

## HALF TERM SUMMARY: September/October 2010

SUBJECT: PE

YEAR GROUP: Nursery

TEACHER: Anna Nabielec

Week	Learning objectives	Activities (in brief)
1	To know how to move freely with confidence, To start and stop safely	Copy different kinds of movement
2-5	To know how to move in range of ways such walking, running, jumping, skipping with pleasure and safely Increasing control over an object	Copy and repeat different kinds of movement Copy touching, pushing, pulling, rolling a range of small and large equipment (different kinds of balls, bean bags, ropes, ribbons)
6-7	To know how to move with confidence in safely Skill and control in the use of different kinds of objects	Copy walking, running, jumping, skipping, crawling. Copy and repeat moving objects – picking up, releasing, arranging, passing, throwing, catching , rolling, blowing, pushing, pulling.

## HALF TERM SUMMARY: September/October 2010

SUBJECT: PE

YEAR GROUP: Reception

TEACHER: Anna Nabielec

Week	Learning objectives	Activities (in brief)
1	Rules of gym activities, safely behavior during sport activities	Games introducing routines to be used through the year
2	Moving in range of ways such walking, running, jumping, skipping with pleasure and safely	Copy and repeat different kinds of movement Traveling with control and coordination Outdoor activities – individual running competition
3	Experiment with different ways of moving	Obstacle course – mixing different kinds of movement
4	Correct body position	What is correct body position and why is important to keep it? Games developing good habits to keep correct body position.
5	Gym – basic gymnastic actions (traveling, climbing, rolling, jumping)	Games including new combinations of movement – using a range of apparatus – bench, beam, mat, mattress, ladders, cones.
6	Use movement to express feelings, create shapes	Copy and explore body actions demonstrated by the teacher – animals game, mirror game
7	Individual skills controlling balls – throwing, catching, passing from hand to hand	Individual exercises with different kinds of balls – tennis balls, ping-pong balls, volley balls

## HALF TERM SUMMARY: September/October 2010

SUBJECT: PE

YEAR GROUP: 1

TEACHER: Anna Nabielec

Week	Learning objectives	Activities (in brief)
1	Rules of gym activities, safely behavior during sport activities	Games introducing routines to be used through the year
2	Moving in range of ways such walking, running, jumping, skipping with control and coordination	Copy and repeat different kinds of movement Traveling with control and coordination – running games Outdoor activities – individual running competition, running races
3	Experiment with different ways of moving – crawling, rolling, running, jumping, skipping, climbing	Obstacle course – mixing different kinds of movement
4	Correct body position	What is correct body position and why is important to keep it? Games developing good habits to keep correct body position.
5	Gym – basic gymnastic actions (traveling, climbing, rolling, jumping)	Games including new combinations of movement – using a range of apparatus – bench, beam, mat, mattress, ladders, cones.
6	Use movement to express feelings, create shapes	Copy and explore body actions demonstrated by the teacher – animals game, mirror game
7	Rules of team races	Running team races

## HALF TERM SUMMARY: September/October 2010

SUBJECT: PE

YEAR GROUP: 2

TEACHER: Anna Nabelec

Week	Learning objectives	Activities (in brief)
1	Rules of gym activities, safely behavior during sport activities	Games introducing routines to be used through the year
2	Moving in range of ways such walking, running, jumping, skipping with control and coordination	Copy and repeat different kinds of movement Traveling with control and coordination – running games Outdoor activities – individual running competition, running races
3	Experiment with different ways of moving – crawling, rolling, running, jumping, skipping, climbing	Obstacle course – mixing different kinds of movement
4	Correct body position	What is correct body position and why is important to keep it? Games developing good habits to keep correct body position.
5	Gym – basic gymnastic actions (traveling, climbing, rolling, jumping)	Games including new combinations of movement – using a range of apparatus – bench, beam, mat, mattress, ladders, cones. Make an obstacle course using different kinds of apparatus
6	Use movement to express feelings, create shapes	Copy and explore body actions demonstrated by the teacher – animals game, mirror game Creation shapes and actions
7	Individual skills controlling balls – throwing, catching, passing from hand to hand	Individual exercises with different kinds of balls – tennis balls, ping-pong balls, volley balls Team races with passing objects

## HALF TERM SUMMARY: September/October 2010

SUBJECT: PE

YEAR GROUP: 3

TEACHER: Anna Nabielec

Week	Learning objectives	Activities (in brief)
1	Rules of gym activities, safely behavior during sport activities	Games introducing routines to be used through the year Running games
2	Moving in range of ways such walking, running, jumping, skipping with control and coordination	Traveling with control and coordination – running games Outdoor activities – individual running competition, running races
3	Experiment with different ways of moving – crawling, rolling, running, jumping, skipping, climbing	Obstacle course – mixing different kinds of movement
4	Correct body position	What is correct body position and why is important to keep it? Games developing good habits to keep correct body position.
5	Gym – basic gymnastic actions (traveling, climbing, rolling, jumping, balancing)	Games including new combinations of movement – using a range of apparatus – bench, beam, mat, mattress, ladders, cones. Make an obstacle course using different kinds of apparatus
6	Individual skills controlling balls – throwing, catching, passing from hand to hand	Individual exercises with different kinds of balls – tennis balls, ping-pong balls, volley balls Team races with passing objects
7	Throwing and catching skills in games Control and protection of the ball	Team races with using throwing and catching skills Strike game

## HALF TERM SUMMARY: September/October 2010

SUBJECT: PE

YEAR GROUP: 4

TEACHER: Anna Nabielec

Week	Learning objectives	Activities (in brief)
1	Rules of gym activities, safely behavior during sport activities	Games introducing routines to be used through the year Running games
2	Different ways of skipping and running Technique of short distance running	Outdoor activities – short distance running, individual running competition
3	Experiment with different ways of moving – crawling, rolling, running, jumping, skipping, climbing	Obstacle course – mixing different kinds of movement
4	Correct body position	What is correct body position and why is important to keep it? Games developing good habits to keep correct body position.
5	Gym – basic gymnastic actions (traveling, climbing, rolling, jumping, balancing)	Games including new combinations of movement – using a range of apparatus – bench, beam, mat, mattress, ladders, cones. Make an obstacle course using different kinds of apparatus
6	Throwing, catching and bouncing skills Control and protection of the ball	Practicing individual and with different partners Team races with using throwing and catching skills Strike game
7	Throwing, catching and bouncing skills	Practicing with different partners Game with throwing balls over high hanging rope

## HALF TERM SUMMARY: September/October 2010

SUBJECT: PE

YEAR GROUP: 5,6

TEACHER: Anna Nabielec

Week	Learning objectives	Activities (in brief)
1	Rules of gym activities, safely behavior during sport activities Athletic skills – jogging, running, skipping	Running games Copy and repeat different kinds of traveling Individual running competition
2	Gym – basic gymnastic actions (traveling, climbing, rolling, jumping, balancing) Correct body position	Games including new combinations of movement – using a range of apparatus – bench, beam, mat, mattress, ladders, cones. Obstacle course. Make an obstacle course using different kinds of apparatus Why correct body position is so important?
3	Throwing and catching skills Control and protection of the ball Athletic skills – jogging, running, skipping	Practicing individual and with different partners Team races with using throwing and catching skills Outdoor activities
4	Volley a ball Jumping over apparatus	Copy and repeat the teacher to volley a ball Practicing individual and with a partner Practicing jumping over a bench, mattress, horse
5	Volley a ball Athletic skills – jogging, running, skipping	Practicing with a partner using a net Playing simple game – small court, 2 players Outdoor activities
6	Serve a ball Rotating on the court during a game Volleyball rules Kinds of rolling	Practicing individual and in small groups using a net Playing simple game with 3 and 4 players in each team Individual practicing rolls
7	Volleyball Balancing on a beam	Practicing individual and in small groups using a net Individual practicing of balancing using a range of apparatus

## HALF TERM SUMMARY: September/October 2010

SUBJECT: PE

YEAR GROUP: 7,8,9,10,11 girls TEACHER: Anna Nabelec

Week	Learning objectives	Activities (in brief)
1-2	Rules of gym activities, safely behavior during sport activities Athletic skills – jogging, running, skipping	Outdoor activities: Running games Copy and repeat different kinds of traveling Individual running competition
3 -4	Gym – basic gymnastic actions (traveling, climbing, rolling, jumping, balancing) Correct body position Promptly way of breathing during exercises To recognize and describe what their bodies feel like during different types of activities Volleyball	Games including new combinations of movement – using a range of apparatus – bench, beam, mat, mattress, ladders, cones. Obstacle course. Make an obstacle course using different kinds of apparatus Discuss about an effect of different types of activities on their body and health Individual exercises with balls
5 -6	Volley a ball Rotating on the court during a game Volleyball rules Jumping over apparatus	Copy and repeat the teacher to volley a ball Practicing individual and with a partner using a net Playing a game Practicing jumping over a bench, mattress, horse

## HALF TERM SUMMARY: September/October 2010

SUBJECT: PE

YEAR GROUP: 7,8,9,10,11 boys

TEACHER: Bogusław Nabielec

Week	Learning objectives	Activities (in brief)
1-2	Rules of gym activities, safely behavior during sport activities Athletic skills – jogging, running, skipping	Running games Copy and repeat different kinds of traveling Individual running competition
3-4	Gym – basic gymnastic actions (traveling, climbing, rolling, jumping, balancing) Correct body position Football – kicking technique	Games including new combinations of movement – using a range of apparatus – bench, beam, mat, mattress, ladders, cones. Obstacle course. Make an obstacle course using different kinds of apparatus Why correct body position is so important? Individual practicing and with a partner Practicing game
5-6	Volleyball rules Volley and serve a ball Rotating on the court during a game Jumping over apparatus	Copy and repeat the teacher Practicing individual and with a partner using a net Playing a game Practicing jumping over a bench, mattress, horse

## HALF TERM SUMMARY: September/October 2010

SUBJECT: PE

YEAR GROUP: IB1,IB2 girls TEACHER: Anna Nabielec

Week	Learning objectives	Activities (in brief)
1-2	Rules of gym activities, safely behavior during sport activities Athletic skills – jogging, running, skipping	Running games Copy and repeat different kinds of traveling Outdoor activities
3 -4	Gym – basic gymnastic actions (traveling, climbing, rolling, jumping, balancing) Correct body position Promptly way of breathing during exercises To recognize and describe what their bodies feel like during different types of activities Athletic skills – jogging	Games including new combinations of movement – using a range of apparatus – bench, beam, mat, mattress, ladders, cones. Obstacle course. Make an obstacle course using different kinds of apparatus Discuss about an effect of different types of activities on their body and health Outdoor activities
5 -6	Volley a ball Rotating on the court during a game Volleyball rules Jumping over apparatus	Copy and repeat the teacher to volley a ball Practicing individual and with a partner using a net Playing a game Practicing jumping over a bench, mattress, horse
7	Throwing, catching skills Fitness – machines	Practicing individual and with different partners, throwing games Individual exercises with different kinds of machines

## HALF TERM SUMMARY: September/October 2010

SUBJECT: PE

YEAR GROUP: IB1,IB2 boys

TEACHER: Bogusław Nabielec

Week	Learning objectives	Activities (in brief)
1-2	Rules of gym activities, safely behavior during sport activities Athletic skills – jogging, running, skipping	Running games Copy and repeat different kinds of traveling Outdoor activities
3-4	Gym – basic gymnastic actions (traveling, climbing, rolling, jumping, balancing) Football – kicking technique	Games including new combinations of movement – using a range of apparatus – bench, beam, mat, mattress, ladders, cones. Obstacle course. Individual practicing and with a partner Practicing game
5-6	Volleyball rules Volley and serve a ball Rotating on the court during a game	Copy and repeat the teacher Practicing individual and with a partner using a net Playing a game
7	Basketball skills	Rules of the game Individual practicing Playing a game