



Holy Trinity Church of England Primary School

Excellence in how we worship, learn and work together



Holy Trinity
PE Portfolio

Imogen Humphreys

PE at Holy Trinity

Our History

At Holy Trinity, it has always been our aim for all our children to leave school with an instilled love of sport and a commitment towards living a healthy lifestyle. PE plays a fundamental role in our children's development and provides opportunities for all our pupils to develop their ability to listen, co-operate and act responsibly and independently.



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PE at Holy Trinity

Intent

To provide a broad, balanced and inclusive PE curriculum which offers each student to see themselves as physically confident, in a way that supports their physical health, mental wellbeing and fitness.

To inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities through high-quality teaching.

To provide opportunities to compete in sport and other activities that build character and help to embed values such as resilience and respect.



PE at Holy Trinity

Intent

Our curriculum has been designed following the Moving Matters scheme of learning.

This equips all teachers with the necessary tools to teach a dynamic and diverse curriculum across the different key stages.

In Key stage one this is developing children's fundamental movement skills, and introducing them to a range of competitive and co-operative physical activities in a range of situations.

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
EYFS	<u>EYFS Stories 1</u> Walk in the forest Jack and the Bean stalk Journey into space Squirrel Nutkins The Giant Turnip A trip to the Circus The Gruffalo *NEW* The Jungle Room on a Broom	<u>Pirate Gymnastics</u> Positions Balance & Rolls Flight <u>Jungle Gymnastics</u> Positions Balance & Rolls Flight	<u>EYFS Stories 2</u> Billy Goats Gruff Jack and Jill Pirates part 1 Little Red Riding Hood The Gingerbread man Three little pigs Superheroes Exploring different transport	EYFS stories not yet done/A trip to/Dinosaur scheme	<u>Ball skills</u> Rolling Bouncing Throwing Throwing to a partner Throwing overarm Ball skills carousel	<u>Fundamental Movement</u> Introduction Throwing Balancing Coordination Obstacle course Teamwork
Year 1	<u>Fundamental Movement</u> Passing and catching Sending and receiving Aiming Ball control Aiming 2 Passing in a team	<u>Gymnastics</u> Balancing Balance & Traveling Travelling Rotation Jumping Performance	<u>Fundamental Movement 2</u> Agility 1 Agility 2 Balance Coordination with Object Coordination with team	<u>Multi-Skills</u> Sending an object Pushing and Pulling an Object Passing Rolling Rolling & Dodging Gameplay	<u>Introduction to Sports</u> Basketball Cricket Football Tennis Rugby	<u>Athletics</u> Pacing Sprinting Jumping Combining jumps Throwing for distance Throwing 2
Year 2	<u>Multi Skills 1.</u> Spatial Awareness Passing and catching Passing and catching (against a defender) Passing and moving Aiming in competitive games Team games	<u>Gymnastics Lessons.</u> Balance Rotation Travelling Flight Performance Sequencing	<u>Football.</u> Dribbling Passing Defending Shooting	<u>Tag Rugby.</u> Moving with ball Passing Attacking Defending Adapted Games Game Play	<u>Tennis.</u> Introducing the Racket Sending and Pushing Making Space Contact Point/Shape of Swing Preparing and Reacting Rallying	<u>Athletic Lessons</u> Sprinting Distance running Throwing Jumping Relay Mini Olympics



PE at Holy Trinity

Intent

In Key stage two children are encouraged to develop and apply their skills to game play scenarios in a broad range of sporting activities.

We allow children to engage in competitive and co-operative physical activities through games, dance and gymnastics with opportunities to compete and represent the school in inter-school competitions.

Year 3	Football Dribbling Passing and Control Dribbling and Passing Shooting Understanding different positions & roles Gameplay	Gymnastics Balance Rotation Flight Creating routines Creating routines (equipment) Performance	Tag Rugby Moving with ball Passing Attacking Defending Adapted Games Game Play	Hockey Dribbling Combining skills (Dribbling, passing) Defending Shooting Gameplay	Cricket Fielding Batting 1 Bowling 1 Batting 2 Bowling 2 Gameplay	Athletics Sprinting Long distance Jumping Throwing Relay Mini Olympics
Year 4	Football Changing Direction and Turning Feints and 1vs1 Passing and Control Shooting and Scoring Goal Keeping Game play	Gymnastics Balancing Headstand Cartwheel Flight Sequencing	Tag Rugby Moving with the ball Passing Attacking Defending Adapted Games Gameplay	Basketball Dribbling Passing Shooting Defending Adapted Games Gameplay	Cricket Fielding Bowling technique Bowling technique 2 Batting Batting and adapted games Gameplay	Athletics Jumping Long-distance Mini Olympics Throwing Relay Sprinting
Year 5	Football Dribbling Passing Combining skills Shooting Adapted Games Game Play	Outdoor Tag Rugby Moving with the ball Passing Attacking Defending Adapted Games Game Play Indoor Gymnastics Flight Balance Headstand and Handstand Cartwheels Sequencing	Hockey Ball familiarization Spatial awareness Combining skills (Dribble, pass) Defence Shooting Game play	Basketball Dribbling Passing Shooting Defending Adapted Games Game Play	Cricket Fielding Bowling Bowling Tactics Batting Batting & Adapted Games Adapted Games/Gameplay	Athletics Jumping Long Distance Running Sprinting Throwing
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 6	Football Dribbling Passing Possession Shooting Defending Game Play	Outdoor Rugby Evasive running Passing Defending as a team Identifying space Organisation Game situation Indoor Gymnastics Balancing Rotation Flight Travelling Sequence	Hockey Dribbling Passing Dribbling & Passing Shooting Tackling Game play	Basketball Dribbling Passing Shooting Defending Adapted games Game Play	Cricket Fielding Bowling Batting Adapted games Gameplay	Athletics Jumping Long-distance Throwing Sprinting



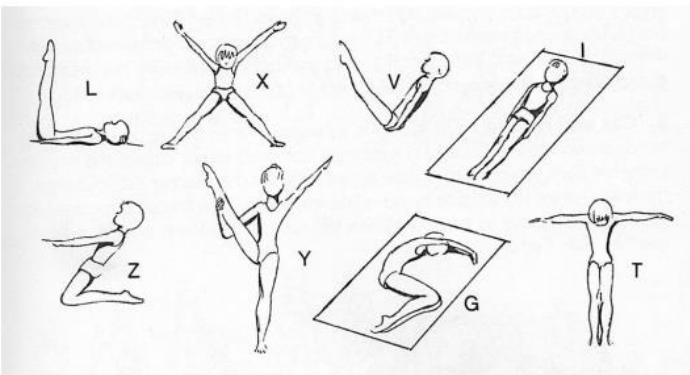
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PE at Holy Trinity

Implementation

Class lessons –
Visual aids and video tutorials



Athletics Visual Aid – Key Stage 1 & 2

1) Sprinting

Standing Start: This is a more comfortable starting position particularly for pupils in KS1.



Crouched Start: This position allows for a more explosive start to a race.



On Your Marks!



Get Set!



Go!

Drive Phase: Happens as the sprinter leaves the blocks/start line. This phase should see the sprinter driving explosively using a horizontal lean.

Demonstration

forward and attempts to beat the defender and dribble through the gate. Defenders are passive.



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PE at Holy Trinity

Each child receives 2 hours of curriculum time PE on a weekly basis. These sessions are either delivered by a specialist coach or class teachers. Following the Moving Matters scheme of learning we are able to provide high quality teaching in a range of sporting activities.

As well as our time tabled PE lessons, we also strive to offer extracurricular physical activities through after school clubs, futsal, cricket, local cycle training and inter-school competitions in football, tag-rugby, gymnastics and athletics.

Implementation



PE at Holy Trinity

Implementation

Cycle-confident

We believe physical activity is for all. That's why we offer all children in KS2 the opportunity to improve their cycling skills and confidence in off road and on road scenarios with a qualified instructor. This teaches them the basics on how to navigate their local area safely.



PE at Holy Trinity

Implementation

Football

Our football team provides aspirational opportunities for our year five and six children to represent our school in the local football league. Children are selected by our sports coach at the start of the year. They train once a week and compete in inter-school tournaments outside of school time.



PE at Holy Trinity



Gymnastics Competition
2nd Place 2018
1st Place 2019

Impact

Competitions

Throughout the school year we compete in various tournaments against other schools in the area. These have included football, tag-rugby, gymnastics and athletics. Our coach selects the children for these competitions and runs practises in the lead up to the competition and during their lesson time.



Tag-Rugby Tournament
Winners 2019



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Impact

PE at Holy Trinity

 Holy Trinity Church of England Primary ...
@Holy_TrinityCE

Unbelievable! Matthew just landed 2.09m from a standing jump. We think this may be one of the best distances we have seen in this discipline 🏆 🤩 🍷
@SGSportCoaching #tulsehills



 Holy Trinity Church of England Primary ...
@Holy_TrinityCE

A lovely day for a bike ride! Our Year 5 children learned how to control their bikes, make sharp turns and brake instantly with @BikeabilityUK today 🌞
🚲



 Holy Trinity Church of England Primary ...
@Holy_TrinityCE

Our children loved their first @Moving_Matters 'Maths on the Move' session today. A fun and active way to learn key maths concepts every week!
#lovemaths #education #tulsehills #lambeth



 Holy Trinity Church of England Primary ...
@Holy_TrinityCE

For our children at home, tune in to @Moving_Matters every week for home workout ideas and live PE lessons! #fitness #agility #corestrength



JOIN OUR LIVE WORKOUT SESSIONS FROM HOME OR FROM SCHOOL

EYFS & KS1 @ 1pm

KS2 @ 2pm



 SEARCH MOVING MATTERS ON YOUTUBE TO GET ACTIVE!

Impact

PE at Holy Trinity

Holy Trinity Church of England Primary ...
@Holy_TrinityCE

Our children have been put through their paces this morning by @SGSportCoaching, working hard to improve our fitness and agility during lockdown #FitnessMotivation 🏃🏻‍♀️💪🏻



Holy Trinity Church of England Primary ...
@Holy_TrinityCE

Our children loved their @FutsalElite sessions this morning. We want to ensure they maintain a good level of agility and fitness during lockdown #Futsal #agility #FitnessGoals



Holy Trinity Church of England Primary ...
@Holy_TrinityCE

Wow ** Bunny Class are doing their first gymnastics session indoors today. Aren't they wonderful? 🐰🤸‍♀️



Holy Trinity Church of England Primary ...
@Holy_TrinityCE

Rugby World Cup 2031 here we come! 🏆
Lovely running angles 🏉 #tagrugby #tulsehills #lambeth

SG Sports Coaching London @SG... - 2 Dec 2020
Changing angles of support runners @Holy_TrinityCE with year 6 pupils. Physical health has never been more important in Lambeth schools! #tagrugby #tulsehills #lambeth



Holy Trinity Church of England Primary ...
@Holy_TrinityCE

It's never too cold for cricket! Our children are loving @SurreyCricketFd training sessions every Monday. We wonder if there's another Archer or Stokes in our midst? 🏏🏏



PE at Holy Trinity

“PE at Holy Trinity means to me...”

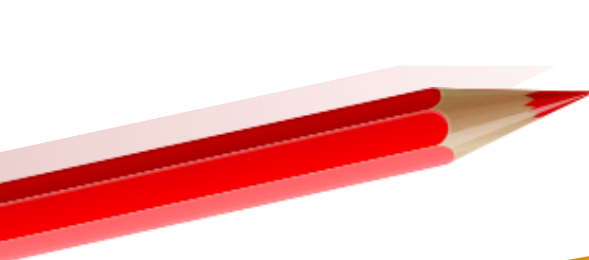
Jaylen year 4 - *“I like football at HT because you get taught step by step”*

Impact

Lucy year 1 - *“I like learning about lots of different sports”*

Jacob year 4 - *“Sports day is fun because you get to go to a different place and get reward cards and medals”*





Thank You!

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