



CURRICULUM

Subject overview

Physical Education

We are Wise Owl, where Together Everyone Achieves More



Wise Owl Trust

PE Subject Overview

Intent

At Wise Owl Trust we recognise and value the importance of Physical Education (P.E.) We have developed a fun, high-quality physical education curriculum that inspires all pupils to succeed and ensures that they have the opportunity to excel in competitive sports and other physically-demanding activities. This is achieved through fully adhering to the aims of the national curriculum for physical education. As a result, we ensure our children; develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and lead healthy, active lives. It is our intention that the curriculum enables children to develop knowledge, skills and vocabulary in a broad range of sporting activities, as well as developing values and transferable life skills such as tolerance, fairness, teamwork and respect. Through enrichment activities and competitions, we aim to raise the profile of P.E. and expose our children to sports they may never have had the opportunity to engage with. Our P.E. curriculum is based on an enhanced model of the Early Years Framework and the National Curriculum with a clear progression structure from Nursery to Year 6. This progression of skills has been planned in order to build on the skills needed to meet the end of Key Stage objectives in the National Curriculum.

Physical development in the Early Years Foundation Stage (EYFS)

Children at the expected level of development will: Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Physical Education National Curriculum

Key stage 1 pupils should be taught to:

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities, participate in team games, developing simple tactics for attacking and defending, perform dances using simple movement patterns.

Key stage 2 pupils should be taught to:

Use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending, develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics], perform dances using a range of movement patterns, take part in outdoor and adventurous activity challenges both individually and within a team, compare their performances with previous ones and demonstrate improvement to achieve their personal best.



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fundamental Movement Skills (Using apparatus e.g. bikes, scooters)	Games (Listening) New: FMS: walking, running, jumping	Gymnastics New: FMS: balancing, moving	Games (Stuck in the mud) New: FMS: spin	Dance New: remember sequences	Athletics Recap: FMS: run, climb, jump
Reception	Games Recap: FMS: ball skills	Dance Recap: FMS: crawling, jumping, hopping, skipping	Gymnastics Recap: FMS: crawling, rolling, balancing	Games Recap: Listening skills	Games Recap: Ball skills	Athletics Recap: FMS: jumping
Year 1	Games – Target Games Recap: FMS New: Fair & Square New: Python New: Mr Wolf	Gymnastics New: Simple Sequence New: Vault New: Apparatus	Games – Net & Wall New: Racket Fun New: On the Spot	Games – Invasion Games New: Triangle Passing New: Two on One	Dance New: Based on a Book New: Mystery Dance	Games - Striking and Fielding New: Give Me Five New: All Together Now
Year 2	Dance Recap: elements of Based on a Book/Mystery Dance New: Superheroes	Gymnastics Recap: Simple Sequence Recap: Vault Recap: Apparatus	Games - Target Games Recap: Fair & Square Recap: Python New: Beanbag Bocce	Team Games Invasion Games Recap: Triangle Recap: Two on One New: Dribble & Score Sport – FOOTBALL	Games – Net & Wall Recap: Racket Fun Recap: On the Spot New: Throwing Tennis	Games - Striking and Fielding Recap: Give Me Five Recap: All Together Now New: Plank & Weave
Year 3	Games – Invasion Games New: End Zone New: Too Many Goals New: Go to Jail	Gymnastics New: Partner Sequence New: Vault New: Apparatus	Dance New: Based on a Picture New: Mystery Dance	Games – Net & Wall New: Pick up the Trash New: Keep it Going Sport - BADMINTON	OAA New: Counting Cones New: Team Building (Orienteering/ on-site)	Games – Striking & Fielding New: Quick Pick-up New: Safe or Sorry



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	Sport – FOOTBALL					Games – Athletics Take Five Jumps New: Throwing
Year 4	Games - Tag Recap: Shark Tag Games – Target Games New: Throw Golf New: Corner Bowls New: Bombardment	Gymnastics Recap: Partner Sequence Recap: Vault Recap: Apparatus	Dance Recap: Based on a Picture Recap: Mystery Dance New: Traditional Folk Dance	Games – Net & Wall Recap: Pick up the Trash Recap: Keep it Going New: Rebound Ball Sport - TENNIS	OAA Recap: Counting Cones Recap: Team Building New: Night Trail (Cycling/BMX)	Games – Striking & Fielding Recap: Quick Pick-up New: Round the Square Sport - CRICKET Games – Athletics Recap: Take Five Jumps Recap: Throwing New: 9.58 seconds
Year 5	Dance New: Based on a Traditional Dance	Gymnastics New: Rhythmic Gymnastics New: Vault New: Partner & Group Balances	Games – Invasion Games New: Kabaddi New: Outlet Pass Sport - NETBALL	Games – Net & Wall New: In the Zone New: 3v3 Sport - VOLLEYBALL	OAA New: River Crossing New: Symbol Match-up (Water Sports/Debdale Park)	Games – Striking & Fielding New: Continuous Cricket New: Mini Tee Ball Games – Athletics New: Running
Year 6	Dance Recap: Based on a Traditional Dance Recap: Mystery Dance New: Dance from Different Eras	Gymnastics Recap: Rhythmic Gymnastics Recap: Vault Recap: Partner & Group Balances	Games – Invasion Games Recap: Kabaddi Recap: Outlet Pass New: Ultimate Frisbee Sport - BASKETBALL	Games – Net & Wall Recap: In the Zone (see below) Recap: 3v3 (Volleyball from Milestone 2 Net & Wall) New: Seated Volleyball Sport - VOLLEYBALL	OAA Recap: River Crossing Recap: Symbol Match-up New: Pitch Orienteering (Rock Climbing)	Games – Striking & Fielding Recap: Continuous Cricket Recap: Mini Tee Ball New: Face the Bowler Games – Athletics Recap: Running New: Long Jump & Triple Jump