

Trefonen CE Primary PE and School Sports Learning Pathway

We aim for our children to leave with a love of PE, physical activity & sport. As they go forward we hope that they will engage in sporting opportunities, clubs, teams and will continue to enjoy and progress in PE, Sports Leadership and choose active and healthy lifestyles.

Community Clubs
Children are encouraged to join local clubs – we sign post local club offers



School Games Values

Leadership
Children will have opportunity to develop leadership skills through sport and games.



Dance
Children will explore different cultures through dance

Hawks Class

Autumn	Spring	Summer
Gymnastics Dance- Games Attacking and defending Tag rugby / hockey/ basketball New Age Kurling	Gymnastics Dance Games: Attack and defence Football/ dodgeball Net games-Badminton/ tennis Year 6 Bikability level 1 and 2	Athletics Swimming Games: Striking and fielding –cricket/ rounders Outdoor & Adventurous Caving and climbing Arrows Archery- Arrows

Competitions:
cross country tag rugby hockey cricket badminton

Netball Football Indoor athletics basketball dodgeball

Cross country athletics rounders cricket

Swimming
All pupils will be able to swim 25 m confidently by end of Year 6

Autumn	Spring	Summer
Gymnastics Dance- Games Attacking and defending Tag rugby / hockey/ football Outdoor & Adventurous Orienteering	Gymnastics Dance Games: Net games-Badminton/ table tennis/ tennis Year 5 Playmaker training	Athletics Swimming Games: Striking and fielding –cricket/ rounders Outdoor & Adventurous Canoeing & Orienteering Arrows Archery- Arrows

John Muir Award



Competitions:
Cross country football Football Dodgeball Cross country athletics

Puffins Class

Autumn	Spring	Summer
Gymnastics Dance Games-Attacking and defending-football/ netball/ hockey Boccia Skipping	Gymnastics Dance Games: Badminton/ table tennis Outdoor & Adventurous Orienteering Guided Walk Llanymynech Rock Year 3 Learn to Ride	Athletics-jumping throwing /running Games: Striking and fielding – cricket Net/ wall- Tennis Tri Golf Outdoor & Adventurous Arrows Archery-Arrows Parachute games

Children will be introduced to competition –' intra'- within and between classes, 'personal best' and 'inter'- against other schools.

Wrens Inter Competitions:
Football Cross country Dodgeball tennis Cross country athletics

Autumn	Spring	Summer
Dance Gymnastics Games Catching and throwing- basketball and rugby	Dance: Gymnastics Games: net games-Tennis Striking and fielding Cricket	Athletics: Games- Football Outdoor & Adventurous Orienteering Parachute games

Children will be identified for additional support with gross and fine motor skills.

Nightingales
Inter competitions: Gymnastics Indoor athletics Football

Nightingales Class

Autumn	Spring	Summer
Gymnastics Dance Movement development Games –Fundamentals/ ball skills Outdoor & Adventurous- Squirrel School	Gymnastics Dance Games- Ball skills Outdoor & Adventurous Squirrel School Reception: Balance Bike Training	Athletics Games Outdoor & Adventurous Squirrel School

Health and hygiene
Children will learn about the importance of Healthy Eating, Sleep, Well-being

Robins Class

Whole school events:
Sponsored run/walk
Skipping workshop



We aim for children to be physically active for at least 30 minutes in school each day. We achieve this through Active Blasts/ Daily Mile/ Active lessons

