

Physical Education at Clockhouse!



There's so much happening in PE across Clockhouse Primary, and we're excited to share it with you. From fun lessons and sports events to the amazing progress the children are making, we're always on the move!

Keep an eye out for updates on what the children have been up to, upcoming events, and how we're encouraging everyone to stay active and healthy. Let's celebrate all the fantastic things happening in PE together!

This term, our little ones in **EYFS** are diving into the world of *fundamentals*! Through playful activities, they've been exploring different ways to move, such as jumping, crawling, and balancing. We've been using animals as inspiration, with children slithering like snakes, hopping like frogs, and stomping like elephants to help develop their coordination and movement skills.



Key Stage 1: This term, it's all about *Gymnastics* and *Ball Skills*! In our ball skills lessons, we've been exploring all the different ways we can use a ball—throwing, catching, rolling, dribbling, and even bouncing with control. In gymnastics, the children have been working hard on their strength and flexibility, learning how to move with control and confidence.



Year 3: This term, the children have been focusing on *Ball Skills* and *Gymnastics*. In ball skills, they've been developing their accuracy, control, and teamwork.

In gymnastics, they've been exploring different balances, rolls, and jumps, working on creating smooth sequences with control and precision.



Year 4 and Year 6: This term, the focus has been on *Gymnastics* and *Netball*, with clear progression of skills shining through in both year groups.

In gymnastics, the children have been refining their balances, jumps, and sequences, building on prior knowledge to perform more complex routines with control and creativity.

In netball, they've been developing their passing, shooting, and defensive skills, with a strong emphasis on teamwork and strategic play. It's been fantastic to see how much they've progressed and how confidently they're applying their skills in games and performances!

Year 5: This term, the children have been exploring *Yoga* and *Hockey*! In yoga, they've been focusing on balance, flexibility, and mindfulness, learning poses and techniques to help build strength and relaxation.

Hockey lessons have seen the children developing their dribbling, passing, and teamwork, with an emphasis on using their skills effectively in small-sided games.





Greenland: This term, the children have been exploring *Gymnastics!*

The children have been exploring different ways to travel around our hall equipment.



Year 5: In swimming, our Year 5 children have been working hard to improve their confidence in the water, refine their stroke techniques, and build their stamina.

What do the children say about PE?

EYFS— PE is fun, Miss Macdonald gets our bodies moving!

Year 1— We love balancing on all of the tables and benches and we used the climbing wall, which was so good!

Year 2—We have learned how to roll, throw and kick a ball. This will be good when we play different sports next year. Our favourite game was bowling!

Year 3— We have loved gymnastics as we got to balance on top of tables that were really high.

Year 4—I learned how to play Netball for the first time and it is now a sport I want to keep playing.

Year 5— Yoga is a great sport for helping reset the mind and to relax the body. Yoga is something I want to keep doing when I get older.

Year 6—We have been applying our skills from our Netball lessons in Year 4 and now we are using them tactically within game situations!

PE Kit Reminder

Clockhouse Primary School P.E. Kit

- White t-shirt (logo optional).
- Royal blue shorts
- Royal blue/ Grey tracksuit
- White or Black trainers/ plimsots.



PET-Shirt



PE Shadow Stripe Shorts



PE Crew Neck Sweatshirt



PE Elasticated Hem Jog Pants



We would like to take this opportunity to remind parents/carers of our PE kit expectations. Children take part in two lessons of Physical Education a week. Please ensure that your child comes to school in the correct PE kit. It is essential for all pupils to wear appropriate kit for their PE lessons to ensure personal hygiene and safety. During PE lessons children are not allowed to wear jewellery of any kind, please ensure jewellery can be removed for PE.

Logoed and fashion items (including football kits) should not be worn as this is not in line with the school uniform expectations above.

Get Caught Being A Good Sport!

Get caught being a good sport!

At Clockhouse Primary School being a good sport means:

- Following the rules of the games.
- Listening to adults and my peers.
- Having a positive and kind attitude.
- Encouraging and cheering others on.
- Using teamwork to work together.
- Not bragging to other teams.
- Shaking hands and congratulating others on a good game.



Can you identify how our principles of being a good sportsperson links to our school rules of being ready, respectful and

At Clockhouse Primary School we are...
**Ready
Respectful
Responsible**

We have had so many amazing children nominated due to being a good sport!

See if you can spot their badges around the school!

We have more nominations coming soon, so keep an eye on the Dojo to see if it is you!

Last summer we celebrated 9 children achieving their Gold Sportsmanship Award! They were given special responsibilities and were entered into a draw for two tickets to

see the famous
Harlem Globetrotters!

Frankie S was our 2024 winner!

Who will it be next year?

