

Woodhouse Primary School
PE Curriculum Overview 2020-21

Our Values & Ethos

Vision

At Woodhouse Primary School we aim to provide a welcoming, safe and caring environment where everybody is encouraged and enabled to become successful, resilient and confident learners.

We have high expectations and work collaboratively enabling our pupils to have a good understanding of the world in which they are growing up. We encourage our pupils to think for themselves and respect others, thus enabling them to build on their growing knowledge and be responsible, self-assured citizens.

The PE curriculum at Woodhouse is designed to inspire all pupils to participate, excel and succeed in physical activities and competitive sport. We provide opportunities for all pupils to become physically confident and have a good understanding of their health, fitness and wellbeing. From the onset of their school journey up to leaving Woodhouse, pupils develop their fundamental movement skills (balancing, jumping, throwing etc.), apply these to a sporting situation and understand the importance of teamwork and sportsmanship enabling for a life-long love for sport.

Each half term, the curriculum focus links to one of the six school aims: Be United, Be Creative, Be Bold, Be Safe, Be Healthy and Be Caring.

Be United

To celebrate our social and cultural diversity so that everyone feels valued and respected.

- *Team competitions (football, netball, gymnastics)*
- *Y6 war dances (Based on the New Zealand Haka)*

Be Creative

To offer a curriculum which is relevant and creative; promoting high quality learning which challenges and develops all our pupils' talents and gifts enabling them to reach their full potential.

- *Dance curriculum linking to other aspects of the curriculum (Y1 Lifecycle of a Penguin)*
- *Gymnastic routines (Y5 create their own routines and sequences)*

Be Bold

To provide learning experiences, both inside and outside the classroom, which promote and develop pupils' independence and resilience.

- *Y5 visit ROKT (rock climbing gym) and Y6 visit Utopia (gymnasium)*
- *Y3 and Y4 orienteering topic based around the school grounds*

Be Safe

To provide a caring, secure and nurturing environment where all can learn, work or play with confidence.

- *Y4 water safety topic*
- *Team games provide for the importance of sportsmanship*

Be Healthy

To provide opportunities for pupils to develop healthy lifestyles and thereby promote physical, spiritual and emotional well – being.

- *'Think Gr8 Feel Gr8' week*
- *Before and after school sports clubs*

Be Caring

To respect and value ourselves and others in the community by displaying positive attitudes, pride in our school, appreciation of each other and challenging negative influences and behaviour.

- *Sports Ambassadors in Y5 and Y6*
- *Y5 and Y6 team building*

Year Group Summary

Year	Term	Indoor	Outdoor
R	Autumn 1	Intro to PE	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	Yoga	
	Spring 2	Health and Fitness - Drills	
	Summer 1	Dance	Team Games
	Summer 2	Gymnastics	Running and Athletics
2	Autumn 1	Dance	Throwing and Catching
	Autumn 2	Dance	Bat and Ball Skills
	Spring 1	Dance	
	Spring 2	Gymnastics	
	Summer 1	Zumba	Team Games
	Summer 2	Health and 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	Health and Fitness - Circuits	Athletics
4	Autumn 1	Dance	Basketball
	Autumn 2	Zumba	Hockey
	Spring 1	Dance	Orienteering
	Spring 2	Gymnastics	Tennis
	Summer 1	Gymnastics	Cricket
	Summer 2	Health and Fitness - Circuits	Athletics
5	Autumn 1	Juggling	Netball
	Autumn 2	Golf	Skipping
	Spring 1	Dance	Football
	Spring 2	Dance	Football
	Summer 1	Gymnastics / Swimming	Rounders
	Summer 2	Athletics / Swimming	Athletics / Rounders
6	Autumn 1	Gymnastics	Netball
	Autumn 2	Gymnastics	Football
	Spring 1	Skipping	Fitness
	Spring 2	Skipping	Dance
	Summer 1	Swimming / Gymnastics	Rounders
	Summer 2	Swimming / Gymnastics	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 Developing spatial awareness and how to be safe when dealing with PE equipment.	<u>Outdoor Play</u> Through games and activities, pupils learn coordination, movement, agility and balances.	<u>Monday</u> Due to Covid-19, swimming is currently postponed in Year R-4
Autumn 2	<u>Dance - The Gruffalo/BBC Room on the Broom</u> To listen to music and copy basic actions to a story.		
Spring 1	<u>Gymnastics - Stretch/Curl (with apparatus)</u> Balances and Travels focusing on stretching, pointing and squeezing body parts.		
Spring 2	<u>Dance - Sticky Kids</u> Using sticks to maintain a rhythm and copying sounds.		
Summer 1	<u>Athletics</u> Develop and practise the Fundamental Movement Skills (Running, jumping and throwing).		
Summer 2	<u>Athletics</u> Develop and practise the Fundamental Movement Skills (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 – Travelling Sequences</u> Travelling sequence incorporating high and low movements and linking these to create short and repetitive sequences.	<u>Games - Throwing and catching</u> Pupils to throw and catch independently and in groups using a range of balls, beanbags and hoops. Transfer these skills into small game environments.	<p style="text-align: center;"><u>Tuesday</u> Expected level – Starfish (1)</p> <p>Due to Covid-19, swimming is currently postponed in Year R-4</p>
Autumn 2	<u>Yoga - Actions & Dynamics</u> Pupils begin to master balancing on a range of points and patches (two feet, one foot, two hands and two feet, one hand one foot...).	Pupils to identify strengths and weakness in their performance.	
Spring 1	<u>Yoga - Actions & Dynamics</u> Pupils begin to master balancing on a range of points and patches (two feet, one foot, two hands and two feet, one hand one foot...).	<u>Games - Bat and ball skills and games/skipping</u> Pupils will continue to develop their accuracy when throwing or rolling a ball towards a target and begin to develop accurate throwing techniques. They will develop striking and control skills using a variety of bats.	
Spring 2	<u>Health and Fitness - Drills</u> Children will find out about what happens to their bodies when we exercise in short bursts. They will develop fundamental skills such as jumping, hopping, running and skipping.		
Summer 1	<u>Dance (Explorers) - Actions & Dynamics</u> Pupils will create a dance based on the life cycle of a penguin. It will explore balance, levels and change in dynamics. It will introduce the idea of gestures and how these can be used in a dance to tell a story.	<u>Team Games</u> Pupils will revisit throwing, catching and striking skills developed in the Autumn and Spring terms. They will use these skills in competitive game scenarios.	
Summer 2	<u>Gymnastics – Basic Rolls</u> Pupils will learn a variety of rolls (teddy bear roll, side roll and log roll). They will also recap balancing on a range of points and patches (two feet, one foot, two hands and two feet, one hand one foot...). They will then incorporate both rolls and balances when creating a sequence in a small group.	<u>Athletics</u> Develop and practise the Fundamental Movement Skills (Running, jumping and throwing).	

Alternative Classroom Activities – Year 1

Boccia – Pupils will use boccia equipment and practise throwing (underarm) towards a target. Pupils will be introduced to scoring points individually and as a team.

Yoga – Pupils begin to master balancing on a range of points and patches (two feet, one foot, two hands and two feet, one hand one foot...).

Year 2 PE Overview

Year 2	Indoor	Outdoor	Swimming
Autumn 1	<u>Dance – Celebrations</u> Choreographing and performing a whole class dance linked to the topic of Celebrations.	<u>Games - Throwing and Catching</u> Throwing and catching a bean bag, small ball and large ball / inventing and playing a small team based game.	<u>Tuesday</u> Expected level – Seahorse (2) and Otter (3) Due to Covid-19, swimming is currently postponed in Year R-4
Autumn 2	<u>Dance – Celebrations</u> Choreographing and performing a whole class dance linked to the topic of Celebrations.		
Spring 1	<u>Dance-Transport</u> Pupils will perform actions in time to beats as a class. They will have opportunities to create short sequences in small groups.	<u>Games - Bat and ball skills and games</u> Children will further develop their accuracy when throwing or rolling a ball towards a target and begin to develop accurate throwing techniques. They will develop striking and control skills using a variety of bats.	
Spring 2	<u>Gymnastics – Advanced Rolls and Balances</u> Pupils further develop points and patches balances. They perform balances individually and with a partner. Pupils will attempt different ways of rolling (side, log, forward and teddy bear). They will link the rolls with balances they have previously learnt to create short sequences.		
Summer 1	<u>Zumba</u> Go noodle/Zumba with Andy. Pupils will follow routines focusing on moving to the beat of the music.	<u>Team Games</u> Inventing and playing small team games based on skills learnt so far (throwing, catching, rolling, hitting etc).	
Summer 2	<u>Health and Fitness - Drills</u> Children will find out about what happens to their bodies when we exercise in short bursts. They will develop fundamental skills such as jumping, hopping, running and skipping.	<u>Athletics</u> Develop and practise the Fundamental Movement Skills (Running, jumping and throwing).	

Alternative Classroom Activities – Year 2

Bean Bag games – Pupils will use bean bags to play in a variety of challenges to develop their balance, coordination and throwing and catching. Using a different variety of bean bags (alphabet, numbered, coloured, shapes), pupils will challenge themselves to complete activities and routines and compete against their peers.

Game examples: balance on body parts, throw and catch using body parts, ordering and categorising games, throwing and catching sequences, target throwing games.

Year 3 PE Overview

Year 3	Indoor	Outdoor	Swimming
Autumn 1	<u>Dance - Create own fitness DVD</u> Pupils take part and review a variety of commercially produced fitness DVDs. In small groups, pupils create their own sequence of movements to music in order to create a fitness DVD.	<u>Games – Basketball</u> Pupils learn basic ball handling, dribbling, passing, shooting and marking. Create their own simple games in groups and understand the rules, fair play and tactics.	
Autumn 2	<u>Gymnastics – Symmetrical Balances</u> Pupils focus on symmetry and asymmetry, Look at what symmetry/asymmetry is and how they can put their bodies into these shapes. Put together routines in pairs to different genres of music which include symmetrical and asymmetrical balances.	<u>Games – Hockey</u> Pupils learn how to hold and control the hockey stick using simple skill-based games. Working in pairs and small groups on dribbling, passing and target shooting.	
Spring 1	<u>Dance – Zumba</u> Pupils learn the importance of rhythm and exercising to a beat in unison.	<u>Outdoor Pursuits – Orienteering</u> Pupils focus on navigating using a map and compass. Linked to our CCL topic of ‘Around the World’, we will be looking at the 8 points of a compass and what a compass is used for. A focus on teamwork skills to reach a shared goal.	<u>Wednesday</u> Expected level – Otter (3) and Frog (4)
Spring 2	<u>Dance - Dinosaur Dance</u> Pupils create and perform dances in groups using a range of different levels, directions and smooth transitions. Looking at dances from different cultures to inspire. Remembering routines in order to perform to an audience.	<u>Games – Tennis</u> Pupils practise different throwing and catching skills, learn how to strike a ball with a racket in a specific direction and work on reaction speeds and to control a ball.	Due to Covid-19, swimming is currently postponed in Year R-4
Summer 1	<u>Gymnastics - Balancing Sequences</u> Pupils will recap symmetrical and asymmetrical balances and focus on directions and positions in order to create a sequence.	<u>Games – Cricket</u> Pupils will learn the fundamental cricket skills of bowling the ball, batting and fielding in small sided games.	
Summer 2	<u>Health and Fitness – Circuits</u> Pupils will understand the different components of a circuit (Core strength, cardio and lower body strength) and develop a range of routines.	<u>Athletics</u> Pupils practise the standing javelin throw, long jump and team relay.	

Alternative Classroom Activities – Year 3

Ball and Cup games – Using a range of specialised equipment to practise throwing and catching, pupils will further develop their hand-eye coordination and precision taking part in a range of challenges. Pupils will challenge their peers to complete the tasks and create a scoring chart/league to record the class’ and individual’s results.

Year 4 PE Overview

Year 4	Indoor	Outdoor	Swimming
Autumn 1	<u>Dance – Rainforest</u> Pupils compose and perform a dance routine to represent different aspects of the rainforest. Skills: movement, transition, levels, speed and different gestures.	<u>Games – Basketball</u> Pupils will learn and develop ball skills such as: ball handling, dribbling and different types of passing.	<p style="text-align: center;"><u>Thursday</u></p> <p>Expected level – Frog (4) and Angelfish (5)</p> <p>Water Safety to be completed by end of Y4</p> <p>Due to Covid-19, swimming is currently postponed in Year R-4</p>
Autumn 2	<u>Dance - Zumba</u> Pupils will observe and then perform a range of Zumba routines. Pupils will create their own Zumba routine to perform and evaluate.	<u>Games – Hockey</u> Pupils will develop a range of skills such as dribbling, passing and shooting.	
Spring 1	<u>Dance - Dance of the Decades</u> Pupils are taken on a journey of studying dancing styles from the 1930s to the 2000s.	<u>Outdoor Pursuits – Orienteering</u> Pupils will use maps of the school ground and local area to locate different points. Pupils will design their own orienteering course.	
Spring 2	<u>Gymnastics – Rolls and Balances Paired Sequences</u> Pupils perform a sequence of balances, travelling and rolls in order to create a sequence.	<u>Games – Tennis</u> Pupils will learn and develop skills such as: controlling and holding the ball, serving, a range of swings and hitting or passing to a target.	
Summer 1	<u>Gymnastics – Travelling and Shape Balances</u> Pupils perform a sequence of balances and travels. Using this, pupils create a gymnastics routine.	<u>Games – Cricket</u> Pupils will learn and develop skills such as: catching, throwing, bowling the ball, batting and fielding in preparation for mini games of cricket.	
Summer 2	<u>Health and Fitness – Circuits</u> Pupils will understand the importance of a warm up and cool down and the different components of a circuit (Core strength, cardio and lower body strength) and use this to create their own.	<u>Athletics</u> Pupils practise running javelin throw, bean-bag push, and standing jump.	

Alternative Classroom Activities – Year 4

Jenga – Using Jenga games, pupils will develop their fine motor skills and complete a range of block stacking games. Pupils can play individually or in teams and create their own games and challenges.

Table Hockey – Pupils will compete against their partners playing table hockey using counters and blocks. Pupils can also create their own individual games and challenges using a range of table equipment and compete against their peers.

Year 5 PE Overview

Year 5	Indoor	Outdoor
Autumn 1	<p style="text-align: center;"><u>Juggling</u></p> <p>Pupils will develop their hand-eye coordination and master controlling their own throws by practising juggling with two and three balls. Attempting a range of throwing and catching skills, pupils will learn to juggle and begin to create new ways of juggling.</p>	<p style="text-align: center;"><u>Games – Netball</u></p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p>
Autumn 2	<p style="text-align: center;"><u>Games – Golf</u></p> <p>Play competitive games, modified where appropriate. Pupils will learn putting skills and how to create their own holes. Pupils will learn to chip the ball to a target.</p>	<p style="text-align: center;"><u>Games – Skipping</u></p> <p>Pupils will learn a new skill using both individual and group skipping ropes. They will learn different techniques to skip over the rope as well as improve their fitness, strength and dexterity whilst skipping.</p>
Spring 1	<p style="text-align: center;"><u>Dance – Line Dancing</u></p> <p>Pupils learn how to dance in unison and in time to Michael Jackson’s ‘Beat It’ and edit this routine to include their own movements.</p>	<p style="text-align: center;"><u>Games – Football</u></p> <p>Use drills and short activities to help children understand how to pass and control the ball with increasing levels of skill. Introduction to shooting techniques and the difference between this and passing techniques.</p>
Spring 2	<p style="text-align: center;"><u>Dance – Line Dancing</u></p> <p>Pupils learn how to dance in unison and in time to Michael Jackson’s ‘Beat It’ and edit this routine to include their own movements.</p>	<p style="text-align: center;"><u>Games – Football</u></p> <p>Use drills and short activities to help children understand how to pass and control the ball with increasing levels of skill. Introduction to shooting techniques and the difference between this and passing techniques.</p>
Summer 1	<p style="text-align: center;"><u>Gymnastics – Paired/Group Sequences</u></p> <p>Pupils will be learning to create a sequence of movements in pairs based on the core tasks of jumping, turning, balancing and travelling.</p> <p style="text-align: center;"><u>Swimming</u></p> <p style="text-align: center;">Expected level – Jellyfish (6)</p>	<p style="text-align: center;"><u>Games – Rounders</u></p> <p>Pupils will learn the basic principles of over arm throwing towards a team mate and catching with two hands.</p>
Summer 2	<p style="text-align: center;"><u>Athletics</u></p> <p>Pupils will learn long jump and triple jump techniques using a short run up.</p> <p style="text-align: center;"><u>Swimming</u></p> <p style="text-align: center;">Expected level – Jellyfish (6)</p>	<p style="text-align: center;"><u>Athletics</u></p> <p>Pupils learn all throwing techniques (javelin and shot put) and hurdling technique.</p> <p style="text-align: center;"><u>Games – Rounders</u></p> <p>The rules of rounders will be learnt and basic team strategies and tactics will be developed.</p>

Alternative Classroom Activities – Year 5

Juggling – Pupils will develop their hand-eye coordination and master controlling their own throws by practising juggling with two and three balls. Attempting a range of throwing and catching skills, pupils will learn to juggle and begin to create new ways of juggling.

Rubix Cubes – Pupils will further develop their fine motor skills by attempting rubix cube challenges. These challenges will require patience and will enhance pupils’ logical thinking and allow pupils to understand strategies.

Year 6 PE Overview

Year 6	Indoor	Outdoor
Autumn 1	<p style="text-align: center;"><u>Gymnastics – at Utopia</u> <u>Group Routines</u></p> <p>Pupils will learn to control movement and techniques, repeat a given sequence with control and timing. Create a sequence of linked moves which are in time with others and make extended sequences within a group.</p>	<p style="text-align: center;"><u>Games – Netball</u></p> <p>Use of drills and games to introduce children to a range of different types of passing and an ability to catch without incurring ‘footwork’ fouls. Playing of netball game and introduction to rules about areas</p>
Autumn 2	<p style="text-align: center;"><u>Gymnastics – at Utopia</u> <u>Group Routines</u></p> <p>Pupils will learn to control movement and techniques, repeat a given sequence with control and timing. Create a sequence of linked moves which are in time with others and make extended sequences within a group.</p>	<p style="text-align: center;"><u>Games – Football</u></p> <p>Use drills and short activities to help children understand how to pass and control the ball with increasing levels of skill. Introduction to shooting techniques and the difference between this and passing techniques.</p>
Spring 1	<p style="text-align: center;"><u>Skipping</u></p> <p>Pupils will learn a new skill using both individual and group skipping ropes.</p>	<p style="text-align: center;"><u>Health and Fitness</u></p> <p>Pupils followed routines and created their own focusing on a range of movements and exercises that impact the whole body.</p>
Spring 2	<p style="text-align: center;"><u>Skipping</u></p> <p>They will learn different techniques to skip over the rope as well as improve their fitness, strength and dexterity whilst skipping.</p>	<p style="text-align: center;"><u>Dance - War Dances</u></p> <p>Pupils will study the existing haka and practise moves, create own moves based on key principles of controlled fierceness and unity. Also, create own haka using mixture of moves from previous haka and personal haka moves.</p>
Summer 1	<p style="text-align: center;"><u>Swimming</u></p> <p>Pupils are expected to achieve the swimming level of Stage 7 (Dolphin) or Stage 8 (Shark).</p>	<p style="text-align: center;"><u>Games – Rounders</u></p> <p>Pupils will study the key skills of throwing, catching and batting in rounders. Also, practise the key skills in amongst copious games.</p>
Summer 2	<p style="text-align: center;"><u>Swimming</u></p> <p>Pupils are expected to achieve the swimming level of Stage 7 (Dolphin) or Stage 8 (Shark).</p> <p style="text-align: center;"><u>Gymnastics – at Utopia</u> <u>Individual Performances</u></p> <p>Pupils will perfect their techniques in a range of disciplines in the gymnasium.</p>	<p style="text-align: center;"><u>Athletics</u></p> <p>Pupils perfect all jumping techniques, shot put throw and hurdling.</p>

Alternative Classroom Activities – Year 6

Table Tennis – Using class tables and pop-up nets, pupils will compete against their peers at table tennis. Pupils can practise individual skills involved with the game by completing a range of target based challenges using table tennis balls and then begin to learn the rules of the game so all pupils can compete and officiate.

Cup Stacking – Using speed stacking cups, pupils can develop their speed and agility and compete against their peers and against the clock to complete a range of speed stacking games.