

## Physical Education:

### Woodlands:

A combination of sensory PE activities – Massage, Body Awareness, Vestibular, WC Dance, MOVE program, Splash, Tac Pac, Hand Awareness, Contact Dance

### EYFS:

PE Lesson weekly – fundamental movement skills/ physical development

Planned physical activities for developing physical development delivered in a thematic way across all curriculum areas

### KEY STAGE 1 & 2:

PE Lessons

Active 15 daily sessions planned on the ‘fundamental skills’

Active Maths planned sessions

Active literacy planned sessions

Sensory PE with targets/aims and objectives

Swimming \*KS2

Activity Days & Residentials

# What does PESSPA

(PE, school sport and physical activity)

## look like here at Acorns?

### School Sport:

#### Woodlands:

Sports Day, Boccia, Kurling, Kin Ball, Balloon Volley ball, Noisy skittles

#### EYFS:

Sports Day, Skittles, target games, Kurling

#### Key Stage 1 & 2:

Sports Day, Winter Olympics

Football Club

Friday clubs – Hockey/Zumba/Yoga/Kin Ball/  
Dodgeball/skittle  
ball/basketball/netball/tennis/badminton

Rugby Tots

Intra school competitions and events

Change 4 life events

## Physical Activity:

### Woodlands:

Floor time, music and movement sessions, use of walking frames, activity frames to encourage upper body movement, sensory exploration trays

### EYFS:

Welly walks, visits to parks, visits to soft play centres, play times – bikes/scooters, climbing frames, balls of different sizes, parachute play, ring games.

### Key Stage 1 & 2:

Active Play times – bikes/scooters/balls

Use of outdoor trampolines/swings

“get up & move” – daily 5!

Welly Walks, Park visits, community visits

Active Lunchtimes – running, dancing, go karts, balance bikes, trampolines, balls \*15 mins daily

Ring games

Parachute play