

# The Priory Witham Academy Physical Education Journey

Believe Together, Achieve Together- inspiring and exciting students to be passionate about learning.

## Sports Day

Students represent their Houses in a variety of events during Sports Day to add towards Whole School scores.



## Targeted Swimming

Targeted sessions to support any non-swimmers/ those in need of further support.



## Multi Skills Ball

Skills based lessons with an emphasis on ball skills such as throwing, catching and rolling.

## Show Your Commitment

How many can you complete?



- Try Your Best in All Lessons
- Bring Your PE Kit to All Lessons
- Achieve High in All Lessons
- Attend Extra-Curricular Clubs Each Term
- Represent the Academy in Sporting Events

## School Sporting Values

- Courage
- Wisdom
- Passion
- Curiosity
- Generosity

## The School Games

Below are just some of the School Games Events which we enter:

- Net /wall
- Invasion
- Atl
- Dodgeball
- Football
- Games
- Multi Skills



## Summer Term

## Striking & Fielding

Teamwork focused lessons and emphasis on coordination skills within striking and fielding activities.



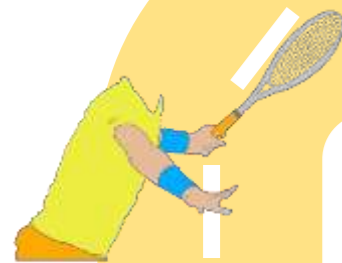
## Swimming

An essential life skill revisited throughout the year and throughout all primary years.



## Invasions Games

Development of strategies and tactics in order to outwit opponents in various invasion games.



## Health & Fitness

Students learn about the body and how to maintain a healthy lifestyle through a variety of fitness based lessons.



## Gymnastics

Development of basic sequences and movement patterns. Inclusive of: balances/ movement/ rolls/ jumps and flight.



## Athletics

Lessons cover the three disciplines of athletics: Throws, Runs and Jumps. Developing the basic technique for each of the events.

## Spring Term

## Dance

Children skilfully create a series of controlled movement patterns and sequences and tell a story using their body.



## Autumn Term

## Multi Skills Team

Emphasis is put on cooperative and collaborative work in order to achieve within team based activities.



## Multi Skills Movement

Creating different movement patterns in order to develop physical literacy and basic skills.

## Swimming

An essential life skill revisited throughout the year and throughout all primary years.

Your Physical Education Journey starts here ...