

Wychall Whole School PE Unit Overview supporting Rationale and Curriculum
Map 2020-2021

Wychall School Values	Safe		Secure		Successful	
Sport Values	Honesty (1)	Passion (2)	Teamwork (3)	Determination (4)	Self-Belief (5) Right Respecting Value (RSV)	Respect (6) Right Respecting Value (RSV)
NC Purpose of study	1. A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. 2. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. 3. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect					
NC Aims Ensure that all pupils:	1: Develop competence to excel in a broad range of physical activities	2: Are physically active for sustained periods of time	3: Engage in competitive sports and activities	4: Lead healthy, active lives		
2 hours per week	V4 Autumn V5 (RSV) 12 weeks 12 week unit plans		V6 (RSV) Spring V3 12 weeks 12 week unit plans		V2 & 6 (RSV) Summer V1 12 weeks 12 week unit plans	
Y1 lesson one	GYMNASTICS C1 A1 P2 1 & 3	DANCE C1 A1 P2 1	MULTI-SKILLS C1 A1 P1 P2 1	GAMES C1 A1 P1 P2 C2 Invasion, Striking and fielding Circle Dodgeball & Race the base. 1 & 2	ATHLETICS C1 A1 P1 P2 1	ATHLETICS C1 A1 P1 P2 1
Y1 lesson two	GYMNASTICS C1 A1 P2 1 & 3	DANCE C1 A1 P2 1	MULTI-SKILLS C1 A1 P1 P2 1	GAMES C1 A1 P1 P2 C2 Net and wall Sitting volleyball 1 & 2	SDP C1 A1 P1 P2 1,2 & 3	OPPORTUNITY TO REVISIT UNIT WORK OR COMPS' C1 A1 P1 P2 C2 1,2 & 3
Y2 Lesson one	GYMNASTICS C1 A1 P2 1 & 3	DANCE C1 A1 P2 1	MULTI-SKILLS C1 A1 P1 P2 1	GAMES C1 A1 P1 P2 C2 Invasion & striking and fielding Dodgeball & KWIK cricket 1 & 2	ATHLETICS C1 A1 P1 P2 1	ATHLETICS C1 A1 P1 P2 1
Y2 lesson two	GYMNASTICS C1 P2 A1 1 & 3	DANCE C1 A1 P2 1	MULTI-SKILLS C1 A1 P1 P2 1	GAMES C1 A1 P1 P2 C2 Net and wall Volleyball 1 & 2	SDP C1 A1 P1 P2 1,2 & 3	OPPORTUNITY TO REVISIT UNIT WORK OR COMPS' C1 A1 P1 P2 C2 1,2 & 3

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Y3 lesson one	SWIMMING C3 C4 7	SWIMMING C3 C4 7	SWIMMING C3 C4 7	SWIMMING C3 C4 7	GAMES C1 C3 C4 C5 A1 P1 Invasion & Striking and fielding Handball & Cricket 1,2 & 6	ATHLETICS C1 C3 C4 C5 A1 P1 1,2 & 6
Y3 lesson two	GYMNASTICS A1 C2 C3 C4 P2 P3 4 & 6	GYMNASTIC S A1 C2 C3 C4 P2 P3 4 & 6	DANCE A1 C2 C3 C4 P2 3 & 6	DANCE A1 C2 C3 C4 P2 3 & 6	GAMES C1 C3 C4 C5 A1 P1 P2 Net and wall Netball 1, 2 & 6	OAA C3 C4 A1 5 & 6
Y4 lesson one	GYMNASTICS A1 C2 C3 C4 P2 P3 1,3 & 6	DANCE A1 C2 C3 C4 P2 3 & 6	GAMES C1 C3 C4 C5 A1 P1 P2 Invasion & Striking and fielding Ringette & Badminton 1 & 2	GAMES C1 C3 C4 C5 A1 P1 P2 Net and wall Basketball 1 & 2	ATHLETICS C1 C3 C4 C5 A1 P1 P2 1 & 3	ATHLETICS C1 C3 C4 C5 A1 P1 P2 1 & 3
Y4 lesson two	GYMNASTICS A1 C2 C3 C4 P2 P3 1 & 3	DANCE A1 C2 C3 C4 P2 3 & 6	OAA C3 C4 A1 5 & 6	OAA C3 C4 A1 5 & 6	SDP C1 C2 C3 C4 C5 A1 P1 P2 1 to 6	OPPORTUNITY TO REVISIT UNIT WORK OR COMPS' C1 C2 C3 C4 C5 A1 P1 P2 P3 1 TO 6
Y5 lesson one	GYMNASTICS A1 C2 C3 C4 1 & 3	DANCE A1 C2 C3 C4 3 & 6	GAMES C1 C3 C4 C5 A1 P1 Invasion & Striking and fielding Football & Hockey 1,2 & 3	GAMES C1 C3 C4 C5 A1 P1 Net and wall Netball 1,2 & 3	ATHLETICS C1 C3 C4 C5 A1 P1 1,3 & 6	ATHLETICS C1 C3 C4 C5 A1 P1 1,3 & 6
Y5 lesson two	GYMNASTICS A1 C2 C3 C4 1 & 3	DANCE A1 C2 C3 C4 3 & 6	OAA C3 C4 A1 5 & 6	OAA C3 C4 A1 5 & 6	SDP C1 C2 C3 C4 C5 A1 P1 1 to 6	OPPORTUNITY TO REVISIT UNIT WORK OR COMPS' C1 C2 C3 C4 C5 A1 P1 1 TO 6
Y6 lesson one	GYMNASTICS A1 C2 C3 C4 P2 P3 1 & 3	DANCE A1 C2 C3 C4 P2 3 & 6	GAMES C1 C3 C4 C5 A1 P1 P2 Invasion & Striking and fielding. Tag rugby, Rounder's 1,2 & 3	GAMES C1 C3 C4 C5 A1 P1 P2 Net and wall Tennis 1,2 & 3	ATHLETICS C1 C3 C4 C5 A1 P1 P2 1,3 & 6	ATHLETICS C1 C3 C4 C5 A1 P1 P2 1,3 & 6
Y6 lesson two	GYMNASTICS A1 C2 C3 C4 P2 P3 1 & 3	DANCE A1 C2 C3 C4 P2 3 & 6	OAA C3 C4 A1 5 & 6	OAA C3 C4 A1 5 & 6	SWIMMING C3 C4 7	SWIMMING C3 C4 7

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Purpose of study coverage:

KS1

P1: 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.

P2: Participate in team games, developing simple tactics for attacking and defending.

P3: Perform dances using simple movement patterns.

KS2

P1: Use running, jumping, throwing and catching in isolation and in combination.

P2: Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending.

P3: Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics).

P4: Perform dances using a range of movement patterns.

P5: Take part in outdoor and adventurous activity challenges both individually and within a team.

P6: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

P7: 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.

*SDP= Sports day practice.

*Revisit is an opportunity to revisit skills within certain units such as dance or gym.

Subject content split into three areas.

1. Cognitive, 2. Affective and 3. Psychomotor.

KS1:

C1: Apply Skills.

C2: Develop simple tactics for attack and defend.

A1: Work individually and with others.

P1: Develop fundamental movement skills (specifically master basic movements including running, jumping, throwing and catching)

P2: Develop agility balance and co-ordination.

KS2:

C1: Apply a broader range of skills (specifically running, jumping, throwing and catching in isolation and in combination).

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C2: Link skills to make actions and sequences of movement.

C3: Learn how to evaluate and recognise their own success.

C4: Compare and improve performances with previous ones.

C5: Apply basic principles for attack and defend.

A1: Enjoy communicating, collaborating and competing with each other.

P1: Develop a broader range of skills (specifically running, jumping, throwing and catching in isolation and in combination).

P2: Develop flexibility, strength, technique, control and balance.

P3: Perform dances using a range of movement patterns.