



PE @ FW

Autumn Edition 1 – w/c 12/09/22

This week in KS1, our lessons have been based around the fundamentals of sport. FUN being a huge part of that. The children have been exploring a variety of different movements, showing off their throwing and catching skills and demonstrating their kicking skills whilst learning about the importance of spatial awareness within sports. The children were introduced to Hockey sticks this week and how to hold them safely.



This week in KS2, we began our Hockey syllabus. The children learnt how to move whilst holding their hockey stick safely, before progressing onto learning how to perform a 'sweep and slide' accurately. All the children had the time to practice individually and within small teams, focusing on applying the technique learnt during the lesson. Throughout each lesson, our coaches set challenges and targets for the children to meet.

Next week in PE:

KS1 children will be given the opportunity to learn how to dribble a Hockey ball, whilst transforming into Astronauts for Space themed games
KS2 children will be learning how to develop their accuracy when using the sweep and slide.

In Other News:

We have signed up to the Wandsworth School Games, which we will hope within time, will give us more opportunities to participate in events and fixtures.





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Autumn Edition 2 – w/c 19/09/22

This week in KS1, we went to space!! No, not literally. Our lessons were all space themed. The children were transformed into Astronauts and went to the Moon. The children played games which enhances their agility and gross motor skills, escaped the Aliens by learning about spatial awareness, and on top of all that, learnt how to dribble a ball using a hockey stick, remembering very importance safety rules for children and astronauts.



Next week in PE:

KS1 children will be continuing their FUNdamentals learning, whilst also continuing to develop their Hockey knowledge.

KS2 children will be developing their passing skills, whilst looking for similarities between the techniques of passing and shooting.

In Other News:

Our Extra Curricular Clubs started this week, providing the children with extra opportunities to enjoy sport, develop in sport and to learn teamwork and social skills.



This week in KS2, the children focused on stick safety, keeping the head of the stick below their knees at all times. They were introduced to way in which they can increase the amount of power they exert using the hockey stick, whilst learning about the importance ‘scanning for space’ and then either dribbling into it or passing to a partner/teammate who is already in that space. The children had the opportunity to put these skills into practice when attempting to ‘beat’ a goalkeeper.





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Autumn Edition 3 – w/c 26/09/22

This week in KS1, we started our lessons, by practicing coordination when moving. The children were in groups of three and had to copy the movement of the group's leader attempting to react quickly to any changes made. Children also entered the jungle this week. We explored a variety of movements within the jungle, attempting to avoid different 'creatures'. Children in Years 1 and 2, then learned about hockey safety rules, demonstrating some excellent dribbling skills in the 'jungle'.



This week in KS2, the children practiced their passing skills in Hockey. They looked at the differences between passing to a partner at a shorter and longer distance. We had some detailed class discussions across the week about the similarities of the passing and shooting techniques, where the children were able to highlight power and precision as a key similarity. Towards the end of our lessons, the children had the opportunity to develop their teamwork skills during game-play scenarios.

Next week in PE:

KS1 children will be combining their knowledge of shapes with sport, whilst learning how to pass a hockey ball.

KS2 children will be learning about the 'Indian dribble' technique.

In Other News:

On Friday 30th, some Year 3 children will be participating in a friendly football fixture versus Wimbledon Park and Earlsfield Primary. We will be hosting both the school from 1.30-2.30pm. Stay tuned for pictures.





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Autumn Edition 4 – w/c 3/10/22

This week in KS1, the children were using their knowledge of triangles to help them be successful when working in 3s. They had the opportunity to ‘draw’ triangles in their trios, before learning about the ‘sweep and slide’ passing technique. The children loved combining their knowledge of shapes and sport this week, having a chance to also compete with their friends in shape themed running races, with and without the hockey stick & ball.



This week in KS2, the children learned about the ‘Indian dribble’. This is a type of dribbling where you only use 1 side of the stick. The children enjoyed attempting this tricky manoeuvre with the majority finding regular success. Following this, we began to look at ‘game sequence’ where the children would work together to combine dribbling, passing and shooting to score goals. This led to the children having further opportunities to improve not only their teamwork skills but also their communication skills too.

Next week in PE:

KS1 children will be using their problem-solving skills when attempting to ‘cross the river’.

KS2 children will be intertwining the skills learnt into attacker vs defender scenarios.

In Other News:

Some of our Year 3 and 4 girls will be representing the school on Friday 7th October, when they participate in the Wandsworth School Games Football Festival at Southfields Academy.

Best of luck girls!



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Autumn Edition 5 – w/c 10/10/22

This week in KS1, the children attempted to solve a problem using their movements and teamwork skills – crossing a river of cones. They also learnt what ‘trial and error’ was, showing determination throughout. The children, in pairs, recapped our Hockey passing skills remembering the sweep and slide technique. They also explored movement using a football this week, using different parts of their foot to dribble with.



This week in KS2, the children will be given the opportunity to demonstrate their dribbling, passing and shooting skills within attacker vs defender scenarios. These scenarios will be set up by the coaches to provide exposure to a real-life hockey match, within a safe environment. Children will work individually or within a pair and try and find ways to ‘defeat’ their opponents. We will also focus further on hand placement on the stick, when passing or shooting.

Next week in PE:

KS1 children will be looking at foot-eye coordination - shooting, plus other ways of shooting within sport.

KS2 children will be participating in their Tournament week of Hockey. This will be an inclusive, safe and fun event, where the children can demonstrate all their skills.

In Other News:

Please remember to bring in Floreat Coats on PE days, it can get cold during our lessons & even if it rains, we are outside.





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Autumn Edition 6 – w/c 17/10/22

This week in KS1, the children were introduced to a sporting key word: Shooting. The children had discussions about this word and many great answers arose. The children started off shooting using their feet – foot eye coordination. They then progressed onto shooting with their hands – hand eye coordination. Finally, they progressed onto shooting within their focus sport – Hockey: stick eye coordination. This led to lots of opportunities for success for all.



This week in KS2, the children took part in their Hockey House Cup. This end of term event, provides the children with the opportunity to demonstrate their learning in a fun, safe and competitive way. Throughout this, the coaches look to award teams and individuals who demonstrate the importance values of sport: teamwork, passion, determination, sportsmanship and commitment.

Next time in PE:

KS1 children will continue their sporting journey of FUNdamentals, plus introducing football fundamentals too
KS2 children will be starting their new sport, which is Football.

In Other News:

From all of us at AM Sports Academy, we wish you a restful and safe half term break. If your child(ren) are keen to play more sport during the break, we will be running our October Half Term Multi Sports Camp, here at Floreat Wandsworth.



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Autumn Edition 7 – w/c 31/10/22

This week in KS1, the children practiced their throwing accuracy of different sized balls; attempting to throw balls into the buckets at different distances. Along with this, the children learnt how to pass using the inside of their foot by playing football bowling. Balance was a key word this week in KS1 PE and the importance of it within sport. The children had to jump from spot to spot without losing their balance and risk falling into the ‘sea of piranhas’.



This week in KS2, the children learnt about dribbling whilst both unopposed and opposed using all 4 parts of their foot. Those in Years 5 and 6, explored this along with different ways to change direction. The children learnt about what ‘scanning’ was and how they can apply it to their football skills. The children also had opportunities to practice their teamwork in the form of small-sided games. We spoke about the rules, fairness and sportsmanship and how we uphold these throughout.



Next week in PE:

KS1 children are working on their jumping, dodging and dribbling skills. KS2 children are developing their passing techniques within football.

In Other News:

We have booked several Wandsworth School Game Fixtures, including a Y5/6 AFC Wimbledon Kids Cup Football Tournament, taking place next Wednesday (9th Nov). Stay tuned for photos!



**AFC WIMBLEDON
FOUNDATION** CLUB TOGETHER



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Autumn Edition 8 – w/c 7/11/22

This week in KS1, the children focused on three different areas important to sports: jumping, dribbling and dodging. The jumping activities looked at whether the children could perform a variety of different jumps into hoops, the dribbling was football based using small touches and the dodging was learnt through an invasion game which involved the having bib tails and attempting to avoid losing it.



This week in KS2, the children began looking at passing within Football. The focus is on accuracy of passing, whilst reinforcing our dribbling from last week. The children learnt about different types of passes and when they will be effective, as well as how to perform these when under pressure from a defender. In our games this week, we began learning different footballing rules. Each week, we will be adding to these until the children are rule masters!

Next week in PE:

KS1 children will be looking jumping, throwing and running.

KS2 children will be learning how to alter power within passes.

In Other News:

On Friday 18th November, a selection of our Year 5 and 6 Girls will be participating in a Hockey Festival versus Earlsfield Primary School.





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Autumn Edition 9 – w/c 14/11/22

This week in KS1, the children will be learning about 3 more areas of fundamentals which relates to a variety of different sports. The children this week had bundles of fun, competing individually and in teams. This started with some relay races demonstrating their speed, followed by learning about the shotput and attempting to beat their best score. We ended our lessons, by learning about the long jump and how to coordinate our run up with our take off.



This week in KS2, the children explored the weight and accuracy of their passes using the inside, outside and laces part of the foot, across varied distances with increased defensive pressure. We reinforced a key word from last term which was 'scanning', testing the children's knowledge of how it can be applied to a different sport. In our games, the rules this week about 'kick offs' once one team had scored.

Next week in PE:

KS1 children will be participating in activities focusing on their throwing and catching, agility, and coordination.

KS2 children will be looking at shooting in football.

In Other News:

This Friday, some of our Y5/6 girls will be participating in a Hockey Festival vs Earlsfield Primary.

On the Friday 2nd December, we will be participating in the first ever AMSA Autumn Tournament with 7 schools attending.



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Autumn Edition 10 – w/c 21/11/22

This week in KS1, the children demonstrated their ability to throw with some accuracy, coordinate their movements to complete an obstacle course with control, whilst also playing evasion games which can improve their agility. The children particularly enjoyed imitating pirates during their lesson this week when playing ‘Ships Ahoy!’



This week in KS2, the children learnt about art of shooting in football, focusing on the technique throughout. The shots were taken using the laces or inside parts of the foot, swinging through the ball in the direction of the goal. The children demonstrated their dribbling skills before shooting by having to dribble through multiple gates before attempting the shot. This week’s game-play rule was “throw in”. The children learnt what these were, when they occur and how to perform them.



Next week in PE:

KS1 children are practicing their hand-eye coordination, agility and throwing.

KS2 children are looking at shooting accuracy.

In Other News:

Spring 2023 Clubs will be launching soon as we approach the Christmas holidays. Stay tuned for emails from the school office about which clubs will be on offer.



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Autumn Edition 11 – w/c 28/11/22

This week in KS1, the children are practicing their throwing skills in two different activities. The first activities involve throwing in pairs towards targets at different distances, whereas the second activity, is a team-based throwing game, attempting to throw a variety of soft balls towards the opposition team.



This week in KS2, the children are reinforcing the technique of shooting, whilst introducing the word 'accuracy'. The children are challenged to shoot using different parts of their foot, whilst attempting to score in different areas of the goal. The children then had to score against goalkeepers finding ways to 'trick' the goalkeeper when shooting. In our games, we were giving the children the opportunity to earn double points by scoring in the top and bottom corners.

Next week in PE:

KS1 children will be practicing their hand-eye coordination

KS2 children will be focusing once again on shooting in Football.

In Other News:

After Christmas, we will be beginning our teaching syllabus of Gymnastics.

On another note, we have started to see some children missing items of their PE kit. Please can you make sure your child is always wearing FW branded PE kit please.





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Autumn Edition 12 – w/c 05/12/22

This week in KS1, the children are practicing two different skills. Firstly, by demonstrating their dribbling in football. They attempted to dribble through a slalom of cones before shooting in a specific goal. Secondly, they also practiced their throwing accuracy playing Boccia, attempting to throw the weighted ball towards a coned target.



This week in KS2, the children demonstrated their shooting accuracy when shooting from different angles opposed and unopposed. They then focused on different ways to beat a goalkeeper when shooting, whilst playing individually, then also as a team. In our games, we recapped on all our different rules learnt throughout the term, speaking about respect towards the referee.

Next week in PE:

KS1 children are having some festive fun!!

KS2 children are participating in their House Cup of Football.

In Other News: Last Friday, 10 of our Y3 and 4 boys participating in the first ever AMSA Cup. They finished a respectable 4/6 place. Nazir in Y3, was awarded an AM Sports T-shirt for demonstrating excellent sports values throughout. This Friday, it is the turn of our Y5/6 Girls, who are participating in a Football Tournament at Earlsfield school.





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Autumn Edition 13 – w/c 12/12/22

This week in KS1, the children are running, throwing, jumping, and kicking their way through the week, whilst all our activities have one focus.... Christmas!!! They will be imitating reindeers, elves, and many more festive beings along the way, whilst participating in lots of fundamental games.



This week in KS2, the children are participating in their football house cup. This is their opportunity to demonstrate all the skills they have learnt over the last 6 weeks. This is also their opportunity to demonstrate the newly learnt understanding of all the rules about football, whilst practicing their sportsmanship and team work skills.

In Other News: Last Friday, our amazing Floreat female footballers went to Earlsfield Primary for a afternoon of footballing fun. All the girls played super well – scoring, tackling, and showing some excellent sportsmanship throughout.

From the whole AMSA team, we wish you an amazing Christmas holidays and a happy new year. We will see you all in 2023!!

Next Term's sport is Gymnastics.

