



Physical Education

At Alamiyah, we recognise that Physical Education is a critical factor to the long term health and development of pupils. Physical education affects all other areas of learning both academic and non academic since a healthy body leads to a healthy mind. It has been established that the health and vitality that comes from an increased flow of blood and oxygen to the brain, improves concentration, thought and focus which improves outcomes in all other subjects.

At Alamiyah we also recognise the importance of valuing the whole body in a holistic sense and valuing each pupils strengths and talents equally. We therefore value Physical Education alongside all the other subjects since it helps to build essential life skills. PE also allows pupils to learn many transferable skills such as teamworking, perseverance, endurance, patience and balance through breathing, meditational practices.

The Physical Education Curriculum aims to build agility, flexibility, strength, balance, control and coordination through group games, competitive and cooperative activities which become increasingly challenging whilst simultaneously building individual skills. Once skills have been learnt, they are linked in sequences to build more complex movements or skills. Through the PE curriculum, pupils will also learn how to evaluate and assess physical activities or sports in order to improve in them. The curriculum plan contained in this document is an extension of the lower and middle primary and covers the 9-11 year age group in Upper primary.

Physical Education Long Term Curriculum Plan

Area	Topic	Recommended Age/Stage
Daily Exercise	Breathing and Stretching Exercises Meditation Yoga	9-11 yrs Year 5-6
Gymnastics	Balance Beams Ladders and Climbing and Bars Horse and Boxes Trampolining	9-11 yrs Year 5-6



	<p>Mat Work – Roly Poly, Handstands, Cartwheels</p> <p>Obstacle courses</p> <p>Developing flexibility, strength, technique, control and balance</p> <p>Dance using different movement patterns</p>	
Athletics	<p>Running – Sprints, Circuit Running, Hurdles, Relay</p> <p>Response Games, incorporating counting backwards and forwards from 5, 10, 20, 50, 100</p> <p>Team Games</p> <p>Long Distance Running</p> <p>Jumping</p> <p>Long Jump</p> <p>Compare personal performance, demonstrate improvement to achieve personal best</p>	<p>9-11 yrs</p> <p>Year 5-6</p>
Health and Exercise	<p>Importance of Exercise on Health</p> <p>Types of Exercise and effect on heart rate, pulse and comparison to at rest</p> <p>Amount and Types of Exercise to Promote Health</p>	
Team Sports	<p>Ball Skills Drills and Games</p> <p>Throwing and catching a ball, Larger progressing to smaller balls</p> <p>Bouncing the ball once, then walking and bouncing</p> <p>Jumping and running while throwing and catching a ball</p> <p>Dribbling and kicking a football</p> <p>Bowling and Batting</p>	<p>9-11 yrs</p> <p>Year 5-6</p>
	<p>Basketball</p> <p>Football</p> <p>Rounders</p> <p>Cricket</p>	<p>9-11 yrs</p> <p>Year 5-6</p>



Individual Sports	Badminton Tennis Swimming, confidently and proficiently upto 25m Learn to use a range of strokes, front crawl, backstroke, breaststroke Perform self rescue in different water based situations	9-11 yrs Year 5-6
Outdoor Activities Trips	Archery Horseriding Climbing Wall Ropes Canoeing Outdoor challenges individually and within a team	9-11 yrs Year 5-6