

## **Sports at Western House Academy**

At Western House we value sports and what it can bring to our young people, from social skills and lifelong values. We can use sports as a vehicle to mould each child into a healthy, independent and positive person.

Our PE lessons is where each child will start their learning journey into sports so we want this to be a positive experience for all and this is what we strive for every day. We do this by having layered activities for children to choose from so they can decide which challenge they are ready for and a clear progression to achieve the lessons overall objective.

We also deliver a REAL PE lessons each week which works on our fundamental skills which is agility, balance and coordination and we believe this underpins every sport we play. The three central philosophies are as follows:

- **Creating clear, shared learning journeys**
- **Providing quality personalised opportunities**
- **Shifting responsibility towards the learner**



Please see below our School Sports Overview for years R-6 with information for what is being taught in both Sports Specific and Fundamental skills lessons:-

Year group	Autumn First half	Autumn Second half	Spring First half	Spring Second half	Summer First half	Summer Second half
<b>RECEPTION</b> <i>Fundamental skills session</i>	Real PE Unit 1 – Coordination: Floor Movement Patterns & Balance: 1 Leg Balance Personal skills	Real PE Unit 2 – Dynamic Balance to agility & Balance: Seated Social skills	Real PE Unit 3 – Dynamic Balance & Balance: Small Base Cognitive skills	Real PE Unit 4 – Coordination: Ball skills & Counter Balance in pairs Creative skills	Real PE Unit 5 – Coordination With Equipment & Agility: Reaction/Response Physical skills	Real PE Unit 6 – Agility: Ball Chasing & Balance: Floor Work Health and fitness skills
<b>Year 1</b> <i>Sports Specific</i>	<u>BALL GAMES</u> Invasion games Outside Personal skills	<u>HOCKEY</u> Invasion games Outside Social skills	<u>FOOTBALL</u> Invasion Outside Cognitive skills	Tennis Net and wall Outside Creative skills	<u>Athletics</u> Outside Physical skills	<u>CRICKET</u> Striking & Fielding Outside Health and fitness skills
<i>Fundamental skills session</i>	Real PE Unit 1 – Floor Movement Patterns & 1 Leg Standing. Personal skills	Real PE Unit 2 - Dynamic Balance to Agility Social skills	Real PE Unit 3 - Dynamic Balance & Static Balance Cognitive skills	Real PE Unit 4 – Coordination Ball Skills & Counter Balance Creative skills	Real PE Unit 5 - Coordination with Equipment & Agility Physical skills	Real PE Unit 6 - Exploring Movements & Ball Chasing Health and fitness skills
<b>Year 2</b> <i>With Mr Beckett</i>	<u>BASKETBALL</u> Invasion Outside Personal skills	<u>DANCE</u> Creative Social skills	<u>TENNIS</u> Net and wall Outside Cognitive skills	<u>HOCKEY</u> Invasion Outside Creative skills	<u>Athletics</u> Outside Physical skills	<u>CRICKET</u> Striking and fielding Outside Health and fitness skills
<i>Fundamental skills session</i>	Real PE Unit 1 - Coordination Floor Movement Patterns & Static Balance Personal skills	Real PE Unit 2 - Dynamic Balance to Agility & Static Balance Social skills	Real PE Unit 3 - Dynamic Balance & Static Balance Cognitive skills	Real PE Unit 4 - Coordination Ball Skills & Counter Balance with Pairs Creative skills	Real PE Unit 5 - Coordination with Equipment & Agility Reaction/Response Physical skills	Real PE Unit 6 - Agility Ball Chasing & Static Balance Health and fitness skills



Year group	Autumn First half	Autumn Second half	Spring First half	Spring Second half	Summer First half	Summer Second half
<i>Year 3 Sport Specific</i>	<u>BASKETBALL</u> Invasion Outside Personal skills	<u>TAG RUGBY</u> Invasion Outside Social skills	<u>CRICKET</u> Striking and fielding Outside Cognitive skills	<u>TENNIS</u> Net and wall Outside Creative skills	<u>ROUNDERS</u> Striking and fielding Outside Physical skills	<u>ATHLETICS</u> Outside Health and fitness skills
<i>Fundamental skills session</i>	Real PE Unit 1 – Coordination: Floor Movement Patterns Personal skills	Real PE Unit 2 – Dynamic Balance to Agility Social skills	Real PE Unit 3 – Dynamic Balance Cognitive skills	Real PE Unit 4 – Coordination with Equipment Creative skills	Real PE Unit 5 – Agility: Reaction/Response Physical skills	Real PE Unit 6 – Agility: Ball Chasing Health and fitness skills
<i>Year 4 Sport Specific</i>	<u>FOOTBALL</u> Invasion Outside Personal skills	<u>NETBALL</u> Invasion Outside Social skills	<u>HOCKEY</u> invasion Outside Cognitive skills	<u>CRICKET</u> Striking and fielding Outside Creative skills	<u>VOLLEYBALL</u> Net and wall Outside Physical skills	<u>ATHLETICS</u> Outside Health and fitness skills
<i>Fundamental skills session</i>	Real PE Unit 1 – Coordination: Floor Movement Patterns Personal skills	Real PE Unit 2 – Dynamic Balance to Agility Social skills	Real PE Unit 3 – Dynamic Balance Cognitive skills	Real PE Unit 4 – Coordination with Equipment Creative skills	Real PE Unit 5 – Agility: Reaction/Response Physical skills	Real PE Unit 6 – Agility: Ball Chasing Health and fitness skills
<i>Year 5 Sport Specific</i>	<u>BASKETBALL</u> Invasion Outside Cognitive skills	<u>TAG RUGBY</u> Invasion Outside Creative skills	<u>CRICKET</u> Striking and fielding Outside Social skills	<u>TENNIS</u> Net and wall Outside Physical skills	<u>ROUNDERS</u> Striking and fielding Outside Health and fitness skills	<u>ATHLETICS</u> Outside Personal skills
<i>Fundamental skills session</i>	Real PE Unit 1 – Coordination: Ball Skills & Agility: Reaction/Response Cognitive skills	Real PE Unit 2 – Balance: Seated & Static Balance: Floor Work Creative skills	Real PE Unit 3 – Dynamic Balance & Counter Balance Social skills	Real PE Unit 4 – Dynamic Balance to Agility & Static Balance: 1 Leg Standing Physical skills	Real PE Unit 5 – Static Balance: Small Base & Coordination: Floor Movement Patterns Health and fitness skills	Real PE Unit 6 – Coordination with Equipment & Agility: Ball Chasing Personal skills
<i>Year 6 Sport Specific</i>	<u>FOOTBALL</u> Invasion Outside Cognitive skills	<u>NETBALL</u> Invasion Outside Creative skills	<u>HOCKEY</u> invasion Outside Social skills	<u>CRICKET</u> striking and fielding Outside Physical skills	<u>VOLLEYBALL</u> Net and wall Outside Health and fitness skills	<u>ATHLETICS</u> Outside Personal skills
<i>Fundamental skills session</i>	Real PE Unit 1 – Coordination: Ball Skills & Agility: Reaction/Response Cognitive skills	Real PE Unit 2 – Balance: Seated & Static Balance: Floor Work Creative skills	Real PE Unit 3 – Dynamic Balance & Counter Balance Social skills	Real PE Unit 4 – Dynamic Balance to Agility & Static Balance: 1 Leg Standing Physical skills	Real PE Unit 5 – Static Balance: Small Base & Coordination: Floor Movement Patterns Health and fitness skills	Real PE Unit 6 – Coordination with Equipment & Agility: Ball Chasing Personal skills



Please see below our School PPA Timetable for years 1-6. This will indicate which class will be doing PE, Music and French each week:-

	P.E.		French		Music	
Week 1	Class 2	Class 1	Class 1	Class 3	Class 3	Class 2
Week 2	Class 1	Class 3	Class 3	Class 2	Class 2	Class 1
Week 3	Class 3	Class 2	Class 2	Class 1	Class 1	Class 3
Week 4	Class 2	Class 1	Class 1	Class 3	Class 3	Class 2
Week 5	Class 1	Class 3	Class 3	Class 2	Class 2	Class 1
Week 6	Class 3	Class 2	Class 2	Class 1	Class 1	Class 3

#### PPA Teacher Guide

	Class 1	Class 2	Class 3
Year 1	1 Donaldson	1 Hughes	1 Potter
Year 2	2 Elizabeth II	2 George VI	2 Victoria
Year 3	3 Stonehenge	3 Land's End	3 Ben Nevis
Year 4	4 Hockney	4 Morris	4 Turner
Year 5	5 Barlow	5 Beatles	5 Lennox
Year 6	6 Farrah	6 Murray	6 Redgrave