



Woodwater Academy PE overview (Year A/Year B)

Year A (Complete PE)

Year/Term	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Swimming	High, Low, Over, Under	Games For Understanding	Games For Understanding	Hands 1	Jumping 1
	High, Low, Over, Under	Feet 1	Nursery Rhymes	Ourselves	Swimming	Swimming
Year 1/2	Team Building	Feet 1	Games For Understanding	Body Parts	Jumping 1	Running 1
	Swimming	Hands 1	Growing	Health and Wellbeing	Swimming	Swimming
Year 3/4	Swimming	Communication & Tactics	Symmetry & Asymmetry	Tag Rugby	Throwing & Jumping	Rounders
	Wild Animals	Dodgeball	Tag Rugby	Bridges	Swimming	Swimming
Year 5/6	Communication & Tactics	Problem Solving	Football	Handball	Running	Athletics
	Counter Balance & Counter Tension	Tag Rugby	Greeks	Throwing & Jumping	Rounders	Orienteering Swimming

Year B (Complete PE)

Year/Term	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Swimming	Hands 1	Ourselves	Dinosaurs	Swimming	Swimming
	Moving	Hands 2	Motor Skills (own planning)	Motor Skills (own planning)	Feet 1	Walking 1
Year 1/2	Swimming	Pathways	Explorers	Water	Swimming	Swimming
	Linking	Dodging 1	Hands 1	Hands 2	Jumping 1	Team Building
Year 3/4	Swimming	Problem Solving	Tennis	Orienteering	Swimming	Swimming
	Space	Netball	Bridges	Football	Running	Athletics
Year 5/6	Dodgeball	Tennis	Matching & Mirroring	Netball	Cricket	Swimming
	The Circus	Health Related Exercise	Netball	Problem Solving	Throwing & Jumping	Athletics Competitions

Breadth of Study

Key Stage 1	Key Stage 2
<ul style="list-style-type: none"> Participate in team games, developing simple tactics for attacking and defending. Perform dances using simple movement patterns. Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending. Take part in gymnastics activities. Take part in athletics activities. Perform dances. Take part in outdoor and adventurous activity challenges both individually and within a team. Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.



EYFS	Year A	Year B
Autumn Term	Swimming	Swimming
	Gymnastics (high, low, over, under)	Gymnastics (Moving)
	Ball Skills (Feet 1)	Ball Skills (Hands 1)
	Gymnastics (high, low, over, under)	Ball Skills (Hands 2)
Spring Term	Attack vs Defence (Games for Understanding)	Attack vs Defence (Games 4 Understanding)
	Dance (Nursery Rhymes)	Motor Skills
	Attack vs Defence (Games for Understanding)	Dance (Dinosaurs)
	Dance (ourselves)	Motor Skills
Summer Term	Ball Skills (hands 1)	Ball Skills (Feet 1)
	Swimming	Swimming
	Locomotion (Jumping 1)	Locomotion (Walking 1)
	Swimming	Swimming

Woodwater Academy PE overview (by unit)

Working towards Early Learning Goals

Building towards Milestone 1 in highlighted skills

Games:

- Use the terms 'opponent' and 'team-mate'.
- Use rolling, hitting, running, jumping, catching and kicking skills in combination.
- Develop tactics.
- Lead others when appropriate.

Dance:

- Copy and remember moves and positions.
- Move with careful control and coordination.
- Link two or more actions to perform a sequence.
- Choose movements to communicate a mood, feeling or idea.

Gymnastics

- Copy and remember actions.
- Move with some control and awareness of space.
- Link two or more actions to make a sequence.
- Show contrasts (such as small/tall, straight/curved and wide/narrow).
- Travel by rolling forwards, backwards and sideways.
- Hold a position whilst balancing on different points of the body.
- Climb safely on equipment.
- Stretch and curl to develop flexibility.
- Jump in a variety of ways and land with increasing control and balance.

Year 1/2	Year A	Year B
Autumn Term 	Swimming	Swimming
	Y1 Team Building	Y2 Gymnastics (Linking)
	Y1 Ball Skills (Feet 1)	Y2 Gymnastics (Pathways)
Spring Term	Y1 Ball Skills (Hands 1)	Y2 Locomotion (Dodging 1)
	Y1 Attack vs Defence (Games for Understanding)	Y2 Dance (Explorers)
	Y1 Dance (Growing)	Y2 Ball Skills (Hands 1)
	Y1 Gymnastics (body parts)	Y2 Dance (Water)
Summer Term	Y1 Health and Wellbeing	Y2 Ball Skills (Hands 2)
	Y1 Locomotion (Jumping 1)	Swimming
	Swimming	Y2 Locomotion (Jumping)
	Y1 Locomotion (Running 1)	Swimming
	Swimming	Y2 Team Building

Year 1-2 Milestone 1

Games:

- Use the terms 'opponent' and 'team-mate'.
- Use rolling, hitting, running, jumping, catching and kicking skills in combination.
- Develop tactics.
- Lead others when appropriate. (Extension opportunities available on planning to achieve this)

Dance:

- Copy and remember moves and positions.
- Move with careful control and coordination.
- Link two or more actions to perform a sequence.
- Choose movements to communicate a mood, feeling or idea.

Gymnastics

- Copy and remember actions.
- Move with some control and awareness of space.
- Link two or more actions to make a sequence.
- Show contrasts (such as small/tall, straight/curved and wide/narrow).
- Travel by rolling forwards, backwards and sideways.
- Hold a position whilst balancing on different points of the body.
- Climb safely on equipment.
- Stretch and curl to develop flexibility.
- Jump in a variety of ways and land with increasing control and balance.

Swimming:

- Swim unaided up to 25 metres.
- Use one basic stroke, breathing correctly.
- Control leg movements.



Year 3/4	Year A	Year B
Autumn Term	Y3 Dance (Wild Animals)	Y4 Dance (Space)
	Swimming	Swimming
	Y4 Outdoor Adventure (com and tactics)	Y4 Outdoor Adventure (Problem Solving)
Spring Term	Y3 Invasion Games (Dodgeball)	Y3 Invasion (Netball)
	Y3 Gymnastics (symmetry & Asymmetry)	Y4 Gymnastics (Bridges)
	Y3 Invasion (Tag Rugby)	Y4 Net/wall (Tennis)
	Y4 Invasion (Tag Rugby)	Y4 Outdoor Adventure (Orienteering)
Summer Term	Y4 Gymnastics (Bridges)	Y3 Invasion (Football)
	Y3 Athletics (Throwing & Jumping)	Y4 Athletics (Running)
	Swimming	Swimming
	Y3 Striking & Fielding (Rounders)	Y4 Athletics (Athletics)
	Swimming	Swimming

Year 3-4 Milestone 2

Games

- Throw and catch with control and accuracy.
- Strike a ball and field with control.
- Choose appropriate tactics to cause problems for the opposition.
- Follow the rules of the game and play fairly.
- Maintain possession of a ball (with, e.g. feet in football).
- Pass to team mates at appropriate times.
- Lead others and act as a respectful team member.

Dance

- Plan, perform and repeat sequences.
- Move in a clear, fluent and expressive manner.
- Refine movements into sequences.
- Create dances and movements that convey a definite idea.
- Change speed and levels within a performance.
- Develop physical strength and suppleness by practising moves and stretching.

Gymnastics

- Plan, perform and repeat sequences.
- Move in a clear, fluent and expressive manner.
- Refine movements into sequences.
- Show changes of direction, speed and level during a performance.
- Travel in a variety of ways, including flight, by transferring weight to generate power in movements.
- Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).
- Swing and hang from equipment safely (using hands).



Swimming

- Swim between 25 and 50 metres unaided.
- Use more than one stroke and coordinate breathing as appropriate for the stroke being used.
- Coordinate leg and arm movements.
- Swim at the surface and below the water.

Athletics

- Sprint over a short distance up to 60 metres.
- Run over a longer distance, conserving energy in order to sustain performance.
- Use a range of throwing techniques (such as under arm, over arm).
- Throw with accuracy to hit a target or cover a distance.
- Jump in a number of ways, using a run up where appropriate.
- Compete with others and aim to improve personal best performances.

Outdoor and Adventurous Activity

- Arrive properly equipped for outdoor and adventurous activity.
- Understand the need to show accomplishment in managing risks.
- Show an ability to both lead and form part of a team.
- Support others and seek support if required when the situation dictates.
- Show resilience when plans do not work and initiative to try new ways of working.
- Use maps, compasses and digital devices to orientate themselves.
- Remain aware of changing conditions and change plans if necessary.

***Milestones to be met through residential/outdoor ed day visit**

Year 5/6	Year A	Year B
Autumn Term	Y5 Outdoor Games (communication & tactics)	Y5 Dance (The Circus)
	Y5 Gymnastics (counterbalance and counter tension)	Y5 Invasion (Dodgeball)
	Y6 Outdoor Games (problem solving)	Y6 Net/Wall (Tennis)
	Y5 Invasion (Tag Rugby)	Y5 Health Related Exercise
Spring Term	Y5 Invasion (Football)	Y6 Gymnastics (matching and mirroring)
	Y5 Dance (Greeks)	Y5 Invasion (Netball)
	Y5 Invasion (Handball)	Y6 Outdoor Adventure (Problem Solving)
	Y5 Athletics (Throwing & Jumping)	Y6 Invasion (Netball)
Summer Term	Y5 Athletics (Running)	Y6 Athletics (Throwing and Jumping)
	Y5 Striking & Fielding (Rounders)	Y5 Striking & Fielding (Cricket)
	Y5 Athletics	Y6 Athletics
	Y5 Outdoor Adventure (orienteering)	Y6 Athletics (competitions)
	Swimming Assessment	Swimming Assessment

Year 5-6 Milestone 3

Games

- Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).
- Work alone, or with teammates in order to gain points or possession.
- Strike a bowled or volleyed ball with accuracy.
- Use forehand and backhand when playing racket games (tennis only)
- Field, defend and attack tactically by anticipating the direction of play.
- Choose the most appropriate tactics for a game.
- Uphold the spirit of fair play and respect in all competitive situations.
- Lead others when called upon and act as a good role model within a team.

Dance

- Compose creative and imaginative dance sequences.
- Perform expressively and hold a precise and strong body posture.
- Perform and create complex sequences.
- Express an idea in original and imaginative ways.
- Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.
- Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands). (Extension opportunities available on planning to achieve this)

Gymnastics



- Create complex and well-executed sequences that include a full range of movements including **travelling balances swinging springing flight vaults inversions rotations bending, stretching and twisting gestures linking skills.**
- Hold shapes that are strong, fluent and expressive.
- Include in a sequence set pieces, choosing the most appropriate linking elements.
- Vary speed, direction, level and body rotation during floor performances.
- Practise and refine the gymnastic techniques used in performances (listed above).
- Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).
- Use equipment to vault and to swing (remaining upright).

Swimming

Swim over 100 metres unaided. **(will be dependent on child outcome)**

- Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.
- Swim fluently with controlled strokes.
- Turn efficiently at the end of a length.

Athletics

- Combine sprinting with low hurdles over 60 metres.
- Choose the best place for running over a variety of distances.
- Throw accurately and refine performance by analysing technique and body shape.
- Show control in take-off and landings when jumping.
- Compete with others and keep track of personal best performances, setting targets for improvement.

Outdoor and Adventurous Activity

- Select appropriate equipment for outdoor and adventurous activity.
- Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.
- Embrace both leadership and team roles and gain the commitment and respect of a team.
- Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.
- Remain positive even in the most challenging circumstances, rallying others if need be.
- Use a range of devices in order to orientate themselves.
- Quickly assess changing conditions and adapt plans to ensure safety comes first.

***Milestones to be met through residential/outdoor ed day visit**