



Physical Education



Miss Goodman is our Physical Activity and Sport Lead at Oakhill.





PE TIMETABLE 2021/22

PE DAYS	Saplings	Willow	Elm	Holly	Beeh	Rowan	Juniper	Cedar	Chestnut	Maple	Sycamore	Ash	Birch
Session 1	Monday	Monday	Monday	Tuesday	Monday	Monday	Wednesday	Wednesday	Tuesday	Thursday	Wednesday	Tuesday	Thursday
Session 2	Tuesday	Tuesday	Tuesday	Wednesday	Friday	Friday	Thursday	Friday	Wednesday	Friday	Thursday	Thursday	Friday

PE ACTIVITIES

Physical Education						
	Autumn 1	Autumn 2	Spring	Spring	Summer 1	Summer 2
	INVASION GAMES & ATHLETICS	INVASION GAMES	AESTHETIC ACTIVITIES	INVASION GAMES OAA	STRIKING & FIELDING GAMES	ATHLETICS/ NET & RACKET GAMES
EYFS	<i>Object and Body Control</i>	<i>Agility – Changing speed and direction</i>	<i>Movement – Dance and Gymnastics</i>	<i>Movement - Dodging</i>	<i>Multi-skills</i>	<i>Sports Day skills</i>
KS1	Football and Cross Country	High 5's and Basketball	Gymnastics & Multi Skills	Uni-hoc and Orienteering	Kwik cricket and Rounders	Athletics – Sports Day events
	Football and Cross Country	High 5's and Basketball	Gymnastics & Multi Skills	Uni-hoc and Orienteering	Kwik cricket and Rounders	Athletics – Sports Day events
LKS2	Football and Cross Country	Netball and Lacrosse	Gymnastics and Dance	Hockey and Orienteering	Kwik cricket and Rounders	Athletics – Sports Day events and Tennis
	Football, Tag Rugby and Cross Country	Basketball and Quidditch	Gymnastics and Dance	Hockey and Orienteering	Kwik cricket and Rounders	Athletics – Sports Day events and Tennis
UKS2	Football and Cross Country	Netball and Lacrosse	Gymnastics, Dance and Trampolineing	Hockey and Orienteering	Cricket and Rounders	Athletics – Sports Day events and Tennis
	Football, Tag Rugby and Cross Country	Basketball and Quidditch	Gymnastics, Dance and Trampolineing	Hockey and Orienteering	Cricket and Rounders	Athletics – Sports Day events and Tennis



Netball

Lacrosse

Quidditch

Trampolining

Tag Rugby

Orienteering



Dance

Gymnastics

Athletics

Football

Hockey

Rounders



Cross-country
skills

Cricket

Basketball

Tennis

High 5s

Multi-

CURRICULUM

All of our curriculum-based sports are linked to each BPP Tournament for the term. We are hoping to be able to resume competition again this year.

Term	EYFS	KS1	KS2
Autumn 1	Fundamental Movements Skills	Fundamental Movement skills	Football/cross-country/Tag Rugby
Autumn 2	Fundamental Movements Skills	Fundamental movement skills	Netball/Basketball
Spring 1	Fundamental Movements Skills	Multi-skills	Multi-skills/ Trampolining
Spring 2	Fundamental Movements Skills	Athletics	Athletics/Relays
Summer 1	Fundamental Movements Skills	Striking & Fielding	Cricket
Summer 2	Sports day events	Sports day events	Rounders/Sports day events



SWIMMING

At Oakhill our Y5 children participate in 1 hour of Swimming per week for a term.

Each pupil is required to be able to do the following:

- Perform safe self-rescue in different water-based situations
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively, for example, front crawl, back stroke and breaststroke.



BREAK AND LUNCHTIMES

‘Outside, during playtimes and lunchtimes, it is striking how many pupils are active, energetically playing hockey and football. Pupils in Y5 who are playleaders manage games well. All pupils play sensibly and cooperatively with their peers’. OFSTED June 2019

Day	Break Time - Lunch time						Lunch Time Playleader led activities	
	Individual/team led activities						KS1	KS2
Monday	Football	Basketball	Cheerleading	Cricket	Building blocks	Skipping/ Mini games	Parachute games	Hockey



Tuesday	Football	Basketball	Cheerleading	Hockey	Building blocks	Skipping/Mini games	Obstacle course	Badminton
Wednesday	Football	Basketball	Cheerleading	Cricket	Building blocks	Skipping/Mini games	50 club Skipping	100 club Skipping
Thursday	Football	Basketball	Cheerleading	Hockey	Building blocks	Skipping/Mini games	Dance	Obstacle course
Friday	Football	Basketball	Cheerleading	Cricket	Building blocks	Skipping/Mini games	Friday mile	Friday mile

THE DAILY MILE



What is The Daily Mile?

Simply put, The Daily Mile is 15 minutes wherein children jog or run, at their own pace, during the school day at a time of the teacher's choosing. We recommend this be during lesson time, so children have their full break / play time. The Daily Mile is not Sport or PE, but rather health and wellbeing through physical activity.

It's a simple and straightforward initiative that has been acknowledged for reducing childhood obesity and recognised within the UK Government's 2018 Childhood Obesity Strategy.

At Oakhill, all classes take part in the Daily Mile – it's great fun!



We are hoping to host our first BPP Sports Awards Evening in 2022. The evening will be to celebrate all the sporting success our young people have achieved throughout the year.

PARTNERSHIPS

THROUGHOUT THE YEAR OAKHILL HAVE WORKED IN PARTNERSHIP WITH:

Bruce & Bobby's Love Life Football	Mini Kicks	Team Activ	Sheffield United Academy	Barnsley and District school boys	Yorkshire Sport Foundation



AWARDS

SCHOOL GAMES SILVER MARK AWARD 2019

We are delighted to announce that we, Oakhill Academy, have achieved the School Games SILVER Mark Award for the 2018/19 academic year.

The School Games Mark is a Government led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.



We are extremely proud of our pupils for their dedication to all aspects of school sport, including those young volunteers, leaders and officials who made our competitions possible.

ACTIVE SCHOOL SOUTH YORKSHIRE WINNERS 2021



Oakhill Primary Academy are celebrating after being crowned Active School of the Year for South Yorkshire.



The school won the district award for Barnsley before being chosen by a panel of PE and school sport professionals as the overall county winner, in the awards coordinated by Yorkshire Sport Foundation (YSF). The panel included Sue Wilkinson MBE, Chief Executive of the Association for Physical Education.

The Active School Awards recognise how schools across South Yorkshire and West Yorkshire kept physical education, school sport and physical activity at the heart of school life during the last 12 months. There were nine district winners from across the two counties, with two overall county winners.



Oakhill were praised by the panel for consulting with pupils about their PE, school sport and physical activity provision, and demonstrated “outstanding practice” by implementing physical activity across multiple subjects in the curriculum.

A wide range of opportunities to be active have been taken up by the school, including taking part in [Beat the Street](#), while the panel also acknowledged how the school increased its provision for pupils with special educational needs and disabilities, who have been among the most affected by the impact of Covid-19. The school created a 5k running challenge that used a QR code to not only engage pupils, but parents, carers and staff. In addition, every child in the school was sent a skipping rope so they could participate in a skipping challenge against other schools in the area.

Lisa McCarthy, Head of School at Oakhill Primary Academy, commented: “We are absolutely delighted to have been named the district winner for Barnsley, and also the South Yorkshire Active School of the Year.

“At Oakhill, our passion for PE, sport and active learning runs through everything we do. Our aim has always been for our children to have a positive attitude towards health and wellbeing and understand the benefits of physical activity. We work on positive behaviours gained from activity and sport leading to general wellbeing, good mood and good physical and mental health, and this has never been more important.

“We are so proud of our whole school community and what you can achieve together.”

Alex Ogden, PE, School Sport and Physical Activity Manager at YSF, commented: “The efforts Oakhill Primary Academy has gone to, to keep PE, school sport and physical activity at the heart of what they do has been exceptional.

“We were blown away by the amount of things they put in place, led by data and by speaking to pupils about what they would like to be part of. To achieve what they have done in any year would be hugely impressive, but even more so given the circumstances of the last academic year.

“It’s also really pleasing to see that the school has put things in place that means this will be sustainable, and will provide children with the best opportunity to create physical activity habits for life.”





PE KIT

This year children will have two PE lessons per week and will need to wear their PE kit to school for the day. This is to cut out any changing.

The PE kit consists of trainers, black/navy tracksuit bottoms or shorts, a white polo t-shirt and a black/navy/burgundy sweatshirt/jacket.

