

**WOODHAM WALTER C OF E PRIMARY SCHOOL    SCHEME OF WORK FOR PE 2020-2021**  
**Giving EVERY child the physical literacy, emotional and thinking skills to achieve in PE, Sport and life**

**The PE curriculum has a focus on mental health, being physically active and competitive sports.**

**KS1**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils will be taught to:

- 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
- Perform dances using simple movement patterns.

**KS2**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils will be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.



	Forest School Daily Mile Yoga	Forest School Daily Mile Yoga	Forest School Daily Mile Yoga	Forest School Daily Mile Yoga	Forest School Daily Mile Yoga	Forest School Daily Mile Yoga
	Team work Attacking and defending Competing Football	Communicating/comp aring Team work Competing Collaborating Dodgeball	Develop, strength and technique Control Team work Hockey	Attacking and defending Develop, strength and technique Team work Tag Rugby	Running, jumping and throwing Competing Demonstrate improvement to achieve their personal best Athletics	Working as a team Competing Collaborating Rounders/Cricket