

## WPS PE Outdoor Curriculum Overview

	Autumn		Spring		Summer	
Pre school	Physical Development		Physical Development		Physical Development	
	Indoor PE		Indoor PE		Games Unit 1	Ball Skills Unit 1
					<ul style="list-style-type: none"> <li>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>Start taking part in some group activities which they make up for themselves, or in teams.</li> </ul>
EYFS	Physical Development	Physical Development	Physical Development	Physical Development	Physical Development	
	Indoor PE		Indoor PE		Games Unit 2	Ball Skills Unit 2

Prior learning					
Year 1	<b>Fundamentals</b>	<b>Fitness</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Yoga</b>
	<ul style="list-style-type: none"> <li>• 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,</li> <li>• developing simple tactics for attacking and defending</li> </ul>		<ul style="list-style-type: none"> <li>• 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</li> <li>• perform dances using simple movement patterns.</li> </ul>		<ul style="list-style-type: none"> <li>• 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</li> </ul>
Prior learning	Please see separate folder for prior learning.				
Year 2	<b>Fundamentals</b>	<b>Fitness</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Yoga</b>
	<ul style="list-style-type: none"> <li>• 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</li> </ul>		<ul style="list-style-type: none"> <li>• 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</li> <li>perform dances using simple movement patterns.</li> </ul>		<ul style="list-style-type: none"> <li>• 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</li> </ul>
Prior learning	Please see separate folder for prior learning.				
Year 3	<b>Fundamentals</b>	<b>Yoga</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Fitness</b>
	<ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> </ul>	<ul style="list-style-type: none"> <li>• develop flexibility, strength, technique, control and balance</li> </ul>	<ul style="list-style-type: none"> <li>• develop flexibility, strength, technique, control and balance</li> <li>• perform dances using a range of movement patterns</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		<ul style="list-style-type: none"> <li>• develop flexibility, strength, technique, control and balance</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>

Prior learning	Please see separate folder for prior learning.				
Year 4	Swimming				
	<ul style="list-style-type: none"> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> </ul>				
Y4 Prior learning					
Year 5	Gymnastics	Yoga	Dance	Badminton	Volleyball
	<ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		<ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance</li> <li>perform dances using a range of movement patterns</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>develop flexibility, strength, technique, control and balance</li> </ul>	
Y5 Prior learning	Please see separate folder for prior learning.				
Year 6	Gymnastics	Fitness	Dance	OAA	
	<ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance</li> <li>compare their performances with previous ones and demonstrate improvement to</li> </ul>	<ul style="list-style-type: none"> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance</li> <li>perform dances using a range of movement patterns</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>develop flexibility, strength, technique, control and balance</li> </ul>	

	achieve their personal best.			
Y6 Prior learning	Please see separate folder for prior learning.			