

## P.E at Menston Primary School

At Menston Primary School we deliver a balanced physical education curriculum. We encourage all the children to: develop an active, healthy lifestyle by greater participation in school sports and competitions; engage in healthy eating and extend their learning in other areas such as maths.



Children enjoying a games lesson

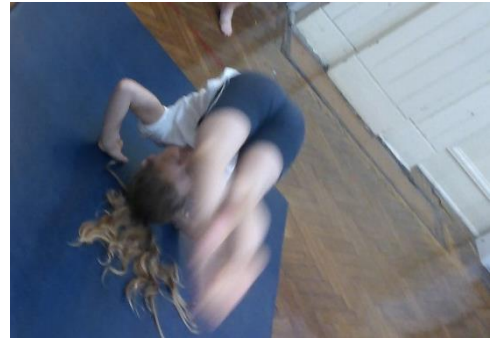
P.E in School is delivered by qualified sports coaches and class teachers. Sport is not only taught during lesson time but at lunchtime and as an after school activity.

We encourage competitive sport at Menston Primary School. We take part in Ikley Grammar School Primary Schools League, which involves competitions in handball, dodgeball, swimming, basketball, cricket, rounders and athletics for children in years 4, 5 and 6. We also enter both boys and girls teams in a football league. Ikley Harriers provide the Wharfedale Schools Cross Country League where we have had considerable success.



Cross country success

Not all the sport at Menston is competitive; we also encourage creative sports such as gymnastics and dance.



### **What the children think about Sport at Menston Primary School**

- "I like the sport in school because sometimes we do it inside and we sometimes do it outside as well."
- "P.E is enjoyable because it includes various sports each week so there's a selection."
- "I really enjoyed being able to go out of school and learn more about swimming technique. I liked the personal survival because it challenged you."
- "I enjoyed the football league because at the end of each match we had to shake hands even if we lost. I also liked it when we cheered for the other team and they cheered for us."
- "I like the Ilkley Grammar School Sport for primary schools because everyone has a chance to join in."

S. Blaby (PE Lead)

**Menston Primary School - PE Long Term Curriculum Map 2016 - 17**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	FOMS - Agility, balance and co-ordination	FOMS - Agility, balance and co-ordination	FMS - Sending	FMS - Striking	FSS - Dance	FSS - Athletics
	FMS - Travelling	FMS - Jumping	FMS - Receiving	FSS - Gymnastics	FSS - Invasion Games	FSS - Striking & Fielding
Year 2	FSS - Dance	FOMS - Agility, balance and co-ordination	FMS - Jumping	FMS - Receiving	FSS - Gymnastics	FSS - Striking & Fielding
	FMS - Travelling	FOMS - Agility, balance and co-ordination	FMS - Sending	FMS - Striking	FSS - Net and Wall	FSS - Athletics
Year 3	SSS - Gym	Multi Skills (FOMS and FMS)	SSS - Tag-Rugby	SSS - Basketball (Invasion Games)	SSS - Kwik Cricket (Striking & Fielding)	SSS Athletics
	SSS - Football (Invasion Games)	Health Related Fitness	SSS - Gymnastics	SSS - Dodgeball	SSS - Uni-Hockey (Invasion Games)	SSS - Short Tennis (Net & Wall)
Year 4	SSS - Gymnastics	Multi-Skills (FOMS and FMS)	SSS - Handball	SSS- Basketball (Invasion Games)	SSS - Athletics	SSS - Kwik Cricket (Striking & Fielding)
	SSS - Dodge ball	SSS - Gymnastics	SSS - Uni-Hoc (Invasion Games)	SSS - High Five netball (Invasion Games)	Health Related Fitness	SSS - Short Tennis (Net & Wall)
Year 5	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	SSS - Gymnastics	Multi-Skills (FOMS & FMS)	Hockey - Quick Sticks England Hockey Scheme (Invasion Games)	SSS - Basketball (Invasion Games)	FSS - Rounders (Striking & Fielding)	SSS - Athletics
	SSS -Netball (High Five) or Basketball (invasion games)	SSS - Tag Rugby (RFU) (Invasion Games)	SSS - Handball (Invasion Games)	Health Related Fitness	SSS - Gymnastics	SSS - Tennis (Net & Wall)
Year 6	SSS - Gym	SSS - Dance	SSS Hockey - Quick sticks England Hockey Scheme (invasion games)	Outdoor & Adventurous	SSS - Athletics	FSS - Baseball (Striking and Fielding)
	SSS - Basketball (Invasion Games)	SSS - High Five Netball (Invasion Games)	Health Related Fitness	SSS - Handball (Invasion Games)	SSS - Cricket (Striking & Fielding)	SSS - Volleyball (Net & Wall)

Fundamentals of Movement Skills (FOMS), Fundamental Movement Skills (FMS), Fundamental Sport Skills (FSS), Sport Specific Skills (SSS)