



The P.E Curriculum

Intent	<p>Abbey Woods Academy believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health through the Rising Stars Champions scheme. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Abbey Woods, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.</p>
Implementation	<p>PE at Abbey Woods Academy provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure. We have sports coaches from ELITE who teach the skills based sessions of our Rising Stars Champions curriculum and teachers teach the fitness based sessions. The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.</p> <p>Pupils participate in two high quality PE lessons each week, covering sporting disciplines and fitness modules. In addition, children are encouraged to participate in the varied range of extra-curricular activities. clubs are available most days and children can attend after school sport clubs two-three evenings per week.</p>
Impact	<p>At Abbey Woods we ensure children have the requisite physical literacy skills and fitness skills. We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.</p>

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Physical movement Balance Eye co-ordination Core stability Storycises (daily 20mins)	Body awareness (move to learn) Incorporating spatial awareness Dance – Christmas Storycises (daily 20mins)	Gymnastics – linked to literacy topic (fairytales) Storycises (daily 20mins)	Gymnastics – linked to literacy topic (minibeasts) Outside travel – avoiding obstacles, change pace and direction Storycises (daily 20mins)	Ball Skills (move to learn) Throwing and catching Racket skills Racket skills – targets Storycises (daily 20mins)	Dance – traditional Basic Athletics – linked to Sports Day Storycises (daily 20mins)
1	1.1 Multi-Skills*	1.2 Mighty Movers (Running)	1.3 Skip to the Beat	1.4 Brilliant Ball Skills*	1.5 Throwing and Catching*	1.6 Active Athletics*
1	1.1 Boot Camp	1.2 Story Time Dance*	1.3 Groovy Gymnastics *	1.4 Gymfit Circuits	1.5 Cool Core (Strength)	1.6 Fitness Frenzy
2	2.2 Mighty Movers (Running)	2.1 Multi-skills *	2.3 Skip to the Beat	2.4 Brilliant Ball Skills *	2.6 Active Athletics*	2.5 Throwing and Catching *
2	2.2 Ugly Bug Ball Dance	2.1 Boot Camp	2.3 Groovy Gymnastics *	2.4 Gymfit Circuits	2.6 Fitness Frenzy	2.5 Cool Core (Strength)
3	3.6 Active Athletics *	3.5 Throwing and Catching *	3.3 Skip to the Beat	3.4. Brilliant Ball Skills *	3.2 Mighty Movers (Running)	3.1 Multi-skills *
3	3.6 Fitness Frenzy	3.5 Cool Core (Strength)	3.3 Groovy Gymnastics *	3.4 Gymfit Circuits	3.2 African Dance *	3.1 Boot Camp
4	4.5 Nimble Nets *	4.1 Invaders *	4.3 Gym Sequences *	4.2 Dynamic Dance *	4.4 Striking and Fielding *	4.6 Young Olympians *
4	4.5 Cool Core (Pilates)	4.1 Boot Camp	4.3 Step to the beat	4.2 Mighty Movers (Boxercise)	4.4 Gymfit Circuits	4.6 Fitness Frenzy
5	5.3 Gym Sequences *	5.1 Invaders *	5.2 Dynamic Dance *	5.5 Nimble Nets *	5.4 Striking and Fielding *	5.6 Young Olympians *
5	5.3 Step to the beat	5.1 Boot Camp	5.2 Mighty Movers (Boxercise)	5.5 Cool Core (Pilates)	5.4 Gymfit Circuits	5.6 Fitness Frenzy
6	6.3 Gym Sequences *	6.2 Dynamic Dance *	6.5 Nimble Nets *	6.1 Invaders*	6.4 Striking and Fielding *	6.6 Young Olympians *
6	6.3 Step to the beat	6.2 Mighty Movers (Boxercise)	6.5 Cool Core (Pilates)	6.1 Boot Camp	6.4 Gym Fit Circuits	5.6 Fitness Frenzy

KS1 - Key Knowledge/Skills	Year 1 - Champions Units	Year 2 - Champions Units
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p>	1.1 Multi-Skills 1.2 Boot camp 2.1 Story time dance 2.2 Mighty movers 3.1 Groovy gymnastics 3.2 Skip to the beat 4.2 Gymfit circuits 5.1 Throwing and catching 5.2 Cool core (strength) 6.1 Active athletics 6.2 Fitness frenzy	1.1 Multi-Skills 1.2 Boot camp 2.1 Ugly bug ball dance 2.2 Mighty movers 3.1 Groovy gymnastics 3.2 Skip to the beat 4.2 Gymfit circuits 5.1 Throwing and catching 5.2 Cool core (strength) 6.1 Active athletics 6.2 Fitness frenzy
<p>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations</p>	1.1 Multi-skills 3.2 Skip to the Beat 4.1 Brilliant Ball Skills 5.1 Throwing and catching 6.1 Active athletics	1.1 Multi-skills 2.2 Mighty movers 4.1 Brilliant ball skills
<p>Pupils should be taught to 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</p>	1.1 Multi-skills 1.2 Boot camp 2.2 Mighty movers 3.1 Groovy gymnastics 3.2 Skip to the beat 4.1 Brilliant ball skills 4.2 Gymfit circuits 5.1 Throwing and catching (field games) 5.2 Cool core (strength) 6.1 Active athletics 6.2 Fitness frenzy	1.1 Multi-skills 1.2 Boot camp 2.2 Mighty movers 3.1 Groovy gymnastics 3.2 Skip to the beat 4.1 Brilliant ball skills 4.2 Gymfit circuits 5.1 Throwing and catching (field games) 5.2 Cool core (strength) 6.1 Active athletics 6.2 Fitness frenzy
<p>Pupils should be taught to participate in team games, developing simple tactics for attacking and defending</p>	4.1 Brilliant ball skills 5.1 Throwing and catching (field games) 6.1 Active athletics	1.1 Multi-skills 4.1 Brilliant ball skills
<p>Pupils should be taught to perform dances using simple movement patterns.</p>	2.1 Story time dance	2.1 Ugly bug ball dance

KS2 - Key Knowledge/Skills	Year 3 - Champions Units	Year 4 - Champions Units	Year 5 - Champions Units	Year 6 - Champions Units
Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.	All units	All units	All units	All units
They should enjoy communicating, collaborating and competing with each other.	1.1 Multi-skills 4.1 Brilliant ball skills 5.1 Throwing and catching (fielding games) 6.1 Active athletics	1.1 Invaders 4.1 Striking and fielding 5.1 Nimble nets 6.1 Young Olympians	1.1 Invaders 2.1 Dynamic dance 4.1 Striking and fielding 5.1 Nimble nets 6.1 Young Olympians	1.1 Invaders 4.1 Striking and fielding 5.1 Nimble nets 6.1 Young Olympians
They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	All units	All units	All units	All units
Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination	1.1 Multi-Skills 1.2 Boot camp 2.2 Mighty movers 3.1 Groovy gymnastics 4.1 Brilliant ball skills 5.1 Throwing and catching (fielding games) 5.2 Cool core (strength) 6.1 Active athletics 6.2 Fitness frenzy	1.2 Boot camp 3.2 Step to the beat 4.1 Striking and fielding 5.1 Nimble nets 6.1 Young Olympians 6.2 Fitness frenzy	1.2 Boot camp 2.2 Mighty movers (boxercise) 3.2 Step to the beat 4.1 Striking and fielding 4.2 Gymfit (circuits) 5.1 Nimble nets 6.1 Young Olympians 6.2 Fitness frenzy	1.2 Boot camp 3.2 Step to the beat 4.1 Striking and fielding 5.1 Nimble nets 6.1 Young Olympians 6.2 Fitness frenzy
Pupils should be taught to 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	5.1 Throwing and catching (fielding games)	1.1 Invaders 4.1 Striking and fielding 4.2 Gymfit (circuits) 5.1 Nimble nets	1.1 Invaders 4.1 Striking and fielding 5.1 Nimble nets	1.1 Invaders 4.1 Striking and fielding 4.2 Gymfit (circuits) 5.1 Nimble nets

<p>Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p>	<p>1.1 Multi-skills 1.2 Boot camp 3.1 Groovy gymnastics 3.2 Skip to the beat 4.2 Gymfit (circuits) 6.1 Active athletics 6.2 Fitness frenzy</p>	<p>2.1 Dynamic dance 2.2 Mighty movers (boxercise) 3.1 Gym sequences 4.2 Gymfit (circuits) 5.2 Cool core (pilates) 6.1 Young Olympians 6.2 Fitness frenzy</p>	<p>1.2 Boot camp 2.1 Dynamic dance 2.2 Mighty movers (boxercise) 3.1 Gym sequences 3.2 Step to the beat 4.2 Gymfit (circuits) 5.2 Cool core (pilates) 6.1 Young Olympians 6.2 Fitness frenzy</p>	<p>1.2 Boot camp 2.2 Mighty movers (boxercise) 3.1 Gym sequences 3.2 Step to the beat 4.2 Gymfit (circuits) 5.2 Cool core (pilates) 6.1 Young Olympians 6.2 Fitness frenzy</p>
<p>Pupils should be taught to perform dances using a range of movement patterns</p>	<p>2.1 African dance</p>	<p>2.1 Dynamic dance</p>	<p>2.1 Dynamic dance</p>	<p>2.1 Dynamic dance</p>
<p>Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>NA</p>	<p>NA</p>	<p>NA</p>	<p>NA</p>
<p>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>4.2 Gymfit (circuits)</p>	<p>2.1 Dynamic dance 3.1 Gym sequences 3.2 Step to the beat 4.2 Gymfit (circuits)</p>	<p>2.1 Dynamic dance 3.1 Gym sequences 4.2 Gymfit (circuits) 5.2 Cool core (pilates) 6.1 Young Olympians 6.2 Fitness frenzy</p>	<p>1.1 Invaders 2.1 Dynamic dance 3.1 Gym sequences 3.2 Step to the beat 5.1 Nimble nets 5.2 Cool core (pilates) 6.2 Fitness frenzy</p>