



**ST.MARY'S RC**  
**PRIMARY SCHOOL**

WE PRAY, PLAY & RESPECT ALL

# PHYSICAL EDUCATION PARENTS HANDBOOK

*As the family of St. Mary's,  
learning and growing in God's love,  
joyfully, we pray, play and respect all,  
changing our world forever.*



## **PE UNIFORM**

St Mary's will ensure that spare PE kit is available for any occasional circumstances where a child does not have their own in school.

Long hair worn by both staff and pupils should always be tied back with a suitably soft item to prevent entanglement in apparatus and to prevent obscuring vision.

### **Indoor PE Kit:**

White Shirt  
Navy / Black Shorts  
Black Pumps (Gymnastics / Rock Climbing)  
Trainers

### **Outdoor PE Kit:**

White Shirt  
Navy / Black Jumper (School Jumper is ok)  
Navy / Black Sweatpants or Leggings.  
Trainers

## **NON PARTICIPATION**

On occasions pupils may be unable to participate in a physical education lesson for a variety of different reasons.

A record of non-participation is kept by school stating whether it is on medical grounds or due to failure to bring appropriate kit.

A note from their parent must be provided for a child to be excused from a lesson.

In such a case an alternative role for the pupil should be found e.g. coach, team manager, equipment manager, or even making a written record of the lesson.

**You child will however still be expected to change for the lesson  
as they still will be playing a part in the overall learning.**

## **EXTRA CURRICULAR CLUBS AND SPORTS TEAMS**

All Extra Curricular Clubs and Teams will be sent electronically from next year, we have trialled this throughout the year, and parents seem happy with this process.

For the Sports Teams, the Electronic Registration form will need to be fill in by the date provided, or we will offer the place on the team to another child.



# CURRICULUM MAP



	Autumn	Spring	Summer		Autumn	Spring	Summer
<b>EYFS</b>	DANCE	THROWING, CATCHING, SENDING & RECEIVING	BALANCEABILITY	<b>Y1</b>	DANCE	THROWING, CATCHING, SENDING & RECEIVING	BALANCEABILITY
	BASIC MOVES	GAMES	SPORTS DAY GAMES		GYMNASTICS	STRIKING & FIELDING	SPORTS DAY GAMES
<b>Y2</b>	Summer 2	Summer 1	Spring 2	Spring 1	Autumn 2	Autumn 1	<b>Y3</b>
	TENNIS	BALANCEABILITY	GAMES (AGILITY)	MULTI SKILLS	THROWING, CATCHING, SENDING & RECEIVING	AGILITY, BALANCE AND COORDINATION	
	TEAM GAMES	ATHLETICS	STRIKING & FIELDING	DODGEBALL	GYMNASTICS	DANCE	<b>Y4</b>
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	<b>Y5</b>	
TENNIS	GYMNASTICS	BASKETBALL	VOLLEYBALL	HOCKEY	ATHLETICS		
DANCE	AMERICAN FOOTBALL	TAG RUGBY	ORIENTEERING	ROUNDERS	CRICKET	<b>Y6</b>	
Summer 2	Summer 1	Spring 2	Spring 1	Autumn 2	Autumn 1		
ATHLETICS	HOCKEY	VOLLEYBALL	BASKETBALL	GYMNASTICS	TENNIS		
CRICKET	ROUNDERS	ORIENTEERING	TAG RUGBY	AMERICAN FOOTBALL	DANCE		
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	<b>Y6</b>	
TENNIS	GYMNASTICS	TAG RUGBY	VOLLEYBALL	HOCKEY	ATHLETICS		
DANCE	AMERICAN FOOTBALL	BASKETBALL	ORIENTEERING	ROUNDERS	CRICKET		
Summer 2	Summer 1	Spring 2	Spring 1	Autumn 2	Autumn 1	<b>Y6</b>	
ATHLETICS	HOCKEY	VOLLEYBALL	TAG RUGBY	GYMNASTICS	TENNIS		
CRICKET	ROUNDERS	ORIENTEERING	BASKETBALL	AMERICAN FOOTBALL	DANCE		

LOVE OF PE AND SPORT  
PHYSICALLY LITERATE  
SPORTING  
RESPECTFUL