

**Woodhouse Primary School**  
**PE Curriculum Overview**  
**Year Group Summary**

<b>Year</b>	<b>Term</b>	<b>Indoor</b>	<b>Outdoor</b>
R	Autumn 1	Movements	Outdoor Play
	Autumn 2	Dance	
	Spring 1	Gymnastics	
	Spring 2	Dance	
	Summer 1	Athletics	
	Summer 2	Athletics	
1	Autumn 1	Gymnastics	Throwing and Catching
	Autumn 2	Yoga	Bat and Ball Skills
	Spring 1	Dance	
	Spring 2	Gymnastics	Team Games
	Summer 1	Zumba	
	Summer 2	Fitness Drills	Running and Athletics
2	Autumn 1	Dance	Throwing and Catching
	Autumn 2	Gymnastics	
	Spring 1	Gymnastics	Bat and Ball Skills
	Spring 2	Dance	
	Summer 1	Zumba	Team Games
	Summer 2	Fitness Drills	Running and Athletics
3	Autumn 1	Dance	Basketball
	Autumn 2	Gymnastics	Hockey
	Spring 1	Dance	Orienteering
	Spring 2	Zumba	Tennis
	Summer 1	Gymnastics	Cricket
	Summer 2	Circuits	Athletics
4	Autumn 1	Dance	Basketball
	Autumn 2	Gymnastics	Hockey
	Spring 1	Zumba	Orienteering
	Spring 2	Dance	Tennis
	Summer 1	Gymnastics	Cricket
	Summer 2	Circuits	Athletics
		<b><u>Swimming Slot (Friday)</u></b>	<b><u>Outdoor / Indoor</u></b>
5	Autumn 1	ROKT/Golf	Netball
	Autumn 2	ROKT/Golf	Football
	Spring 1	Swimming	Gymnastics
	Spring 2	Swimming	Dance
	Summer 1	Team Building	Rounders
	Summer 2	Swimming	Athletics
6	Autumn 1	Swimming	Netball
	Autumn 2	Swimming	Football
	Spring 1	Team Building	Gymnastics
	Spring 2	Bench ball/Dodgeball	Dance
	Summer 1	Swimming	Rounders
	Summer 2	Barkball	Athletics

**Year Group Overviews**  
**Year R – Knowledge, Skills and Understanding**

Year R	Thursday Indoor	Outdoor	Swimming
Autumn 1	<u>Intro to PE</u> Space / Awareness of body parts / Direction	Outdoor Play	<u>Monday</u>
Autumn 2	<u>Dance</u> The Gruffalo <i>BBC Room on the Broom</i>		
Spring 1	<u>Gymnastics</u> Stretch/Curl (with apparatus)		
Spring 2	<u>Dance</u> Sticky Kids		
Summer 1	<u>Athletics</u> Running, jumping and throwing		
Summer 2	<u>Athletics</u> Running, jumping and throwing		

**Early Years Foundation Stage Coverage - PE**

**Early Learning Goals**

ELG 4

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

ELG 5

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

## Year 1 PE Overview

Year 1	Indoor	Outdoor	Swimming
Autumn 1	<u>Gymnastics</u> High/Low/Narrow Travelling/Balancing	<u>Games</u>  Throwing and catching	<u>Tuesday</u>  Expected level – Starfish (1)
Autumn 2	<u>Yoga</u> Actions & Dynamics		
Spring 1	<u>Dance (Explorers)</u> Actions & Dynamics	<u>Games</u>  Bat and ball skills and games/skipping	
Spring 2	<u>Gymnastics</u> Pushes and pulls/ Springboard		
Summer 1	<u>Zumba (movement)</u> Go Noodle	Team Games	
Summer 2	<u>Health and Fitness</u> Circuits	<u>Athletics</u> Throwing and running	

## Year 2 PE Overview

Year 2	Indoor	Outdoor	Swimming
Autumn 1	<u>Dance</u> Celebrations	<u>Games</u>  Throwing and catching	<u>Tuesday</u>  Expected level – Seahorse (2) and Otter (3)
Autumn 2	<u>Gymnastics</u> Pathways – Straight, Curved, Zig-Zag		
Spring 1	<u>Gymnastics</u> Rolling and Balancing	<u>Games</u>  Bat and ball skills and games/skipping	
Spring 2	<u>Dance</u> Transport		
Summer 1	<u>Zumba</u> Go noodle/Zumba with Andy	Team Games	
Summer 2	<u>Health and Fitness</u> Circuits	<u>Athletics</u> Throwing and jumping	

### Year 3 PE Overview

Year 3	Indoor	Outdoor	Swimming
Autumn 1	<u>Dance</u> Create own fitness DVD (fitness focus)	<u>Games</u> Basketball	<u>Wednesday</u>  Expected level – Otter (3) and Frog (4)
Autumn 2	<u>Gymnastics</u> Symmetry/Asymmetry	<u>Games</u> Hockey	
Spring 1	<u>Dance</u> Dinosaur Dance	<u>Outdoor Pursuits</u> Orienteering	
Spring 2	<u>Zumba</u> Zumba with Andy - Create own sequence (dance focus)	<u>Games</u> Tennis	
Summer 1	<u>Gymnastics</u> Stretching and Curling (Pathways)	<u>Games</u> Cricket	
Summer 2	<u>Health and Fitness</u> Circuits	<u>Athletics</u> Throwing, jumping and relay	

### Year 4 PE Overview

Year 4	Indoor	Outdoor	Swimming
Autumn 1	<u>Dance</u> Rainforest	<u>Games</u> Basketball	<u>Thursday</u>  Expected level – Frog (4) and Angelfish (5)  Water Safety to be completed by end of Y4
Autumn 2	<u>Gymnastics</u> travelling/dynamics	<u>Games</u> Hockey	
Spring 1	<u>Zumba</u> Zumba with Andy - Create own sequence (dance focus)	<u>Outdoor Pursuits</u> Orienteering	
Spring 2	<u>Dance</u> Dance of the Decades	<u>Games</u> Tennis	
Summer 1	<u>Gymnastics</u> rolling/balancing	<u>Games</u> Cricket	
Summer 2	<u>Health and Fitness</u> Circuits	<u>Athletics</u> Javelin, target throw and standing jump	

## Year 5 PE Overview

Year 5	Swimming Slot	Indoor/Outdoor Focus PM
Autumn 1	5B ROKT / 5S Golf	<u>Games</u> Netball
Autumn 2	5S ROKT / 5B Golf	<u>Games</u> Football
Spring 1	<u>Swimming</u> Expected level – Jellyfish (6)	<u>Gymnastics</u> Pair sequences on core tasks
Spring 2	<u>Swimming</u> Expected level – Jellyfish (6)	<u>Dance</u> Line Dancing
Summer 1	<u>Games</u> Team Building	<u>Games</u> Rounders
Summer 2	<u>Swimming</u> Expected level – Jellyfish (6)	<u>Athletics</u> Jumping, throwing and hurdles

### Outdoor/Adventurous - ROKT

- take part in outdoor and adventurous activity challenges both individually and within a team *PE2.5*

## Year 6 PE Overview

Year 6	Swimming Slot	Outdoor/Indoor Focus
Autumn 1	<u>Swimming</u> Expected level – Jellyfish (6) / Dolphin (7) and Shark (8)	<u>Games</u> Netball
Autumn 2	<u>Swimming</u> Expected level – Jellyfish (6) / Dolphin (7) and Shark (8)	<u>Games</u> Football
Spring 1	<u>Games</u> Team Building	<u>Gymnastics</u> Group routines on core tasks
Spring 2	<u>Games</u> Bench ball/Dodgeball	<u>Dance</u> War Dances
Summer 1	<u>Swimming</u> Expected level – Jellyfish (6) / Dolphin (7) and Shark (8)	<u>Games</u> Rounders
Summer 2	<u>Games</u> Barkball	<u>Athletics</u> Jumping, throwing and hurdles

### Outdoor/Adventurous - Lakeside Residential

- take part in outdoor and adventurous activity challenges both individually and within a team *PE2.5*