



# Curriculum

## Subject Overview



**PE**





# Wise Owl Trust

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



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