

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



	Autur	nn 1	Autun	nn 2	Sprir	ng 1	Sprir	ng 2	Sumi	mer 1	Sum	mer 2
	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson	Lesson 1	Lesson 2
Nursery	Balan Trave Jump Rolli Climb			Dance Listening to music Following actions slowly and quickly Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and coordination Move energetically Teamwork Social		Ball Skills Balancing Throwing & catching Travelling with a ball Rolling a ball, Target Aim Teamwork Social		Gymnastics Travelling in different ways Using different speeds - stop/go/fast/slow Staying steady Staying safe Begin to balance with some control Balancing on beams Can use different body parts to move Teamwork Social		Parachute playground games Teamwork Social Cultural		npics elling tacle ncing wing.
Reception	Gymnastics Gym in the Jungle To move and balance like different jungle animals. experimentin g with moving around, under,	Physical Developme nt Doodle Sticks	Dance – Dance Till You Drop To perform dances using simple movement patterns. Peace Spiritual Individual Liberty	Running for distance	Best of Balls To develop coordinatio n skills. Teamwork Social Rule of Law	Running — changing direction	Gymnastics Jumping Jacks Children will learn all about jumping, rolling and balancing. They will learn to perform different types of jumps and balances on the floor and on different gymnastics equipment.	Physical Developmen t Doodle Sticks Dough disco Scooters and bikes Parachute games Playground games Big run	The Olympics Children will practise a range of skills, using some small equipment. They will be learning how to throw, run and jump in a range of different ways. Children's learning will	Physical Developmen t Doodle Sticks Dough disco Scooters and bikes Parachute games Playground games	Dance Dinosaurs children will think of a range of thrilling dinosaur movement words, which they will then turn into exciting dinosaur movements. Who can find the most creative	Physical Development Doodle Sticks Dough disco Scooters and bikes Parachute games Playground games Big run

	through and over small and large equipment. Creating their own gymnastic sequence. Thankfulness Spiritual Individual Liberty						They will also learn different types of rolls, which they will practise and perform in the gymnastic sequences they create Teamwork Social	Trail trim Yoga	be linked to a range of Olympic sports. After this series of lessons they will take part in an Olympic multi-skills competition Teamwork Social Cultural	Big run Trail trim Yoga	movements? Children will have great fun stomping and crashing along to the music provided. Peace Social	Trail trim Yoga
Year 1	Gymnastics Animals To develop agility, balance and coordination skills. Thankfulness Spiritual Individual Liberty	Agility HIIT Workout Throwing and Catching	Invasion Games At the Fair To master the basic movements and to begin to apply these in a range of contexts. Teamwork Moral Social Rule of Law	Running for distance Throwing for distance Yoga	Attacking and Defending To develop simple tactics for attacking and defending and to apply these in team games. Equality Teamwork Social Rule of Law	Running - changing direction Balance Catching	Dance The Seasons To perform dances, using simple movement patterns, linked to the theme of seasons. Peace Cultural Individual Liberty	Running for distance	Multi- Skills Bat and Ball To develop coordinat ion skills. Teamwork Social Rule of Law	Throwin g for distance	Multi-Skills Sports Day To master the basic movement s and to begin to apply these in a range of contexts. Teamwork Social Rule of Law	Team Games Freddie Fit activities
Year 2	Gymnastics Landscapes and Cities To develop agility, balance and	Agility HIIT Workout	Invasion Games To master the basic movements and to begin	Running for distance	Attacking and Defending To develop simple tactics for	Running - changing direction Balance	Dance Plants To perform dances, using simple	Running for distance	Multi- Skills: Bat and Ball To develop	Throwin g for distance	Animal Olympics To master the basic movement s and to	Team Games Freddie Fit activities

	coordination skills. Teamwork Cultural Mutual Respect	Throwing and Catching	to apply these in a range of contexts. Teamwork Moral Social Rule of Law	Throwing for distance Yoga	attacking and defending and to apply these in team games.	Catching	movement patterns, linked to the theme of plants.		coordinat ion skills. Teamwork Social Rule of Law		begin to apply these in a range of contexts. Teamwork Social Cultural Rule of Law	
					Equality Teamwork Social Rule of Law		Individual Liberty					
Year 3	Invasion Games Fundamental S To use running, jumping, throwing and catching in isolation and in combination. To communicate , collaborate and compete with each other. Teamwork Moral Social Rule of Law	Agility HIIT Workout Throwing and Catching	Gymnastics Movement To develop flexibility, strength, technique, control and balance through gymnastics. To compare their performances with previous ones and demonstrate improvement to achieve their personal best. Teamwork Spiritual Individual Liberty	Running for distance Throwing for distance Yoga	Invasion Games Football To play competitiv e games and apply basic principles suitable for attacking and defending. To communic ate, collaborate and compete with each other. Equality Teamwork Social Rule of Law	Running - changing direction Balance Catching	Swimming To swim competent ly, confidently and proficientl y over a distance of at least 25 metres. To use of range of strokes effectively. To perform safe self- rescue in different water based situations. Peace Moral Rule of Law	Running for distance	Swimmin g To swim compete ntly, confident ly and proficient ly over a distance of at least 25 metres. To use of range of strokes effectivel y. To perform safe self- rescue in different water based	Throwin g for distance	Swimming To swim competent ly, confidentl y and proficientl y over a distance of at least 25 metres. To use of range of strokes effectively. To perform safe self- rescue in different water based situations.	Team Games Freddie Fit activities

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											Rule of Law	
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	Invasion	Agility	<u>Dance:</u>	Running for	Invasion	Running	<u>Gymnastic</u>	Running	<u>Striking</u>	g for	Athletics To develop	Team
	<u>Games</u> To use	HIIT	Romans To perform	distance	Games	- changing	<u>S</u>	for distance	<u>and</u> Fielding	distance	flexibility,	Games
		Workout	· ·	uistance	<u>Hockey</u> To play	changing direction	Movement To develop	uistance	Cricket			Freddie Fit
	running,	Workout	dances using a range of	Throwing	competitiv	unection	flexibility,		To play		strength, technique,	activities
	jumping, throwing and	Throwing	movement	for	e games	Balance	strength,		competiti		control	activities
	catching in	and	patterns. To	distance	and apply	Dalatice	technique,		ve games		and	
	isolation and	Catching	compare their	distance	basic	Catching	control		and apply		balance	
	in	Catching	performances	Yoga	principles	Catching	and		basic		through	
	combination.		with previous	rogu	suitable for		balance		principles		athletics.	
	То		ones and		attacking		through		suitable		demetics.	
	communicate		demonstrate		and		gymnastics		for		Teamwork	
	, collaborate		improvement		defending.		. To		attacking		Social	
	and compete		to achieve		То		compare		and		Cultural	
	with each		their personal		communic		their		defendin		Rule of Law	
4	other.		best.		ate,		performan		g. To			
Year 4					collaborate		ces with		communi			
Ye	Teamwork				and		previous		cate,			
	Moral Social		Peace		compete		ones and		collabora			
	Rule of Law		Spiritual		with each		demonstra		te and			
			Individual Liberty		other.		te		compete			
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					Equality		ent to		other.			
					Teamwork Social		achieve					
					Rule of Law		their		Teamwork			
							personal		Social Rule of Law			
							best.					
							Teamwork					
							Carrier at					
							Spiritual					
							Individual					
							Liberty					

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Year 5	Invasion Games To use running, jumping, throwing and catching in isolation and in combination. To communicate , collaborate and compete with each other. Teamwork Moral Social Rule of Law	Agility HIIT Workout Throwing and Catching	Movement To develop flexibility, strength, technique, control and balance through gymnastics. To compare their performances with previous ones and demonstrate improvement to achieve their personal best. Teamwork Spiritual Individual Liberty	Running for distance Throwing for distance Yoga	Invasion Games Basketball To play competitiv e games and apply basic principles suitable for attacking and defending. To communic ate, collaborate and compete with each other. Equality Teamwork Social Rule of Law	Running changing direction Balance Catching	Dance- Through the Decades To perform dances using a range of movement patterns. To compare their performan ces with previous ones and demonstra te improvem ent to achieve their personal best. Peace Spiritual Individual Liberty	Running for distance	and Fielding Rounders To play competiti ve games and apply basic principles suitable for attacking and defendin g. To communi cate, collabora te and compete with each other. Teamwork Social Rule of Law	g for distance	To develop flexibility, strength, technique, control and balance through athletics. Teamwork Social Cultural Rule of Law	Freddie Fit activities
Year 6	Invasion Games To use running,	Agility HIIT Workout	Dance – WW2 To perform dances using a range of	Running for distance	Invasion Games Netball	Running - changing direction	Gymnastic <u>S</u> Movement	Running for distance	Striking and Fielding Games	Throwin g for distance	Athletics To develop flexibility, strength,	Team Games

jumping,		movement	Throwing	To play		To develop	Tou	ıse	technique,	Freddie Fit
throwing and	Throwing	patterns. To	for	competitiv	Balance	flexibility,	runn	ing,	control	activities
catching in	and	compare their	distance	e games		strength,	jump	ing,	and	
isolation and	Catching	performances		and apply	Catching	technique,	throv	ving	balance	
in		with previous	Yoga	basic		control	an	d	through	
combination.		ones and		principles		and	catch	ning	athletics.	
То		demonstrate		suitable for		balance	ir	1		
communicate		improvement		attacking		through	isola	tion	Teamwork	
, collaborate		to achieve		and		gymnastics	and	in	Social Cultural	
and compete		their personal		defending.		. To	comb	oinat	Rule of Law	
with each		best.		То		compare	ion.	То		
other.				communic		their	comr	nuni		
		_		ate,		performan	cat	e,		
		Peace Spiritual		collaborate		ces with	collal	oora		
Teamwork		Individual Liberty		and		previous	te a	nd		
Moral Social		,		compete		ones and	comp			
Rule of Law				with each		demonstra	with			
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						Liberty				