

PE

At Woodend Farm school our PE lessons aim to inspire pupils and develop their confidence to experiment and invent their own understanding of Physical activity. The lessons are designed to give pupils every opportunity to develop their ability, nurture their talent and interests. Our curriculum supports pupils to meet the National curriculum attainment targets.

Over a series of lessons pupils will be:

Learning Cognitive social skills,

Also Learning and developing their Key Fundamental Movement Skills such as

- Co-ordination
- Balance
- Agility
- Footwork
- Counterbalance

Our lesson plans are sequential, allowing children to build their skills and knowledge, applying them to a range of outcomes. Key skills are revisited again and again with increasing complexity. This allows pupils to revise and build on their previous learning.

The pupils' learning will incorporate....

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Beech	Multi-ability Cog Focus: Personal – Stay on task FMS focus: Coordination: Footwork and Static balance: One leg Gymnastics focus: Shape, Travel	Multi-ability Cog Focus: Social – Understand others FMS focus: Dynamic balance to agility: Jumping and landing and Static balance: Seated Dance focus: Artistry, partnering, circles and shapes	Multi- ability Cog Focus: Cognitive – Observe and describe FMS focus: Dynamic balance: On a line and Static balance: Stance Gymnastic focus: flight, rotation	Multi-ability Cog Focus: Creative – Explore and describe FMS focus: Coordination: Ball skills and Counterbalance: With a partner Dance focus: Artistry, partnering, circles and shapes	Multi-ability Cog Focus: Physical - Control Movement FMS focus: Coordination: Sending and receiving and Agility: reaction and response Swimming: External provider	Multi-ability Cog Focus: Health and Fitness – Exercise on the body FMS focus: Agility: Ball chasing and Static balance: Floor work Sports Day
Ash	Multi-ability Cog Focus: Personal – Keep trying	Multi-ability Cog Focus: Social –Help and encourage	Multi- ability Cog Focus: Cognitive –Understand performance	Multi-ability Cog Focus: Creative – Link movements FMS focus: Coordination: Ball skills and	Multi-ability Cog Focus: Physical – Sequence movement and skills	Multi-ability Cog Focus: Health and Fitness – Practice safely

	<p>FMS focus: Coordination: Footwork and Static balance: One leg</p> <p>Gymnastics focus: Shape, Travel</p>	<p>FMS focus: Dynamic balance to agility: Jumping and landing and Static balance: Seated</p> <p>Dance focus: Artistry, partnering, circles and shapes</p>	<p>FMS focus: Dynamic balance: On a line and Static balance: Stance</p> <p>Gymnastics focus: Flight, rotation</p>	<p>Counterbalance: With a partner</p> <p>Swimming: External provider</p>	<p>FMS focus: Coordination: Sending and receiving and Agility: reaction and response</p> <p>Bat and Ball games</p>	<p>FMS focus: Agility: Ball chasing and Static balance: Floor work</p> <p>Sports Day</p>
Willow	<p>Multi-ability Cog Focus: Personal – Except challenge</p> <p>FMS focus: Coordination: Footwork and Static balance: One leg</p> <p>Gymnastics focus: Travel, Rotation</p>	<p>Multi-ability Cog Focus: Social – Support others</p> <p>FMS focus: Dynamic balance to agility: Jumping and landing and Static balance: Seated</p> <p>Dance Focus: Artistry, Partnering, Circles and shapes</p>	<p>Multi- ability Cog Focus: Cognitive – Identify areas to improve</p> <p>FMS focus: Dynamic balance: On a line and Static balance: Stance</p> <p>Swimming External Provider</p>	<p>Multi-ability Cog Focus: Creative – Recognise and respond</p> <p>FSM focus: Coordination: Ball skills and Counterbalance: With a partner</p> <p>Gymnastics focus: Flight, Balance</p>	<p>Multi-ability Cog Focus: Physical – Select and apply</p> <p>FMS focus: Coordination: Sending and receiving and Agility: reaction and response</p> <p>Bat And Ball games</p>	<p>Multi-ability Cog Focus: Health and Fitness –Prepare for activity</p> <p>FMS focus: Agility: Ball chasing and Static balance: Floor work</p> <p>Sports day</p>
Oak	<p>Multi-ability Cog Focus: Personal –</p> <p>FMS focus: Coordination: Ball skills and Agility: Reaction and response</p> <p>Gymnastics Focus: Hand Apparatus, Low apparatus</p>	<p>Multi-ability Cog Focus: Social –</p> <p>FMS focus: Dynamic balance: On a line and Counter balance: With a partner</p> <p>Swimming external Provider</p>	<p>Multi- ability Cog Focus: Cognitive –</p> <p>FMS focus: Static balance: Stance and Coordination: Footwork</p> <p>Dance Focus: Artistry, Partnering, Circles and Shapes</p>	<p>Multi-ability Cog Focus: Creative – Adapt/change activities</p> <p>FMS focus: Static balance: Seated and Static balance: Floor work</p> <p>Gymnastics Focus: Partner Work, Large Apparatus</p>	<p>Multi-ability Cog Focus: Physical – Link actions to flow</p> <p>FMS focus: Dynamic balance to agility: Jumping and landing and Static balance: One leg</p> <p>Bat And Ball games</p>	<p>Multi-ability Cog Focus: Health and Fitness – Monitor activity</p> <p>FMS focus: Coordination: Sending and receiving and Agility: Ball chasing</p> <p>Sports Day</p>