

Woodhouse Academy

PE Curriculum Overview

Year 5 Curriculum overview

Term	Main focus of teaching each term	
	Girls Programme	Boys Programme
Autumn	<p>Netball, Football, Tag Rugby</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Gymnastics</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance. 	<p>Football, Hockey, Rugby</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Gymnastics</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance.
Spring	<p>Hockey, Handball</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Dance</p> <ul style="list-style-type: none"> • Perform dances using a range of movement patterns. <p>Health Related Fitness</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance. <p>Orienteering</p> <ul style="list-style-type: none"> • Develop navigational and map reading skills. 	<p>Handball, Basketball</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Dance</p> <ul style="list-style-type: none"> • Perform dances using a range of movement patterns. <p>Health Related Fitness</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance. <p>Orienteering</p> <ul style="list-style-type: none"> • Develop navigational and map reading skills.
Summer	<p>Tennis, Rounders, Cricket</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending <p>Athletics</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance. • Use running, jumping, throwing and catching in isolation and combination. 	<p>Tennis, Rounders, Cricket</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending <p>Athletics</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance. • Use running, jumping, throwing and catching in isolation and combination.
All Activities	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Swimming	<ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25m. • Use a range of strokes effectively. • Perform a safe self – rescue. 	
All Year	Take part in competitive sports and activities outside school through community links and sports clubs. Pupils compete in a range of inter house competitions throughout the year.	

Woodhouse Academy

PE Curriculum Overview

Year 6 Curriculum overview

Term	Main focus of teaching each term	
	Girls Programme	Boys Programme
Autumn	<p>Netball, Football, Tag Rugby</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Gymnastics</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance. 	<p>Football, Hockey, Rugby</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Gymnastics</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance.
Spring	<p>Hockey, Handball</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Dance</p> <ul style="list-style-type: none"> • Perform dances using a range of movement patterns. <p>Health Related Fitness</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance. <p>Orienteering</p> <ul style="list-style-type: none"> • Develop navigational and map reading skills. 	<p>Handball, Basketball</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Health Related Fitness</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance. <p>Orienteering</p> <ul style="list-style-type: none"> • Develop navigational and map reading skills.
Summer	<p>Tennis, Rounders, Cricket</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending <p>Athletics</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance. • Use running, jumping, throwing and catching in isolation and combination. 	<p>Tennis, Rounders, Cricket</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending <p>Athletics</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance. • Use running, jumping, throwing and catching in isolation and combination.
All Activities	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
All Year	Take part in competitive sports and activities outside school through community links and sports clubs. Pupils compete in a range of inter house competitions throughout the year.	

Woodhouse Academy

PE Curriculum Overview

Year 7 Curriculum overview

Term	Main focus of teaching each term	
	Girls Programme	Boys Programme
Autumn	<p>Netball, Football, Rugby</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. <p>Gymnastics</p> <ul style="list-style-type: none"> Develop their technique to improve performance. 	<p>Football, Hockey, Rugby</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. <p>Gymnastics</p> <ul style="list-style-type: none"> Develop their technique to improve performance.
Spring	<p>Hockey, Handball</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. <p>Dance</p> <ul style="list-style-type: none"> Perform dances using advanced techniques within a range of dance styles and forms. <p>Orienteering</p> <ul style="list-style-type: none"> Take part in outdoor and adventurous activities, which present intellectual and physical challenges. Pupils are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. <p>Fitness</p> <ul style="list-style-type: none"> To develop understanding of both health and skill related fitness. Promoting healthy, active lifestyles. 	<p>Hockey, Handball</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. <p>Orienteering</p> <ul style="list-style-type: none"> Take part in outdoor and adventurous activities, which present intellectual and physical challenges. Pupils are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. <p>Fitness</p> <ul style="list-style-type: none"> To develop understanding of both health and skill related fitness. Promoting healthy, active lifestyles.
Summer	<p>Tennis, Rounders, Cricket</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. <p>Athletics</p> <ul style="list-style-type: none"> Develop their technique and improve their performance in other competitive sports. 	<p>Tennis, Rounders, Cricket</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. <p>Athletics</p> <ul style="list-style-type: none"> Develop their technique and improve their performance in other competitive sports.
All Activities	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
All Year	Take part in competitive sports and activities outside school through community links and sports clubs.	

Woodhouse Academy

PE Curriculum Overview

Year 8 Curriculum overview

Term	Main focus of teaching each term	
	Girls Programme	Boys Programme
Autumn	<p>Netball, Football, Rugby</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. <p>Gymnastics</p> <ul style="list-style-type: none"> Develop their technique to improve performance. 	<p>Football, Hockey, Rugby</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. <p>Gymnastics</p> <ul style="list-style-type: none"> Develop their technique to improve performance.
Spring	<p>Hockey, Handball</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. <p>Dance</p> <ul style="list-style-type: none"> Perform dances using advanced techniques within a range of dance styles and forms. <p>Orienteering</p> <ul style="list-style-type: none"> Take part in outdoor and adventurous activities, which present intellectual and physical challenges. Pupils are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. <p>Fitness</p> <ul style="list-style-type: none"> To develop understanding of both health and skill related fitness. Promoting healthy, active lifestyles. 	<p>Hockey, Handball</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. <p>Orienteering</p> <ul style="list-style-type: none"> Take part in outdoor and adventurous activities, which present intellectual and physical challenges. Pupils are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. <p>Fitness</p> <ul style="list-style-type: none"> To develop understanding of both health and skill related fitness. Promoting healthy, active lifestyles.
Summer	<p>Tennis, Rounders, Cricket</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. <p>Athletics</p> <ul style="list-style-type: none"> Develop their technique and improve their performance in other competitive sports. 	<p>Tennis, Rounders, Cricket</p> <ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. <p>Athletics</p> <ul style="list-style-type: none"> Develop their technique and improve their performance in other competitive sports.
All Activities	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	

All Year

Take part in competitive sports and activities outside school through community links and sports clubs. Pupils compete in a range of inter house competitions throughout the year.

