

Skill
Fitness



# Whiston Willis Primary Academy

## P.E Curriculum 24-25

Term	Nursery	Reception	Year 1	Year 2
Autumn 1	<p><b><u>Introduction to PE</u></b></p> <ul style="list-style-type: none"> <li>- To move safely and sensibly in a space with consideration of others.</li> <li>- To develop moving safely and stopping with control.</li> <li>-To use equipment safely and responsibly.</li> <li>-To work with others co-operatively and play as a group.</li> </ul>	<p><b><u>Fundamental skills</u></b></p> <ul style="list-style-type: none"> <li>-To develop balancing</li> <li>-To develop running and stopping</li> <li>-To develop changing direction</li> <li>-To develop jumping and landing</li> <li>-To develop hopping and landing with control.</li> <li>-To explore different ways to travel using equipment.</li> </ul>	1.1 Multi-skills	2.1 Multi-skills
			1.3 Step to the Beat	2.1 Boot Camp
Autumn 2	<p><b><u>Introduction to PE</u></b></p> <ul style="list-style-type: none"> <li>- To move safely and sensibly in a space with consideration of others.</li> <li>- To develop moving safely and stopping with control.</li> <li>-To use equipment safely and responsibly.</li> <li>-To follow a path and take turns.</li> <li>-To work co-operatively with a partner.</li> </ul>	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>-To use counting to stay in time with music</li> <li>-To move safely with confidence</li> <li>-To explore movement using a prop</li> <li>-To move with control and coordination</li> <li>-To remember and repeat actions</li> </ul>	1.3 Groovy Gymnastics	2.2 Ugly Bug Ball Dance
			1.1 Boot Camp	2.2 Mighty Movers (Running)
Spring 1	<p><b><u>Introduction to PE</u></b></p> <ul style="list-style-type: none"> <li>- To move safely and sensibly in a space with consideration of others.</li> <li>- To develop moving safely and stopping with control.</li> <li>-To use equipment safely and responsibly.</li> <li>-To work with others co-operatively and play as a group.</li> </ul>	<p><b><u>Ball skills</u></b></p> <ul style="list-style-type: none"> <li>-To develop rolling a ball to a target</li> <li>- To develop stopping a rolling ball</li> <li>- To develop accuracy when throwing to a target.</li> <li>- To develop bouncing and catching a ball.</li> <li>- To develop kicking a ball.</li> </ul>	1.5 Throwing and Catching	2.5 Throwing and Catching
			1.5 Cool Core (Strength)	2.5 Cool Core (Strength)
Spring 2	<p><b><u>Introduction to PE</u></b></p> <ul style="list-style-type: none"> <li>- To move safely and sensibly in a space with consideration of others.</li> <li>- To develop moving safely and stopping with control.</li> <li>-To use equipment safely and responsibly.</li> <li>-To follow a path and take turns.</li> <li>-To work co-operatively with a partner.</li> </ul>	<p><b><u>Fundamental skills</u></b></p> <ul style="list-style-type: none"> <li>-To develop balancing</li> <li>-To develop running and stopping</li> <li>-To develop changing direction</li> <li>-To develop jumping and landing</li> <li>-To develop hopping and landing with control.</li> <li>-To explore different ways to travel using equipment.</li> </ul>	1.4 Brilliant Ball Skills	2.4 Brilliant Ball Skills
			1.4 Gymfit Circuits	2.4 Gymfit Circuits
Summer 1	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>-To use counting to music.</li> <li>-To move safely</li> <li>-To explore movement</li> <li>-To move with control and coordination</li> <li>-To remember and repeat actions</li> </ul>	<p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>-To develop running and stopping</li> <li>- To develop throwing and learn how to keep score.</li> <li>-To follow the rules of a game</li> <li>- To follow instructions and move safely when playing tagging games</li> <li>- To work co-operatively and take turns</li> <li>- To work with others to play team games</li> </ul>	1.2 Story Time Dance	2.3 Groovy Gymnastics
			1.2 Mighty Movers (Running)	2.3 Skip to the Beat
Summer 2	<p><b><u>Fundamental skills</u></b></p> <ul style="list-style-type: none"> <li>-To develop balancing</li> <li>-To develop running and stopping</li> <li>-To develop changing direction</li> <li>-To develop jumping and landing</li> <li>-To develop hopping and landing with control.</li> <li>-To explore different ways to travel using equipment</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>-To copy and create shapes with your body</li> <li>-To create shapes on apparatus</li> <li>-To develop balancing</li> <li>-To develop jumping and landing safely</li> <li>-To develop rocking and rolling</li> <li>- To copy and create short sequences linking actions together</li> </ul>	1.6 Active Athletics	2.6 Active Athletics
			1.6 Fitness Frenzy	2.6 Fitness Frenzy



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Year 3	Year 4
3.1 Multi Skills	4.1 Invaders
3.1 Boot Camp	4.1 Boot Camp
3.5 Throwing and Catching	4.5 Nimble nets
3.5 Cool Core (Strength)	4.5 Cool Core (Pilates)
3.3 Groovy Gymnastics	4.3 Gym Sequences
3.3 Step to the Beat	4.3 Step to the beat
3.4 Brilliant Ball Skills	4.4 Striking and Fielding
3.4 Gymfit Circuits	4.4 Gymfit Circuits
3.2 African Dance	4.2 Dynamic Dance
3.2 Mighty Movers (Running)	4.3 Step to the beat
3.6 Active Athletics	4.6 Young Olympians
3.6 Fitness Frenzy	4.6 Fitness Frenzy

UKS2 Cycle A	UKS2 Cycle B
5.1 Invaders	5.4 Striking and Fielding
5.1 Boot Camp	5.4 Gymfit Circuits
5.3 Gym Sequences	5.2 Dynamic Dance
5.3 Step to the Beat	5.2 Mighty Movers (Boxercise)
5.5 Nimble Nets	5.6 Young Olympians
5.5 Cool Core (Pilates)	5.6 Fitness Frenzy
6.1 Invaders	6.4 Striking and Fielding
6.1 Boot Camp	6.4 Gym Fit Circuits
6.5 Nimble Nets	6.2 Dynamic Dance
6.5 Cool Core (Pilates)	6.2 Mighty Movers (Boxercise)
6.3 Gym Sequences	6.6 Young Olympians
6.3 Step to the beat	6.6 Fitness Frenzy