

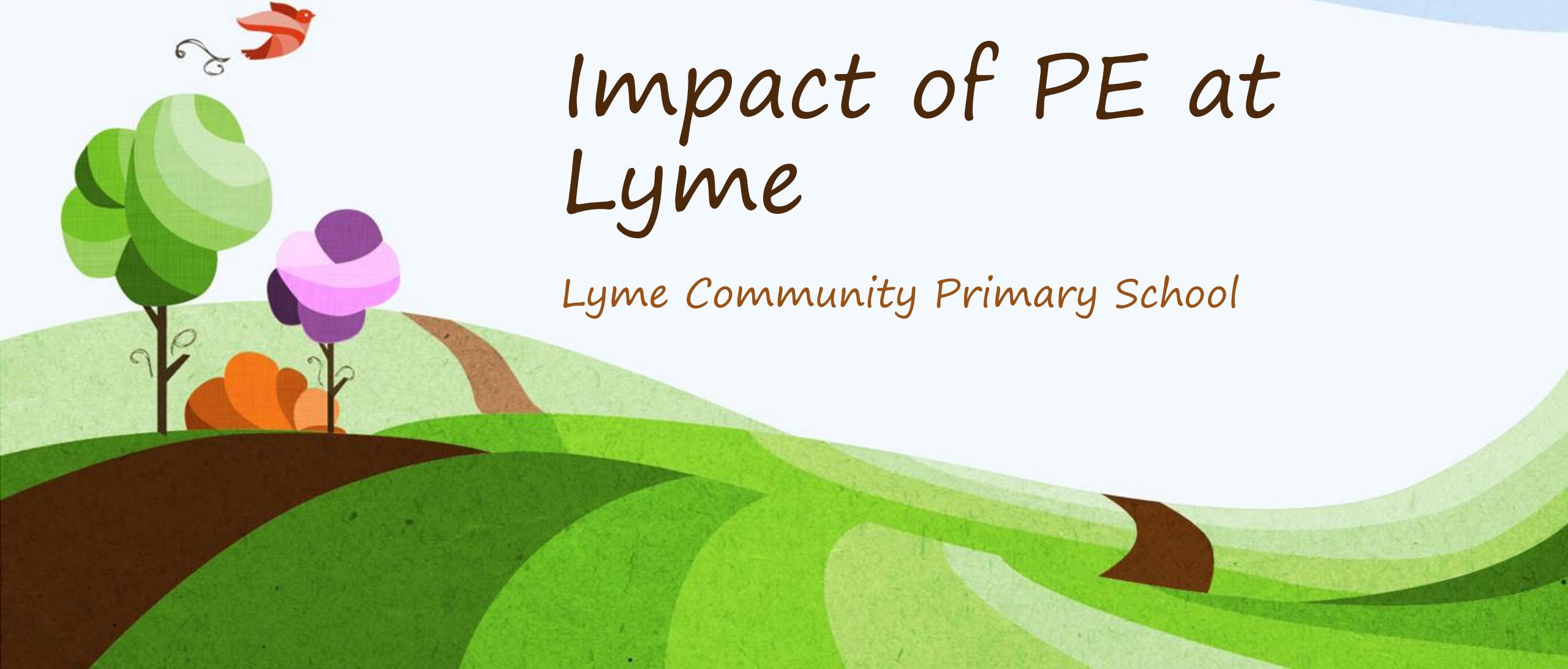
2021/2022

Your school ranked Gold



# Impact of PE at Lyme

Lyme Community Primary School





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# Introduction

Our curriculum develops a love of physical activity and sport. We intend to produce lifelong healthy and active pupils.

Our curriculum gives our children the fundamental skills to participate and excel in a range of sporting activities.

As well as producing well-rounded physical athletes, we strive to promote mentally strong athletes too. Within lessons, we develop our children's perseverance, resilience, confidence and discipline.





# 2021/2022

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# PE provision

At Lyme, we aim to provide at least 2 hours of timetabled PE each week. We offer opportunities for our children to increase this through After-School Clubs and Lunch Clubs.

During PE sessions, we are assisted by a professional coach from PE Academy. Coach James is an amazing PE provider and has a wealth of experience in delivering outstanding PE sessions. Lyme have been using PE academy for over 10 years. This has enabled them to help deliver tailored PE sessions that benefit our children most.

PE lessons begin with a brief input from the coach/teacher, explaining new terminology, learning objective etc. Then, the children begin their warm-up which is usually linked closely to skills needed for the lesson. This is followed by a main activity and then a cooling down activity or a competition between team houses. The final part of the lesson involves the class sitting down in a group to consolidate learning.

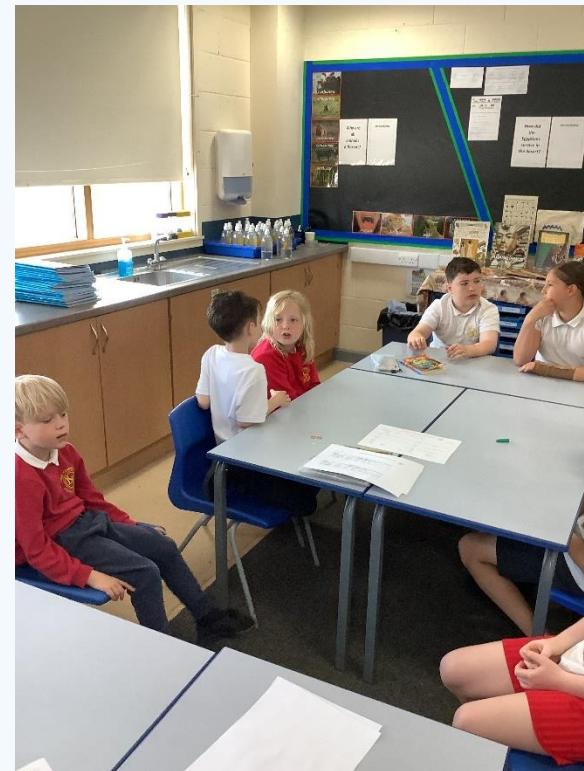
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fundamental movements	Fundamental movements with different equipment	Ball skills	Physical development	Music, shapes, and colours	General Multi-Skills (prep for rec)
	Additional Session Teamwork/ Communication/ Sportsmanship	Additional Session Extra practice of movements	Additional Session Ball Skills	Additional Session Dance	Additional Session Dance	Additional Session Multi-Skills
Reception	Fundamental movements	Fundamental movements with different equipment linking equipment to different sports.	Manipulation of ball skills	Physical development	Dance	Athletics
	Additional Session Teamwork/ Communication/ Sportsmanship	Additional Session Extra practice of movements	Additional Session Dance	Additional Session Dance	Additional Session Dance	Additional Session Athletics
Year 1	Ball Skills	Gymnastics	SPQ (Speed, Agility, Quickness)	Bat and Ball	Dance	Athletics
	Additional Session Teamwork/ Communication/ Sportsmanship	Additional Session Leaders Good/Bad Leaders we know	Additional Session Ball Skills	Additional Session Dance	Additional Session Cricket	Additional Session Athletics
Year 2	Ball Skills	Gymnastics	SPQ (Speed, Agility, Quickness)	Bat and Ball	Dance	Athletics
	Additional Session Teamwork/ Communication/ Sportsmanship	Additional Session Leaders Good/Bad Leaders we know	Additional Session Ball Skills	Additional Session Dance	Additional Session Cricket	Additional Session Athletics
Year 3	Basketball	Gymnastics	SPQ (Speed, Agility, Quickness)	Bat and Ball	Dance	Athletics
	Additional Session Teamwork/ Communication/ Sportsmanship	Additional Session Leaders Good/Bad Leaders we know	Additional Session Ball Skills	Additional Session Fitness	Additional Session Cricket	Additional Session Athletics
Year 4	Basketball	Gymnastics	Speed	Tennis	Dance	Athletics
	Additional Session Teamwork/ Communication/ Sportsmanship	Additional Session Leadership Understand skills needed to be a good leader Understand negative leadership skills	Additional Session Skills needed in different sports Agility, balance, coordination, speed, reaction time, power etc	Additional Session Fitness	Additional Session Cricket	Additional Session Athletics
Year 5	Handball	Gymnastics	Agility	Tennis	Dance	Athletics
	Additional Session Teamwork/ Communication/ Sportsmanship	Additional Session Leadership Understand skills needed to be a good leader Understand negative leadership skills	Additional Session Skills needed in different sports Agility, balance, coordination, speed, reaction time, power etc	Additional Session Fitness	Additional Session Rounders	Additional Session Athletics
Year 6	Basketball/Netball	Gymnastics	Quickness	Tennis	Dance	Athletics
	Additional Session Teamwork/ Communication/ Sportsmanship	Additional Session Leadership Understand skills needed to be a good leader Understand negative leadership skills	Additional Session Skills needed in different sports Agility, balance, coordination, speed, reaction time, power etc	Additional Session Fitness	Additional Session Rounders	Additional Session Athletics

# PE provision



# Sports Council

- Lyme's sports council aims to meet half-termly to discuss important sporting matters in school.
- Our sports council decides ASC activities, helps to choose which competitions to enter, plans lunch time clubs, and has more recently decided on which professional athlete they'd like to visit our school.
- Sports council has 2 representatives from each KS2 class as well as representatives from Year 2.



# Sports Day

- Lyme's sports day is designed so that children are always on the go!
- Children stay in their classes and work their way through a carousal of activities. Each class is split into our 4 house teams.
- Each team can earn points for their house during each activity.
- At the end of the event, the house with the most points are crowned the winners.





## Sports Day

Sports days are split into two sections:

- EYFS & KS1 in the morning
- KS2 in the afternoon

# Visitors

At Lyme, we value the impact of professional athletes visiting our school. It not only provides the children with wonderful aspirations and goals, but they are always really fun.

Over the last few years, we have hosted Olympian gymnasts, professional rugby league players from club and national sides and much more.



# Competitions

Lyme are part of St. Helens School Games network.

We enter a range of competitions through them as well as competitions created by Liverpool FC, Everton FC, St. Helens RLFC and more.

We try to vary the types of sports we compete in as well as the year groups and gender.



# Competitions



Year 4 football  
tournament winners



Year 5 football  
tournament runners up



Year 6 football  
tournament runners up