direction around the cone then the other.

C Walk and dribble, avoiding cones. Progress to jogging, dribbling and avoiding cones.

Push Pass (Send) and Receive:

In 2s, 2 sticks, 2 cones, 1 ball. Place cones 5m apart and stand facing each other. Practise the push pass.

Stick stays in contact with the ball. Step left foot forwards. Push using the flat side. Follow through with stick pointing in the direction of pass.



Receive: move feet to track the ball. Place stick to the ground to create a barrier. Cushion the ball by moving the stick backwards.



Pass and Move:

A In pairs, make a gate (2 cones) 2m wide. Practise passing through the gate from different distances and angles.

Make this harder by decreasing the width of the gate.

Teaching sequence

Sharp start – *Input* – *Practice* – *Review*

Sport events 2025/26

Rotherham School Games Sports Hall Athletics Y5/6 (numbers TBC) – 3rd February

Y3 and 4 Sports Hall athletics (12 children per year group) – 4th February

Y3-6 Multi-skills event (10 children) – 25th February

Rotherham School Games Y3 Girls Football (numbers TBC) – 3rd March

Y5 and 6 Tag Rugby (10 children) – 10th March

Disney Girls Football Taster Session (Year groups and numbers TBC) – 18th March

Rotherham School Games U9 Gymnastics festival (numbers TBC) – 22nd April

Rotherham School Games Y3 and 4 cricket (numbers TBC) - 13th May

Y3-6 Cricket (numbers TBC) – 18th May

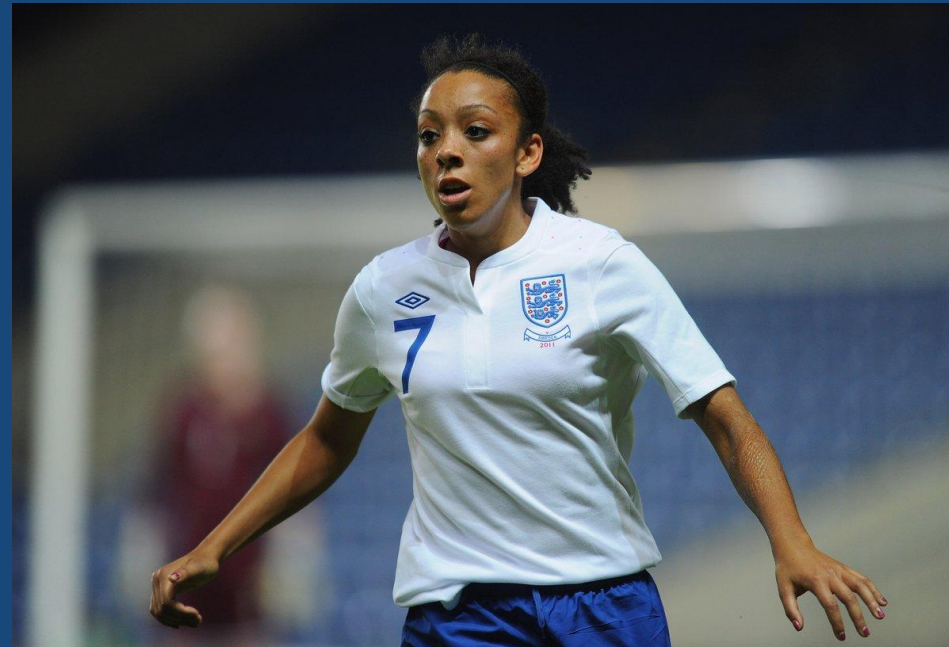
Rotherham School Games KS2 movement festival (numbers TBC) – 10th June

Y3-6 Rounders (2 teams of 10) – 24th June

Rotherham School Games/CCoC Festival of sport (Year groups and numbers TBC) – 1st July

Athlete event – 30th January

Jess Clarke



External:

- RUCT
 - Dinnington boxing
- Local Rugby club after half term
- Rotherham School games – including playground leaders.
 - MLT events

Thank you so much for the support you've already given. Your encouragement makes a real difference in your child's learning journey.