



## Brandeston Hall

### Physical Education and Games Lessons

Pupils in Reception and Year 1 receive 2 P.E. lessons per week. In Year 2 they receive an additional double Games lesson and children in Years 3-8 enjoy 3 double Games lessons and a P.E. lesson. The following areas are covered in P.E lessons.

- Athletics
- Basketball
- Dance
- Gymnastics and Rhythmic Movement.
- Health Related Fitness
- Invasion games (Soccer, Hockey and Rugby)
- Central Net Games (short tennis)
- Outdoor and Adventurous Activities.
- Strike Fielding Games (Rounders and Cricket)
- Swimming and Water Survival Skills.

The following table gives comprehensive details of our Games provision throughout the year.

	Autumn	Spring	Summer
<b>Year 3 &amp; 4</b>			
<b>Boys</b>	Hockey.	Rugby.	Cricket.
<b>Girls</b>	Netball.	Netball.	Rounders/Short Tennis.
<b>Year 5 &amp; 6</b>			
<b>Boys</b>	Rugby.	Hockey.	Cricket
<b>Girls</b>	Hockey.	Netball.	Rounders/Tennis.
<b>Year 7 &amp; 8</b>			
<b>Boys</b>	Rugby.	Hockey.	Cricket.
<b>Girls</b>	Hockey.	Netball.	Rounders/Tennis.