



## *The Kickabout Way PE for KS1 (Infants)*

### Our Ethos

#### **\*Fun**

The core of all sessions. Warm-up phase, fun focused and based on the sport that's going to be taught. Sport being fun/enjoyable is the single most important factor in engaging young children and guiding them towards a fit & healthy lifestyle. Remember - play is where children get the chance to practice what they are learning

#### **\*Ball Confidence**

The majority of sports we are involved in include a ball of some sort, the majority of Reception children are not confident at controlling/manipulating all the different ball types, work on this imbalance! Our aim is send all children into KS2 confident and viewing PE as a highlight of their week.

#### **\*Hand/Eye Coordination**

This is so key! Once a child can throw and catch well, they're on the right path to being able to pass/receive in any form of team sport.

#### **\*Integration with classmates**

When working in pairs/small groups, put children in mixed gender activities at all times. This will allow the Coach/Teacher to a) set more challenging tasks to progress/challenge the higher level children b) focus energies on assisting the lower level to achieve your main learning objective c) encourage participation for all.

#### **\*Strength & Balance**

Should be more of an area of concern, hugely under appreciated how important it is to show children their physical limits so they can feel a sense of achievement by going beyond them next time. Don't be afraid to use the apparatus. Rope-Climb, Balance Beams, Climbing Wall etc are all really important tools to gauge where a child's physical capabilities are at. With the rained off outdoor sessions there's plenty of opportunity to set up the hall and rotate stations. Think - safety first!

#### **\*Individual Skill Focus**

A greater importance should be directed towards improving the children's individual technical ability at various different skills rather than playing team games.

**There is no feeling more empowering than winning the battle of You Vs You!**



## ***The Kickabout Way PE for KS2 (Juniors)***

### **Progression on main points of focus:**

#### **\*Fun**

Start happy, end happy! - if your warm-up is fun based, you will achieve a more positive response towards the technical part of the session.

#### **\*Ball Confidence**

Children will be much more confident at manipulating the different types of balls by now, that doesn't mean they will ALL be good at this. Focus becomes more technical, encourage more able players to practice using weak side of body etc.

#### **\*Hand/Eye Coordination**

Children should leave Primary School with a good level of hand/eye coordination as a minimum. Give focussed attention to this if it needs improving. Be aware of any special needs in the class, eg children with Developmental Co-ordination Disorder (Dyspraxia)

#### **\*Integration with classmates**

When coaching the technique part of the session, use mixed gender groups to demonstrate. Children are visual learners, they will learn/develop skill sets much quicker from watching their peers complete a task well. Place children in mixed level pairs and groups in order to set the challenge to stronger players of helping to raise the level of the less able. Develop leadership skills in the gifted and talented children.

#### **\*Strength & Balance**

Activities that involve **Explosive Power/Endurance/Exertion** should be added to the core strength & balance work that has been covered in KS1.

#### **\*Individual/Team Sports Focus**

Individual skills learnt in KS1 should now be developed but also integrated into team play. Children will have very wide ranging ability levels but should be encouraged to learn to work as team players. *"the sum of all parts is what makes the whole"* TEAM SELECTION: ask the children to stand in 2 groups, confident & less confident with the sport you're coaching. Divide them as fairly as possible into 4/5 teams, match play across both pitches.

#### **\*Tournament Preparation**

Mixed gender teams if you're selecting for a mixed tournament, same gender teams are ok if the upcoming tournament is girls only etc. This will enable the children to shine/ highlight their ability in an environment most similar to the tournament. Never tell the children who has been selected, discuss with the sport lead first and announce via the 'selection window' (squads posted on hall window/via selection letter). Be prepared to explain your selection to ease any disappointment. Remember - Sport is competitive, understanding that is a big part of learning.

#### **\*Growth Mindset**

**Improvement in anything is yours to achieve, but you have to WANT to achieve it.  
Lose the 'T' in "I CAN'T do this"**