

Physical Education

Intent: At Woodcock Hill Primary School, we recognise the importance of P.E and the role it has to play in promoting long term, healthy lifestyles. The intent of our P.E curriculum is to provide all children with high quality P.E and sport provision. It is our vision for every pupil to succeed and achieve their potential as well as to lead a physically active lifestyle. We strive to inspire our pupils through fun and engaging P.E lessons that are enjoyable, challenging and accessible to all. We want our pupils to appreciate the benefits of a healthy and physically active lifestyle.

Through our teaching of P.E, we will provide opportunities for pupils to develop values and transferable life skills such as fairness and respect as well as providing them with opportunities to take part in competitive sport.

Curriculum Area Map

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YR	Physical Development	Physical Development	Physical Development	Physical Development	Physical Development	Physical Development
Y1	Dance Move to music. Copy dance moves Perform own dance moves. Move safely in a space.	Run Jump Throw Throw underarm. Move and stop safely. Throw and catch with both hands.	Hit Run Catch Throw underarm. Hit with a bat. Move and stop safely. Throw and catch with both hands.	Gymnastics Make your body curled, tense, stretched and relaxed. Control your body when travelling and balancing. Copy sequences and repeat them.	Gymnastics Make your body curled, tense, stretched and relaxed. Control your body when travelling and balancing. Copy sequences and repeat them.	Attack Defend Compete Throw underarm. Hit with a bat. Move and stop safely. Throw and catch with both hands. Throw and kick in different ways.
Y2	Dance Change rhythm, speed, level and direction in my dance. Dance with control and coordination. Make a sequence by linking sections together. Use dance to show a mood or feeling.	Gymnastics Plan/perform a sequence of movements. Improve my sequence based on feedback. Think of more than one way to create a sequence, which follows some 'rules.	Gymnastics Plan and perform a sequence of movements. Improve my sequence based on feedback. Think of more than one way to create a sequence, which follows some 'rules.	Attack Defend Compete Develop and use running, jumping, throwing and catching in a game. Decide on the best place to be in during a game. Use a tactic ion a game. Follow rules.	Hit Catch Run Develop and use hitting, running and catching in a game. Decide on the best place to be in during a game. Use a tactic ion a game. Follow rules.	Run Jump Throw Develop and use running, jumping, throwing and catching in a game. Decide on the best place to be in during a game. Use a tactic ion a game.
Y3	Gymnastics Adapt sequences to suit different types of apparatus and criteria. Explain how strength and suppleness affect performance.	Dance Improvise freely and translate ideas from a stimulus into movement. Share and create phrases with a partner and small group.	Netball Throw and catch with control. Be aware of space and use it to support teammates and to cause problems for the opposition. Know and use rules fairly.	Tennis Hit a ball with control. Be aware of space and use it to cause problems for the opposition.	Cricket Throw, catch and hit with control. Be aware of space and use it to support teammates and to cause problems for the opposition. Know and use rules fairly.	Athletics Run at fast, medium and slow speeds, changing speed and direction. Take part in a relay, remembering when to run and what to do. Rounders
Y4	Gymnastics Work in a controlled way. Include change of speed and direction. Include a range of shapes. Create, repeat and improve a sequence with at least three phases.	Dance Take the lead when working with a partner or group. Use dance to communicate an idea.	Gymnastics Work in a controlled way. Include change of speed and direction. Include a range of shapes. Create, repeat and improve a sequence with at least three phases.	Football Kick a ball accurately with control. Keep possession of the ball. Vary tactics and adapt skills depending on what is happening in a game.	Tag Rugby Throw and catch accurately. Catch with one hand. Keep possession of the ball. Vary tactics and adapt skills depending on what is happening in a game.	Athletics Run over a long distance. Sprint over a short distance. Throw in different ways. Hit a target. Jump in different ways. Rounders Tactics/skills

Motivate • Educate • Achieve

Y5	Hockey Gain possession as working in a team. Pass in different ways. Choose a tactic for defending and attacking. Techniques.	Gymnastics Make complex extended sequences. Combine actions, balance and shape. Perform consistently to different audiences.	Dance Compose own dance in a creative way. Perform to an accompaniment. Dance shows clarity, fluency, accuracy and consistency.	Tag Rugby Gain possession as working in a team. Pass in different ways. Choose a tactic for defending and attacking. Techniques.	Tennis Use forehand and backhand with a racket.	Athletics Be controlled when taking off and landing. Throw with accuracy. Combine running and jumping. Rounders Passing techniques.
Y6	Gymnastics Combine own work with that of others. Sequence to specific timings.	Football Play with agreed rules. Explain the rules to others. Be able to umpire. Make a team and communicate a plan. Lead others in a game situation.	Dance Develop sequences in a specific style. Choose their own music and style.	Netball Play with agreed rules. Explain the rules to others. Be able to umpire. Make a team and communicate a plan. Lead others in a game situation.	Cricket Play with agreed rules. Explain the rules to others. Be able to umpire. Make a team and communicate a plan. Lead others in a game situation.	Athletics Demonstrate stamina. Rounders Play with agreed rules. Explain the rules to others. Be able to umpire. Make a team and communicate a plan. Lead others in a game situation.