

Widewell Primary Academy's Bespoke PE Curriculum Overview – 2022&23 as reviewed & adapted annually

Year Group	Autumn Term 1	Autumn Term 2	Spring Term 3	Spring Term 4	Summer Term 5	Summer Term 6
Nursery CORE SESSIONS Leap into Life Foundation 1	GYM Functional Movement Progression 1-6 Gait, Skip, Jump/ Lunge & Leap/ Push & Pull DANCE Aesthetic Movement Progression 1-6 Isolated Body Parts / Body Shape/ Levels	GAME SKILLS Manipulative Skills Progression 1-6 Rolling & Trapping / Releasing / Catching + Movement Concepts Progression 1-6 Balloon Games	GYM Functional Movement Progression 7-12 Squat & Roll/ Bend & Stretch/ Rotate & Balance DANCE Aesthetic Movement Progression 7-12 Direction/ Dynamics/ Flow & Rhythm	GAME SKILLS Manipulative Skills Progression 7-12 Parachute Games	GAME SKILLS Movement Concepts Progression 7-12 OAA obstacle courses, games & challenges	'On Wheels' activities Athletics - focus on gross motor skills to run, jump & throw
Foundation CORE SESSIONS Leap into Life Foundation 2	GYM Functional Movement Progression 1-6 Gait, Skip, Jump/ Lunge & Leap/ Push & Pull DANCE Aesthetic Movement Progression 1-6 Isolated Body Parts / Body Shape/ Levels - 'Fun Shapes'	GAME SKILLS Manipulative Skills Progression 1-6 Rolling & Trapping / Releasing / Catching + Movement Concepts Progression 1-6 Balloon Games	GYM Functional Movement Progression 7-12 Squat & Roll/ Bend & Stretch/ Rotate & Balance DANCE Aesthetic Movement Progression 7-12 Direction/ Dynamics/ Flow & Rhythm - 'Toys'	GAME SKILLS Manipulative Skills Progression 7-12 Parachute / Playground Games	GAME SKILLS Movement Concepts Progression 7-12 OAA obstacle courses, games & challenges	GAME SKILLS Making own games – explore variety of equipment & use of space Athletics - focus on gross motor skills to run, jump & throw
Additional Provision	'On Wheels' Days		'On Wheels' Days		Foundation Balance-ability	Sports Day 'On Wheels' Days
Y1 Manipulative Skills Aesthetic Movement Functional	Fundamentals 1 Gym – Jumping Jacks	Functional Movement Games Dance- Weather	Fundamentals 2 Gym – Rocking & Rolling	Striking with feet Dance – Moving Words (link to English)	Striking with bats Athletics	Obstacle Courses & Relays OAA – Trails, Trust & Team work Sports Day Practice
Y2	Fundamentals 1 Gym – Small, Tall & Wide	Functional Movement Games Dance – Magical Friendships or topic	Fundamentals 2 Gym – Points of Contact	Striking with feet Dance – Lighthouses or Great Fire of London	Striking with bats Athletics	Scoring in Games Sports Day Practise OAA– Trails, Trust & Team work
Additional Provision	Y1 'On Wheels' day	Y2 'On Wheels' Day	Y1 'On Wheels' day	Y2 'On Wheels' Day	Y1 Balance/bike ability	Y1 'On Wheels' day Y2 Dartmoor Adventure

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Y3	Tennis Dance – Solar System	Ball Handling Gym Y3 Pathways & patterns	Bench-ball Dance - Machines	Invasion Games (including Capture the Flag) Gym Y3 Hand Apparatus	Striking/Fielding Athletics	OAA – Y3 Beginning Orienteering & Adventures Athletics
Y4	Tag Rugby OAA – Forest Schools/ Team work due to needs of 2022&23 cohort Dance – Gold Places	Basketball OAA – Forest Schools/ Team work due to needs of 2022&23 cohort Dance- Rugby & the Haka	Game Skills, Shooting & Scoring Multi-skills Gym Y4 Rotation	Hockey Gym Y4 Balance	Cricket/Rounders Athletics	Golf – bean bag, foot & Tri-golf OAA– Y4 Next Step Orienteering / Team Building & Adventures
Additional provision	Y3&4 'On Wheels' Day		Y4 Swimming	Y3&4 'On Wheels' day	Y3 Bikeability Level 1 Y3&4 'On Wheels' day	Y4 Forest School Residential Y3&4 Brickfield Athletics Sports Day
Y5	Tennis Dance – On the Beach	Bench-ball/ Handball Gym Y5 Pushing & Pulling	Football Dance – Dance Styles	Tag Rugby Gym Y5 Mirroring & Matching (pair composition)	OAA week + Co-operation, Communication & Consideration unit Ultimate Frisbee Athletics	Rounders Athletics OAA Archery / Target Games
Y6	Netball Dance- Football OAA residential	Health Related Fitness Gym Y6 Symmetry & Asymmetry	Dodgeball Dance – Why Bully Me?	Hockey Gym Y6 Group Composition	Cricket Athletics	Tennis/ Volley ball Athletics OAA Challenges & Games
Additional provision	Y6 Top Up Swimming Y6 Residential	Y6 Rowing Y5&6 Cross Country Y5&6 'On Wheels' Day	Y5 Swimming Y6 Dodgeball Tournament	Y5&6 'On Wheels' Day	Y5 Bikeability Level 2 Y5 Outdoor Adventure Week – climbing / orienteering / On Wheels day	Sports Day Y5&6 Brickfield Athletics Y6 'On Wheels' day

KEY:- Net/wall Games, Invasion Games, Striking/fielding Games, Outdoor Adventurous Activities, Gym & Dance, Athletics