



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



	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2
Nursery	<u>Movement Skills:</u> Balancing Travelling Jumping Rolling Climbing obstacle Teamwork Social		<u>Dance</u> 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		<u>Ball Skills</u> Balancing Throwing & catching Travelling with a ball Rolling a ball, Target Aim Teamwork Social		<u>Gymnastics</u> 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		<u>Team Games:</u> Circle games Parachute playground games Teamwork Social Cultural		<u>Olympics</u> Travelling Obstacle balancing throwing. Teamwork Social Cultural	
	<u>Gymnastics</u> <u>Gym in the Jungle</u> To move and balance like different jungle animals. experimenting with moving around, under,	Physical Development Doodle Sticks	<u>Dance – Dance Till You Drop</u> To perform dances using simple movement patterns. Peace Spiritual Individual Liberty	Running for distance	<u>Best of Balls</u> To develop coordination skills. Teamwork Social Rule of Law	Running – changing direction	<u>Gymnastics</u> <u>Jumping Jacks</u> 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 Development Doodle Sticks Dough disco Scooters and bikes Parachute games Playground games Big run	<u>The Olympics</u> 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 Development Doodle Sticks Dough disco Scooters and bikes Parachute games Playground games	<u>Dance Dinosaurs</u> 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	<u>Gymnastics Animals</u> To develop agility, balance and coordination skills. Thankfulness Spiritual Individual Liberty	Agility HIIT Workout Throwing and Catching	<u>Invasion Games At the Fair</u> 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	<u>Attacking and Defending</u> 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	<u>Dance The Seasons</u> To perform dances, using simple movement patterns, linked to the theme of seasons. Peace Cultural Individual Liberty	Running for distance	<u>Multi-Skills Bat and Ball</u> To develop coordination skills. Teamwork Social Rule of Law	Throwing for distance	<u>Multi-Skills Sports Day</u> To master the basic movements and to begin to apply these in a range of contexts. Teamwork Social Rule of Law	Team Games Freddie Fit activities
Year 2	<u>Gymnastics Landscapes and Cities</u> To develop agility, balance and	Agility HIIT Workout	<u>Invasion Games</u> To master the basic movements and to begin	Running for distance	<u>Attacking and Defending</u> To develop simple tactics for	Running – changing direction Balance	<u>Dance Plants</u> To perform dances, using simple	Running for distance	<u>Multi-Skills: Bat and Ball</u> To develop	Throwing for distance	<u>Animal Olympics</u> To master the basic movements and to	Team Games Freddie Fit activities

	<p>coordination skills.</p> <p>Teamwork Cultural Mutual Respect</p>	<p>Throwing and Catching</p>	<p>to apply these in a range of contexts.</p> <p>Teamwork Moral Social Rule of Law</p>	<p>Throwing for distance</p> <p>Yoga</p>	<p>attacking and defending and to apply these in team games.</p> <p>Equality Teamwork Social Rule of Law</p>	<p>Catching</p>	<p>movement patterns, linked to the theme of plants.</p> <p>Peace Cultural Individual Liberty</p>		<p>coordination skills.</p> <p>Teamwork Social Rule of Law</p>		<p>begin to apply these in a range of contexts.</p> <p>Teamwork Social Cultural Rule of Law</p>	
Year 3	<p><u>Invasion Games</u> <u>Fundamentals</u> To use running, jumping, throwing and catching in isolation and in combination. To communicate, collaborate and compete with each other.</p> <p>Teamwork Moral Social Rule of Law</p>	<p>Agility HIIT Workout Throwing and Catching</p>	<p><u>Gymnastics Movement</u> 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.</p> <p>Teamwork Spiritual Individual Liberty</p>	<p>Running for distance Throwing for distance Yoga</p>	<p><u>Invasion Games</u> <u>Football</u> To play competitive games and apply basic principles suitable for attacking and defending. To communicate, collaborate and compete with each other.</p> <p>Equality Teamwork Social Rule of Law</p>	<p>Running – changing direction Balance Catching</p>	<p><u>Swimming</u> To swim competently, confidently and proficiently 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.</p> <p>Peace Moral Rule of Law</p>	<p>Running for distance</p>	<p><u>Swimming</u> To swim competently, confidently and proficiently over a distance of at least 25 metres. To use of range of strokes effectively. To perform safe self-rescue in different water based</p>	<p>Throwing for distance</p>	<p><u>Swimming</u> To swim competently, confidently and proficiently 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.</p> <p>Peace</p>	<p>Team Games Freddie Fit activities</p>

									<div>situations</div> <div>Peace Moral Rule of Law</div>		<div>Moral Rule of Law</div>	
<div>Year 4</div>	<div><div><u>Invasion Games</u> To use running, jumping, throwing and catching in isolation and in combination. To communicate , collaborate and compete with each other.</div><div>Teamwork Moral Social Rule of Law</div></div>	<div><div>Agility HIIT Workout</div><div>Throwing and Catching</div></div>	<div><div><u>Dance: Romans</u> To perform dances using a range of movement patterns. To compare their performances with previous ones and demonstrate improvement to achieve their personal best.</div><div>Peace Spiritual Individual Liberty</div></div>	<div><div>Running for distance Throwing for distance Yoga</div></div>	<div><div><u>Invasion Games Hockey</u> To play competitive games and apply basic principles suitable for attacking and defending. To communicate, collaborate and compete with each other.</div><div>Equality Teamwork Social Rule of Law</div></div>	<div><div>Running – changing direction Balance Catching</div></div>	<div><div><u>Gymnastics Movement</u> 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.</div><div>Teamwork Spiritual Individual Liberty</div></div>	<div>Running for distance</div>	<div><div><u>Striking and Fielding Cricket</u> To play competitive games and apply basic principles suitable for attacking and defending. To communicate, collaborate and compete with each other.</div><div>Teamwork Social Rule of Law</div></div>	<div>Throwing for distance</div>	<div><div><u>Athletics</u> To develop flexibility, strength, technique, control and balance through athletics.</div><div>Teamwork Social Cultural Rule of Law</div></div>	<div><div>Team Games Freddie Fit activities</div></div>

Year 5	<u>Invasion Games</u> 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	<u>Gymnastics Movement</u> 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	<u>Invasion Games Basketball</u> To play competitive games and apply basic principles suitable for attacking and defending. To communicate, collaborate and compete with each other. Equality Teamwork Social Rule of Law	Running – changing direction Balance Catching	<u>Dance-Through the Decades</u> To perform dances using a range of movement patterns. To compare their performances with previous ones and demonstrate improvement to achieve their personal best. Peace Spiritual Individual Liberty	Running for distance	<u>Striking and Fielding Rounders</u> To play competitive games and apply basic principles suitable for attacking and defending. To communicate, collaborate and compete with each other. Teamwork Social Rule of Law	Throwing for distance	<u>Athletics</u> To develop flexibility, strength, technique, control and balance through athletics. Teamwork Social Cultural Rule of Law	Team Games Freddie Fit activities
Year 6	<u>Invasion Games</u> To use running,	Agility HIIT Workout	<u>Dance –WW2</u> To perform dances using a range of	Running for distance	<u>Invasion Games Netball</u>	Running – changing direction	<u>Gymnastics Movement</u>	Running for distance	<u>Striking and Fielding Games</u>	Throwing for distance	<u>Athletics</u> To develop flexibility, strength,	Team Games

	<p>jumping, throwing and catching in isolation and in combination. To communicate, collaborate and compete with each other.</p> <p>Teamwork Moral Social Rule of Law</p>	Throwing and Catching	<p>movement patterns. To compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Peace Spiritual Individual Liberty</p>	<p>Throwing for distance</p> <p>Yoga</p>	<p>To play competitive games and apply basic principles suitable for attacking and defending. To communicate, collaborate and compete with each other.</p> <p>Equality Teamwork Social Rule of Law</p>	<p>Balance</p> <p>Catching</p>	<p>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.</p> <p>Teamwork Spiritual Individual Liberty</p>		<p>To use running, jumping, throwing and catching in isolation and in combination. To communicate, collaborate and compete with each other.</p> <p>Teamwork Social Rule of Law</p>		<p>technique, control and balance through athletics.</p> <p>Teamwork Social Cultural Rule of Law</p>	Freddie Fit activities
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