



Westleigh Methodist Primary School – Physical Education Curriculum Overview

With God, all things are possible – Matthew 19:26

Love Teamwork Thankfulness Generosity Peace Forgiveness Equality Justice



The Daily Mile

Children in Year 1 to Year 6 will complete the Daily Mile for 15 minutes each day. This will improve their basic movements for running and agility. It will positively impact on all children’s physical health and wellbeing.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p><u>Locomotion</u> Walking 1</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Dance</u> Nursery Rhymes</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Ball Skills</u> Hands 1</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Gymnastics</u> High, Low, Over, Under</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Balls Skills</u> Feet 1</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Learning Through Play</u> Playing Through Games</p> <p>Teamwork Social Rule of Law</p>
Reception	<p><u>Gymnastics</u> Moving</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Dance</u> Ourselves</p> <p>Love Social Individual Liberty</p>	<p><u>Ball Skills</u> Hands 2</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Invasion Games</u> Games for Understanding</p> <p>Teamwork Social Rule of Law</p>	<p><u>Locomotion</u> Jumping</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Ball Skills</u> Rackets, Bats, Balls and Balloons</p> <p>Teamwork Social Mutual Respect</p>

Year 1	<p><u>Locomotion</u> Running 1</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Dance</u> The Zoo</p> <p>Love Social Mutual Respect</p>	<p><u>Ball Skills</u> Feet 1</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Ball Skills</u> Hands 2</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Gymnastics</u> Wide, Narrow, Curled</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Attack V Defence</u> Games for Understanding</p> <p>Teamwork Social Rule of Law</p>
Year 2	<p><u>Locomotion</u> Jumping 1</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Dance</u> Water</p> <p>Peace Social Cultural</p>	<p><u>Gymnastics</u> Linking</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Ball Skills</u> Hands 2</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Ball Skills</u> Rackets, Bats and Balls</p> <p>Teamwork Social Rule of Law</p>	<p><u>Attack V Defence</u> Games for Understanding</p> <p>Teamwork Social Rule of Law</p>
Year 3	<p><u>Dance</u> Wild Animals</p> <p>Love Moral Mutual Respect</p>	<p><u>Games: Invasion</u> Handball</p> <p>Teamwork Social Rule of Law</p>	<p><u>Gymnastics:</u> Canon and Unison</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Swimming</u></p> <p>Peace Moral Rule of Law</p>	<p><u>Swimming</u></p> <p>Peace Moral Rule of Law</p>	<p><u>Swimming</u></p> <p>Peace Moral Rule of Law</p>
Year 4	<p><u>Games: Games Sense</u> Game Sense Invasion</p> <p>Teamwork Social Rule of Law</p>	<p><u>Dance</u> World War II</p> <p>Peace Social Tolerance</p>	<p><u>Gymnastics</u> Bridges</p> <p>Teamwork Social Mutual Respect</p>	<p><u>Games: Striking and</u> <u>Fielding</u> Cricket</p> <p>Teamwork Social Rule of Law</p>	<p><u>Games: Net/Wall</u> Tennis</p> <p>Teamwork Social Rule of Law</p>	<p><u>Athletics</u> Athletics</p> <p>Teamwork Social Rule of Law</p>

Year 5	<u>Games: Games Sense</u> Game Sense Invasion Teamwork Social Rule of Law	<u>Dance</u> Street Art Teamwork Cultural Mutual Respect	<u>Gymnastics</u> Flight Teamwork Social Mutual Respect	<u>Games: Invasion</u> Football Teamwork Social Rule of Law	<u>Games: Net/Wall</u> Badminton Teamwork Social Rule of Law	<u>Games: Striking and</u> <u>Fielding</u> Rounders Teamwork Social Rule of Law
Year 6	<u>Games: Games Sense</u> Game Sense Invasion Teamwork Social Rule of Law	<u>Dance</u> Prejudice and Discrimination Equality Moral Tolerance	<u>Gymnastics</u> Creating Sequences Teamwork Social Mutual Respect	<u>Games: Invasion</u> Hockey Teamwork Social Rule of Law	<u>Games: Invasion</u> Tag Rugby Teamwork Social Rule of Law	<u>Athletics</u> Athletics Teamwork Social Rule of Law