

Reception & KS1 PE

2024-2025

● "Inspiring Exciting Futures"

Introduction

This PowerPoint contains information about PE and Sport for children in Reception and KSI.

For any queries regarding PE and Sport please contact;



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Reception & KSI PE Days

Reception and KSI PE will be on the following days;

Year Group	PE Lesson
Reception 3 x 30 minutes	Monday morning Thursday morning Friday morning
Year 1 3 x 45 minutes	Monday afternoon Tuesday afternoon Thursday morning
Year 2 3 x 45 minutes	Monday afternoon Tuesday afternoon Thursday morning



Reception & KSI PE Curriculum

In Reception and KSI PE, all children will take part in the following sports and activities;

Dance

Gymnastics

Fun fitness & movement skills

Ball skills and games

Striking and fielding games

Mini Athletics

Mini Tennis



PE Kit

Below are the items of kit that the children will need for their PE lessons in Reception and KSI.



Sky blue polo shirt



Lingfield Navy sweatshirt

Lingfield Sun cap - School Uniform

This should be worn at all times when sunny at school playtimes. It will also be worn in cricket matches and in PE lessons in hot weather.



Black PE Shorts



Black Jogging bottoms

Hair ties/clips for longer hair



Water bottle



White sports socks (plain)



Grey shoe bag

Please note: Should children grow out of the Navy Sweatshirt or Black Jogging Bottoms during Year 2, you can purchase the Canterbury Kit listed on Year 3's PE Kit List and this may be worn for the remainder of Year 2.



Trainers - any colour



Year 2 PE Curriculum

Year 2 Hockey

We will be continuing to play hockey in year 2, with the children being taught how to tackle and play small sided practice matches during PE lessons.

For these lessons, which will start after the Easter holidays, children will require a mouth guard, shin pads and Lingfield Canterbury Socks.

Will my child require their own hockey stick?

No, at the Prep school, we provide all children with the equipment they require for lessons and fixtures. However, some children may wish to have their own.



Mouth guard



Lingfield Canterbury Socks



Shin pads for hockey



Mouth guards & Earrings

Mouth guards

Children will be playing hockey from Years 2-6 and will be required to wear a mouth guard.

Mouth guards need to be individually moulded. If the child is not used to wearing a mouth guard, we recommend they pop it in every now and again to get used to wearing one.



Earrings

If you are planning for your child to have their ears pierced, then the school strongly advise that this is done at the start of the summer holiday, otherwise they will not be able take part in sport.

Current Surrey County Council/Government recommendations state that taping is insufficient.

No items of jewellery (with the possible exception of cultural items, providing they do not risk injury to themselves or another child) should be worn for any physical activity.



Additional information

Miscellaneous

Long hair must be tied back for each lesson. Boys' hair must also not be below their eyebrows, therefore, restricting their vision whilst playing sport.

Children's nails should not exceed the length of the fingertips or be sharp enough to cause injury, particularly when playing netball or similar style invasion games.

No glasses to be worn when playing contact sports.



Sports glasses/Contact lenses - If your child requires glasses for sport, we would advise them to wear safety glasses/goggles. Please contact your optician for further guidance. Some children may also have contact lenses that they would like to wear when playing sport.



Extra Curricular Sports Clubs

Below is a list of Sports clubs that will be running in the Autumn Term. Clubs are run by Lingfield staff as well as external providers. Please see the full clubs list for further information.

Monday - Years 5&6 Netball skills (lunchtime) - PE Staff

Monday - Years 5&6 Hockey/Netball or Football/Hockey (after school) - PE Staff

Monday - Years 3-6 Acro Dance (after school) - Dare Dance

Monday - Years 4-6 Karate (after school) - Ichiban Shotokan Karate

Tuesday – Year 3&4 Cross Country (before school) - PE Staff

Tuesday - Years 3&4 Hockey/Netball or Football/Hockey (after school) - PE Staff

Wednesday - Years 1&2 Street Dance (lunchtime) - Dare Dance

Wednesday – Years 3&4 Hockey skills & Football skills (lunchtime) - PE Staff

Wednesday - Years 1-3 Karate - Ichiban Shotokan Karate Club

Thursday - Years 5&6 Cross Country (before school) - PE Staff

Thursday - Years 5&6 Hockey skills & Football skills (lunchtime) - PE Staff

Thursday – Years 1-6 Tennis – George Ross Tennis Coach

Friday - Year 1&2 Lunchtime Sports Club – PE Staff

Friday – Nursery & Reception Modern Dance – Dare Dance

