

# Abbey Park First School PE Newsletter

Hello and welcome to our new half termly PE newsletter for Abbey Park First School. We are aiming to show you what goes on in our PE lessons and to also get your feedback on what you think is going well and what we could improve. At Abbey Park we follow the Getset4PE curriculum programme. We have spent a lot of time investigating the best PE schemes of work around to ensure that your child is given a varied and comprehensive PE curriculum and we believe that this scheme is one of the best out there.

## OUR CURRICULUM:

So far this year we have been enjoying PE from Reception to Year 4. In the Autumn term we always revisit the fundamentals of PE and then begin to introduce further skills. Our curriculum plan can be found on our website but one of the advantages of our scheme is that it can be fluid and we can add different units along the way, depending on the needs of the children we are teaching. Nursery will adapt their curriculum throughout the year as the team get to know the needs of the children.

2023/2024						
	TERM 1		TERM 2		TERM 3	
Nursery	Dance : Unit 1					
Reception	Fundamentals : Unit 1	Fundamentals : Unit 2	Gymnastics : Unit 1	Dance : Unit 1	Ball Skills : Unit 1	Games : Unit 1
Year 1	Fundamentals + Team Building	Ball Skills + Net and Wall Games	Dance + Gymnastics	Invasion Games + Sending and Receiving	Striking and Fielding Games + Rounders	Athletics + Yoga
Year 2	Fundamentals	Fitness	Ball Skills	Invasion Games	Striking and Fielding Games	Athletics
Year 3	Fundamentals Y3/4 + Fitness	Dance + Ball Skills Y3/4	Gymnastics	Yoga	Swimming + Athletics	Swimming + Rounders
Year 4	Fitness + Fundamentals Y3/4	Gymnastics + Ball Skills Y3/4	Swimming + Dance	Swimming	Athletics + Cricket	Rounders

## OUR LESSONS THIS TERM:

**Reception** have been learning about moving from one area to another using different parts of their body and different movements and Mrs Martin teaches them PE weekly.

**Year 1** are taught by Miss Vickery and a big focus is team building amongst the class to try and get them working together as a team. We hope this will improve their listening skills.

**Year 2** are taught by Miss Hirst and Mrs Martin twice a week. We have been looking at working on some of the basic skills and always seem to end up playing one of our favourite games...dodgeball!



**Year 3** are taught by Miss Hughes with a focus on getting fit in a variety of fun and different ways.



#### **Your feedback:**

Please feel to get in contact with me with any ideas or suggestions that you would like to see in relation to PE. My email address is [jm@abbeypark.worcs.sch.uk](mailto:jm@abbeypark.worcs.sch.uk) and I am happy to hear your thoughts on what we could do to improve, any theme day ideas or even if you would be interested in coming to watch PE in your child's class. Please keep an eye out on the PE page on the website for any updates.

#### **Sporting superstars:**

We love to see what your children have been up to when they are not in school and below we have some children who have been active and successful outside of school. Keep it up!



#### **BOWLING SUPERSTARS**

On Tuesday 17th October six of us went bowling in Worcester and competed against several other schools in a competition. We worked as a team and we were incredibly successful! We won the **whole** competition and came first out of all the schools!! One of our team members also won the 'fastest bowler' certificate so we were super proud of ourselves after our performance.

