

Curriculum

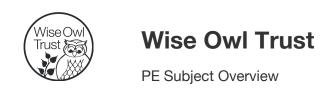
Subject Overview











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: jumpir
Year 1	Games – Target	Gymnastics	Games – Net & Wall	Games – Invasion	Dance	Games - Striking a
	Games	New: Simple	New: Racket Fun	Games	New: Based on a	Fielding
	Recap: FMS	Sequence	New: On the Spot	New: Triangle Passing	Book	New: Give Me Fi
	New: Fair & Square	New: Vault		New: Two on One	New: Mystery Dance	New: All Togethe
	New: Python	New: Apparatus				Now
	New: Mr Wolf					
Year 2	Dance	Gymnastics	Games - Target	Team Games	Games – Net & Wall	Games - Striking a
	Recap: elements of	Recap: Simple	Games	Invasion Games	Recap: Racket Fun	Fielding
	Based on a	Sequence	Recap: Fair & Square	Recap: Triangle	Recap: On the Spot	Recap: Give Me Fi
	Book/Mystery Dance	Recap: Vault	Recap: Python	Recap: Two on One New: Dribble & Score	New: Throwing Tennis	Recap: All Togeth Now
	New: Superheroes	Recap: Apparatus	New: Beanbag Bocce	New: Dribble & Score	rennis	New: Plank & Wea
				Sport – FOOTBALL		New. Flatik & Wed
Year 3	Games – Invasion	Gymnastics	Dance	Games – Net & Wall	OAA	Games – Striking
	Games	New: Partner	New: Based on a	New: Pick up the	New: Counting Cones	Fielding
	New: End Zone	Sequence	Picture	Trash	New: Team Building	New: Quick Pick-
	New: Too Many	New: Vault	New: Mystery Dance	New: Keep it Going	(Orienteering/ on-	New: Safe or Sor
	Goals	New: Apparatus			site)	
	New: Go to Jail			Sport - BADMINTON	-	



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