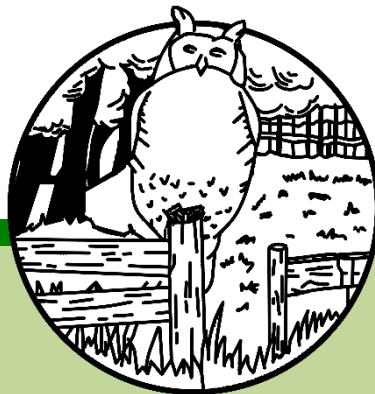


PE Curriculum



Woodland Grange Primary School

Aiming high to achieve excellence and success by working together.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	<p>Indoor real PE – Personal skills Assessment Focus: Children can work on simple tasks independently and follow instructions safely.</p> <p>Physical Skills Focus: Fun station 10 – coordination and footwork, 1 – static balance on one leg.</p> <p>Themes: Birthday Bike Surprise Pirate Pranks</p>	<p>Indoor real PE – Social skills Assessment Focus: Children can work sensibly with others, taking turns and sharing.</p> <p>Physical Skills Focus: Fun station 6 – dynamic balance jumping and landing, 2 - static balance seated.</p> <p>Themes: Journey to the Blue Planet Monkey Business</p>	<p>Indoor real PE – Cognitive skills Assessment Focus: Children can name some things they are good at and understanding and following simple rules.</p> <p>Physical Skills Focus: Fun station 5 – dynamic balance on a line, 4 – static balance stance.</p> <p>Themes: Tilly the Train’s Big Day Thembi Walks the Tightrope</p>	<p>Indoor real PE – Creative skills Assessment Focus: Children can explore and describe movements and observe and copy others.</p> <p>Physical Skills Focus: Fun station 9 – coordination ball skills, 7 - counter balance with a partner.</p> <p>Themes: Clowning Around Wendy’s Water-ski Challenge</p>	<p>Indoor real PE – Physical skills Assessment Focus: Children can perform skills and movements with control and move confidently.</p> <p>Physical Skills Focus: Fun station 8 - coordination sending and receiving, 12 – agility reaction and response.</p> <p>Themes: John and Jasmine Learn to Juggle Ringo to the Rescue</p>	<p>Indoor real PE – Health and Fitness skills Assessment Focus: Children are aware of why exercise is good for their health and how the body changes due to exercise.</p> <p>Physical Skills Focus: Fun station 11 – agility ball chasing, 3 – static balance floor work.</p> <p>Themes: Sammy Squirrel and his Rolling Nuts Caspar the Very Clever Cat</p>
	No Outdoor	No Outdoor	Gross Motor Skills	Gross Motor Skills	Athletics/Parachute Games	Athletics/Parachute Games
Year 1	<p>Indoor real PE – Personal skills Assessment Focus: Children can work independently and safely, trying several times and can ask for help.</p> <p>Physical Skills Focus: Fun Station 10 – coordination footwork, 1 – static balance one leg.</p> <p>Themes: The Birthday Bike Surprise Pirate Pranks</p>	<p>Indoor real PE – Social skills Assessment Focus: Children can work sensibly with others and help, praise and encourage others in their learning.</p> <p>Physical Skills Focus: Fun station 6 – dynamic balance jumping and landing, 2 - static balance seated.</p> <p>Themes: Journey to the Blue Planet Monkey Business</p>	<p>Indoor real PE – Cognitive skills Assessment Focus: Children can name some things they are good at, follow simple rules and begin to order instructions and movements. They can explain why someone is working well and notice similarities and differences.</p> <p>Physical Skills Focus: Fun station 5 – dynamic balance on a line, 4 – static balance stance.</p> <p>Themes: Tilly the Train’s Big Day Thembi Walks the Tightrope</p>	<p>Indoor real PE – Creative skills Assessment Focus: Children can explore and describe movements, link movements and theme and can compare movements to others.</p> <p>Physical Skills Focus: Fun station 9 – coordination ball skills, 7 - counter balance with a partner.</p> <p>Themes: Clowning Around Wendy’s Water-ski Challenge</p>	<p>Indoor real PE – Physical skills Assessment Focus: Children can sequence movements using changes in level, direction or speed and perform a range of skills with control and consistency.</p> <p>Physical Skills Focus: Fun station 8 - coordination sending and receiving, 12 – agility reaction and response.</p> <p>Themes: John and Jasmine Learn to Juggle Ringo to the Rescue</p>	<p>Indoor real PE – Health and Fitness skills Assessment Focus: Children are aware of why exercise is good for their health and can say how their body has changed, use equipment appropriately and move and land safely.</p> <p>Physical Skills Focus: Fun station 11 – agility ball chasing, 3 – static balance floor work.</p> <p>Themes: Sammy Squirrel and his Rolling Nuts Caspar the Very Clever Cat</p>
	Large Ball Skills	Large Ball Skills	Skipping	Partner Games	Multiskills/Athletics	Multiskills/Athletics
Year 2	<p>Indoor real PE – Personal skills Assessment Focus: Children can try several times and ask for help. They know where they are with their learning and begin to challenge themselves.</p>	<p>Indoor real PE – Social skills Assessment Focus: Children can praise and encourage others in their learning, share their ideas and listen to others carefully.</p>	<p>Indoor real PE – Cognitive skills Assessment Focus: Children can begin to order instructions and movements. They can explain why they and others are working well and notice similarities and differences,</p>	<p>Indoor real PE – Creative skills Assessment Focus: Children can link movements to a theme and can compare movements to others, recognise similarities and differences and make up their own rules and versions of tasks.</p>	<p>Indoor real PE – Physical skills Assessment Focus: Children can sequence movements using changes in level, direction or speed. They can perform a range of skills with control and consistency showing clear shapes.</p>	<p>Indoor real PE – Health and Fitness skills Assessment Focus: Children can explain why they need to warm up and cool down. They are aware of why exercise is good for their health and can say how their body has changed. They can use</p>

			as well as areas for improvement.			equipment appropriately and move and land safely.
	Physical Skills Focus: Fun Station 10 – coordination footwork, 1 – static balance one leg. Swimming	Physical Skills Focus: Fun station 6 – dynamic balance jumping and landing, 2 - static balance seated. Swimming	Physical Skills Focus: Fun station 5 – dynamic balance on a line, 4 – static balance stance. Swimming	Physical Skills Focus: Fun station 9 – coordination ball skills, 7 - counter balance with a partner. Swimming	Physical Skills Focus: Fun station 8 - coordination sending and receiving, 12 – agility reaction and response. Swimming	Physical Skills Focus: Fun station 11 – agility ball chasing, 3 – static balance floor work. Swimming
	Throwing and catching	Aiming and Hitting	Dribbling and Kicking	Boccia/Kurling	Fitness Trails (Orienteering)	Athletics
Year 3	Indoor real PE – Personal skills Assessment Focus: Children know where they are with their learning and can begin to challenge themselves. They can persevere with a task and cope well when things become difficult.	Indoor real PE – Social skills Assessment Focus: Children can share their ideas and listen to others carefully. They can cooperate well with others, give helpful feedback and organise roles in a group.	Indoor real PE – Cognitive skills Assessment Focus: Children can say what they are doing well and recognise areas for improvement, understand the criteria to judge their performance and use their awareness of space and others.	Indoor real PE – Creative skills Assessment Focus: Children can recognise similarities and differences and make up own rules and versions of tasks. They can link actions and create their own sequences, tactics, rules and tasks.	Indoor real PE – Physical skills Assessment Focus: Children can perform a range of skills with control and consistency showing clear shapes. They can perform a variety of movements with good body tension and link actions so they flow.	Indoor real PE – Health and Fitness skills Assessment Focus: Children can explain why they need to warm up and cool down. They are aware of why exercise is good for their health and can say how their body has changed, how often and how long they should exercise. They can also record and monitor how hard they are working.
	Physical Skills Focus: Fun Station 10 – coordination footwork, 1 – static balance one leg.	Physical Skills Focus: Fun station 6 – dynamic balance jumping and landing, 2 - static balance seated.	Physical Skills Focus: Fun station 5 – dynamic balance on a line, 9 – coordination ball skills.	Physical Skills Focus: Fun station 8 – coordination sending and receiving, 7 - counter balance with a partner.	Physical Skills Focus: Fun station 12 – agility reaction and response, 3 – static balance floor work.	Physical Skills Focus: Fun station 11 – agility ball chasing, 4 – static balance stance.
	Cross Country	Tri Golf	Short Tennis	Orienteering	Rounders	SAQ
Year 4	Indoor real PE – Personal skills Assessment Focus: Children know where they are with their learning and can begin to challenge themselves. They can persevere with a task and cope well when things become difficult.	Indoor real PE – Social skills Assessment Focus: Children can share their ideas and listen to others carefully. They can cooperate well with others, give helpful feedback and organise roles in a group.	Indoor real PE – Cognitive skills Assessment Focus: Children can say what they are doing well and recognise areas for improvement, understand the criteria to judge their performance and use their awareness of space and others.	Indoor real PE – Creative skills Assessment Focus: Children can recognise similarities and differences and make up own rules and versions of tasks. They can link actions and create their own sequences, tactics, rules and tasks.	Indoor real PE – Physical skills Assessment Focus: Children can perform a range of skills with control and consistency showing clear shapes. They can perform a variety of movements with good body tension and link actions so they flow.	Indoor real PE – Health and Fitness skills Assessment Focus: Children can explain why they need to warm up and cool down. They are aware of why exercise is good for their health and can say how their body has changed, how often and how long they should exercise. They can also record and monitor how hard they are working.
	Physical Skills Focus: Fun Station 10 – coordination footwork, 1 – static balance one leg.	Physical Skills Focus: Fun station 6 – dynamic balance jumping and landing, 2 - static balance seated.	Physical Skills Focus: Fun station 5 – dynamic balance on a line, 9 – coordination ball skills.	Physical Skills Focus: Fun station 8 – coordination sending and receiving, 7 - counter balance with a partner.	Physical Skills Focus: Fun station 12 – agility reaction and response, 3 – static balance floor work.	Physical Skills Focus: Fun station 11 – agility ball chasing, 4 – static balance stance.

	4RB Swimming	4RB Swimming/ 4IF Key Steps Gymnastics	4IF Swimming/ 4RB Key Steps Gymnastics	4IF Swimming		
	Cross Country	Unihock	Volleyball	Tag Rugby	Athletics	Kwik Cricket
Year 5	Indoor real PE – Personal skills Assessment Focus: Children can say what they are doing well, as well as others and recognise areas for improvement. They can understand the criteria to judge their performance and use their awareness of space and others. They can suggest methods of play to outwit opponents and suggest patterns to succeed.	Indoor real PE – Social skills Assessment Focus: Children can link actions and create their own sequences, tactics, rules and tasks. They can respond imaginatively to different situations and disguise what they are going to do next.	Indoor real PE – Cognitive skills Assessment Focus: Children can cooperate, negotiate and collaborate well with others, give helpful and sensitive feedback and organise roles in a group. They can involve others and motivate them to perform better.	Indoor real PE – Creative skills Assessment Focus: They can perform a variety of movements with good body tension and link actions so they flow. They can use a combination of skills in sport specific contexts and perform a range of skills well in practice and competitive situations. They can also transfer skills across activities and sports.	Indoor real PE – Physical skills Assessment Focus: Children are aware of how long they should exercise and can also record and monitor how hard they are working. They can self-select warm ups and cool downs and can spot possible dangers when organising an activity. They can explain why different individuals need different fitness regimes and can plan and follow their own programme.	Indoor real PE – Health and Fitness skills Assessment Focus: Children can persevere with a task and cope well when things become difficult. They recognise their strengths and weaknesses and see new challenges as an opportunity to develop. They can create their own learning plan, making revisions when needed and accept critical feedback.
	Physical Skills Focus: Fun station 9 – coordination ball skills, 12 – agility reaction and response.	Physical Skills Focus: Fun station 2 – static balance seated, 3 – static balance floor work.	Physical Skills Focus: Fun station 5 – dynamic balance on a line, 7 – counter balance with a partner.	Physical Skills Focus: Fun station 6 – dynamic balance to agility jumping and landing, 1 – static balance one leg.	Physical Skills Focus: Fun station 4 – static balance stance, 10 coordination footwork.	Physical Skills Focus: Fun Station 8 – coordination footwork, 11 – agility ball chasing.
	Quick Sticks	Football	Basketball	Netball	Athletics	Short Tennis
Year 6	Indoor real PE – Personal skills Assessment Focus; Children can say what they are doing well, as well as others and recognise areas for improvement. They can understand the criteria to judge their performance and use their awareness of space and others. They can suggest methods of play to outwit opponents and suggest patterns to succeed.	Indoor real PE – Social skills Assessment Focus: Children can link actions and create their own sequences, tactics, rules and tasks. They can respond imaginatively to different situations and disguise what they are going to do next.	Indoor real PE – Cognitive skills Assessment Focus: Children can cooperate, negotiate and collaborate well with others, give helpful and sensitive feedback and organise roles in a group. They can involve others and motivate them to perform better.	Indoor real PE – Creative skills Assessment Focus: They can perform a variety of movements with good body tension and link actions so they flow. They can use a combination of skills in sport specific contexts and perform a range of skills well in practice and competitive situations. They can also transfer skills across activities and sports.	Indoor real PE – Physical skills Assessment Focus: Children are aware of how long they should exercise and can also record and monitor how hard they are working. They can self-select warm ups and cool downs and can spot possible dangers when organising an activity. They can explain why different individuals need different fitness regimes and can plan and follow their own programme.	Indoor real PE – Health and Fitness skills Assessment Focus: Children can persevere with a task and cope well when things become difficult. They recognise their strengths and weaknesses and see new challenges as an opportunity to develop. They can create their own learning plan, making revisions when needed and accept critical feedback.
	Physical Skills Focus: Fun station 9 – coordination ball skills, 12 – agility reaction and response.	Physical Skills Focus: Fun station 2 – static balance seated, 3 – static balance floor work.	Physical Skills Focus: Fun station 5 – dynamic balance on a line, 7 – counter balance with a partner.	Physical Skills Focus: Fun station 6 – dynamic balance to agility jumping and landing, 1 – static balance one leg.	Physical Skills Focus: Fun station 4 – static balance stance, 10 coordination footwork.	Physical Skills Focus: Fun Station 8 – coordination footwork, 11 – agility ball chasing.
	Tag Rugby	Cross Country	Quick Sticks	Basketball	Athletics	Rounders

Year 2 and Year 4 will not access all of the real PE curriculum due to swimming lessons.