



# ALLOWAY PRIMARY P.E WITH MRS MCCARRELL

## PRIMARY 1, 2 & 3

We are continuing to develop our gross motor skills with the infants this term. We will progress to using a variety of objects bats, balls, bean bags etc. We will be focussing on hand eye co-ordination when aiming at a target, working in pairs or small teams. We will discuss and practice timing, pace and balance through fun games and activities. Towards the end of the term we will have some fun with 'Strictly Come Social Dancing' ready for party season.



## PRIMARY 4

The main focus in Primary 4 this term is Fitness.  
We will be enjoying a variety of fitness sessions, discussing the benefits of working out. And the impact exercise has on the body and mind. Before, during and after.



## PE UNIFORM & SAFETY

Building on independence we are moving back to changing into PE kits for lessons.

- Kits can be left in class cloakroom on chosen or given peg.
- T-Shirt
  - Shorts/Joggers/Leggings
  - Trainers

Jewellery should be removed for PE for health & safety reasons. If stud earrings cannot be removed please supply surgical tape for Kit Bag which can be easily used and disposed of during/after PE lessons.

## PRIMARY 5

Primary 5 will also be focussing on fitness this term. They have been set a 30 day fitness challenge. I am looking for them to record the fitness they do daily. We will be investigating heart rates before, during and after exercise. Discussing the importance of warm up and cool down. As well as long term benefits of keeping fit.



## PRIMARY 6

Handball is the main focus for Primary 6 this term. We will focus a lot on safety in sending and receiving. Travelling with control, pace and awareness. Defending and attacking safely and work on our shooting skills.



## PRIMARY 7

Handball will be the first main focus for Primary 7 during our first term. We will start with safety and familiarisation of the ball. Progressing to travelling, sending and receiving. There will be some focus on communication and team work before looking at attacking and defending.



School website: <https://blogs.glowscotland.org.uk/sa/allowaypsandeyc>

School Twitter: @AllowayPrimary

Alloway PE Twitter: @mrsccarrellallowayPE



Article 31: Every child has the right to relax and play.