

Westbury-on-Severn CE Primary School Curriculum and Progression Map: P.E



At Westbury we offer all pupils a P.E curriculum that allows for the progression of skills and knowledge across a range of sports and physical activities. We follow the **Get Set for PE** scheme as our core curriculum, taught by Class Teachers which has in-built schemes of work and regular assessments <https://pe.getset4education.co.uk/?publicaccesstoken=fe0G5E72Q%2bmX9HnJIAi6hLj0iF8KuTcB9f9NN2pa5E%3d>

In addition to our core P.E curriculum we employ specialist P.E teachers one day a week from **Progressive Sports** who teach physical development interventions in small groups and 1:1, as well as an additional P.E lesson for our mixed KS2 class in smaller groups. They also run a football lunchtime club (on the field when possible). As an extra to our main curriculum we also offer a yearly **Sports week** in the summer where the children get the opportunity to try new sports and activities that they may not have done before. As part of Sports Week we have a Sports Day to celebrate children's achievements and allow them to compete in their house groups in field and track events with parents invited along to cheer them on. As part of our recent Sports Week we had a visit from **Skip2Bfit** and have purchased skipping ropes which the children use during playtimes and lunchtimes. We provide **free sports clubs** as part of our afterschool provision run by Progressive Sports every Monday (multi sports club) and offer **Karate** as a paid after school club weekly. Other extra-curricular activities include **Sports competitions** within the Forest of Dean and Gloucestershire for football, cross country running, tag rugby etc.

To increase physical activity across the school we have started the OPAL programme to improve levels of wellbeing and physical activity during playtimes and lunchtimes. The children in Willow Class also take part in Wake and Shake throughout the day to ensure they have active breaks in their learning. Children in Preschool and Reception receive a term's teaching of **Balanceability** every summer where they develop confidence, spatial awareness, dynamic balance, and the skills to ride a bicycle without stabilisers. The Y6s also leave our school having passed their **Cycling Proficiency test** following a week's teaching in the summer term. Pupils from Y2-Y5 receive weekly swimming tuition from specially trained teachers during the summer term at a nearby secondary school.

We are proud of the breadth of our PE curriculum and recognise the key part it plays in maintaining the health of our pupils and are always looking to improve, enhance and build on this programme.

Whole school Core PE Curriculum Overview- Rolling Programme

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Chestnuts (Preschool)						
Year A	Introduction to P.E Unit 1/2	Fundamentals Unit 1	Ball Skills Unit 1	Dance Unit 1	Games Unit 2	Gymnastics Unit 1
Willow (Reception and Year 1)						
Year A	Fundamentals Unit 2 (EY)	Dance (KS1)	Target Games (KS1)	Invasion (KS1)	Gymnastics Unit 2 (EY)	Ball Skills Unit 2 (EY)
Year B	Fundamentals (KS1 – Year 1)	Team Building (KS1)	Dance Unit 2 (EY)	Striking and Fielding (KS1)	Athletics (KS1)	Games Unit 1 (EY)
Sycamore (Years 2 and 3)						
Year A	Ball Skills (KS2 – Year 3/4)	Dance (KS2)	Golf (KS2)	Football (KS2)	Athletics (KS1 – Year 2)	Rounders (KS2)
Year B	Ball Skills (KS1 – Y2)	Target Games (KS1)	Yoga (KS2)	Net and Wall (KS1 – Y2)	Tag Rugby (KS2)	Athletics (KS2 – Year 3)
Oak (Years 4, 5 and 6)						
Year A	Fitness	Yoga	Netball	Gymnastics (Y4)	Athletics	Rounders
Year B	Basketball	Football	Dance	Orienteering	Athletics	Handball
Year C	Netball	Gymnastics (Y6)	Dodgeball	Hockey	Cricket	Volleyball

P.E	Pre-school	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	Skip, hop, stand on one leg and hold a pose for a game like musical statues. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. 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. Use large-muscle movements	Develop overall body-strength, balance, co-ordination and agility.	master basic movements including balance, agility and coordination.			develop flexibility, strength, technique, control and balance	develop flexibility, strength, technique, control and balance	develop flexibility, strength, technique, control and balance
Dance	Skip, hop, stand on one leg and hold a pose for a game like musical statues. Increasingly be able to use and remember	Develop overall body-strength, balance, co-ordination and agility.	perform dances using simple movement patterns.	perform dances using simple movement patterns.	perform dances using a range of movement patterns.			

	sequences and patterns of movements which are related to music and rhythm. Use large-muscle movements							
Athletics		Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.	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.	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.	use running, jumping, throwing and catching in isolation and in combination. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best.	use running, jumping, throwing and catching in isolation and in combination. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<i>use running, jumping, throwing and catching in isolation and in combination. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i>	use running, jumping, throwing and catching in isolation and in combination. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Yoga				developing balance, agility and co-ordination, and begin to apply these in a range of activities.	develop flexibility, strength, technique, control and balance. compare their performances with previous ones and demonstrate improvement to achieve their personal best.	develop flexibility, strength, technique, control and balance. compare their performances with previous ones and demonstrate improvement to achieve their personal best.	develop flexibility, strength, technique, control and balance. compare their performances with previous ones and demonstrate improvement to achieve their personal best.	develop flexibility, strength, technique, control and balance. compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Fitness						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	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	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
Orienteering						take part in outdoor and adventurous activity challenges both individually and within a team	take part in outdoor and adventurous activity challenges both individually and within a team	take part in outdoor and adventurous activity challenges both individually and within a team
Ball Skills								
Ball Skills	Continue to develop their movement and ball skills.	Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and	master basic movements including throwing and catching participate in team games, developing simple tactics for attacking and defending.	master basic movements including throwing and catching participate in team games, developing simple tactics for attacking and defending.	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			

		accuracy when engaging in activities that involve a ball.						
Games (Chestnuts) Target Games (Willow and Sycamore) Netball (Oak)	Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.	Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	master basic movements including throwing and catching participate in team games, developing simple tactics for attacking and defending.	master basic movements including throwing and catching participate in team games, developing simple tactics for attacking and defending.	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	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	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	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
Basketball						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	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	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
Tennis				master basic movements including throwing and catching participate in team games, developing	use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where	use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where

				simple tactics for attacking and defending.	play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	appropriate and apply basic principles suitable for attacking and defending	play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	appropriate and apply basic principles suitable for attacking and defending
Cricket		Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	master basic movements including throwing and catching participate in team games, developing simple tactics for attacking and defending.			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	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	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
Football (Oak and Sycamore) Games (Willow)		Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	master basic movements including throwing and catching participate in team games, developing simple tactics for attacking and defending.	master basic movements including throwing and catching participate in team games, developing simple tactics for attacking and defending.	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	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	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	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

Golf				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	play competitive games, modified where appropriate compare their performances with previous ones and demonstrate improvement to achieve their personal best.			
Tag Rugby				master basic movements including throwing and catching participate in team games, developing simple tactics for attacking and defending.	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			
Rounders				master basic movements including throwing and catching participate in team games, developing simple tactics for attacking and defending.	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	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	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	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

Dodgeball						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	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	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
Hockey						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	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	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
Volleyball						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	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for	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

							attacking and defending	
Handball						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	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	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
Swimming				swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.