



# ALLOWAY PRIMARY P.E WITH MRS MCCARRELL

**PRIMARY 1:** This term in gymnastics we will be learning to lift, carry and use gymnastic equipment safely. Children will learn to travel in different ways and directions on and off the apparatus. We will be jumping and rolling into different shapes.

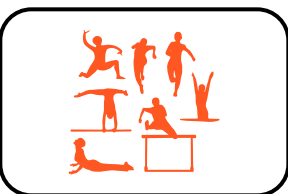
**PRIMARY 2:** We will be using city and landscapes as our theme to introduce children to different rolls and body shapes. We will start to introduce the forward roll. Jumping from a springboard and begin to do a headstand.

**PRIMARY 3:** We will be focussing on how to make basic shapes in gymnastics. The children will make static shapes, shapes in the air, symmetrical shapes and shapes incorporating rhythmic gymnastics apparatus.



## PRIMARY 4

We will be focussing on gymnastic movement this term. Where we will work towards performing a variety of floor and vault movements. The children will learn a variety of more complex jumps and rolls whilst developing their understanding of the necessary flexibility strength and control needed to perform movements successfully



## 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

We will be focussing on performing a variety of floor and vault movements. The children will learn stag jumps, split leaps, pike rolls, round-offs and the squats through vault. There will be great emphasis on flexibility and control. Children will have the opportunity to choreograph their own sequences and routines.



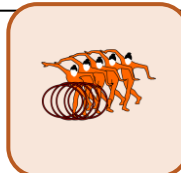
## PRIMARY 6

We will be focussing on performing a variety of floor and vault movements. Great emphasis on flexibility and control. Children will have the opportunity to choreograph their own sequences and routines.



## PRIMARY 7

We will be focusing on shape and balance during this learning block. We will learn how to use our bodies to silently communicate a theme to our audience. We will use the landscapes of mountains and rivers to help with our movements.



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

School Twitter: @AllowayPrimary

Alloway PE Twitter: @mrsmccarrellallowayPE



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