

PE INDOOR (TUESDAY)

AUTUMN

Indoor PE will be dance where we will be building simple movement patterns and transitioning between shapes and balances. We will also be working as part of a group and create and perform simple dances.

PE OUTDOOR (THURSDAY)

AUTUMN

Outdoor PE will be our run, jump and throw unit. Children will be developing their power, agility, coordination and balance and working on showing increased control of their body and limbs.

Please see picture below for an outline of what children should be wearing for PE. Please can you ensure your child has the correct PE kit and wears it to school on the days when your child has PE. Warm jumpers and joggers are also recommended at this time of year for Outdoor PE.

P.E. Kit

- Gold polo shirt with logo
- Green shorts (football type – not lycra) OR dark coloured tracksuit bottoms (particularly during autumn and winter outdoor sessions)
- Dark green or dark coloured tracksuit jacket
- Trainers (Velcro fastening is acceptable for those children who are unable to tie their own laces)
- **Optional** – Dark green skort shorts and skirt combined)