

WPS PE Indoor Curriculum Overview

	Autumn		Spring		Summer
Pre school	Physical Development	Physical Development	Physical Development	Physical Development	Physical Development
	Introduction to PE Unit 1	Fundamentals Unit 1	Gymnastics Unit 1	Dance Unit 1	Outdoor PE
	<ul style="list-style-type: none"> Start taking part in some group activities which they make up for themselves, or in teams. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. 		<ul style="list-style-type: none"> Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. 		
EYFS	Physical Development	Physical Development	Physical Development	Physical Development	Physical Development
	Introduction to PE Unit 2	Fundamentals Unit 2	Gymnastics Unit 2	Dance Unit 2	Outdoor PE
	<ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully 		<ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • 		<p>Same as Gymnastics one as well as:</p> <ul style="list-style-type: none"> Combine different movements with ease and fluency. Develop overall body-strength, balance, co-

	with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.	<ul style="list-style-type: none"> hopping skipping climbing Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully 	ordination and agility		
Prior learning	Please see separate folder for prior learning.				
Year 1	Fundamentals	Fitness	Dance	Gymnastics	Yoga
	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 		<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities perform dances using simple movement patterns. 	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	
Prior learning	Please see separate folder for prior learning.				
Year 2	Fundamentals	Fitness	Dance	Gymnastics	Yoga
	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 		<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities perform dances using simple movement patterns. 	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	
Prior learning	Please see separate folder for prior learning.				

Year 3	Fundamentals	Yoga	Dance	Gymnastics	Fitness
	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination 	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance 	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best 	
Prior learning	Please see separate folder for prior learning.				
Year 4	Swimming				
	<ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] 				
Y4 Prior learning					
Year 5	Gymnastics	Yoga	Dance	Badminton	Volleyball
	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best. 		<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate take part in outdoor and adventurous activity challenges both individually and within a team develop flexibility, strength, technique, control and balance 	
Y5 Prior learning	Please see separate folder for prior learning.				

Year 6	Gymnastics	Fitness	Dance	OAA	
	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate take part in outdoor and adventurous activity challenges both individually and within a team develop flexibility, strength, technique, control and balance 	
Y6 Prior learning	Please see separate folder for prior learning.				