

# Curriculum plan: Physical Education

*"Sport teaches you character, it teaches you to play by rules, it teaches you to know what it feels like to win and lose - it teaches you about life" Billie Jean King*

## Our intent:

Pupils studying Physical Education at Woodhouse Academy develop competence to excel in a broad range of physical activities; they are physically active for sustained periods of time, engage in competitive sports and are supported in leading a healthy, active lifestyle.

We inspire all pupils to succeed and excel in competitive sport and a wide range of physically demanding activities. Through our curriculum, we provide opportunities for students to build character and embed key values such as respect, determination, honesty, teamwork, passion and self belief.

# ENRICHMENT IN PE

The Woodhouse Academy PE department provides a range of exciting opportunities for our students to get involved in sport outside of the lesson. We run interhouse competitions that offer each pupil a competitive element to strive and work towards. This includes our annual sports day and swimming gala.

There are opportunities to represent Woodhouse Academy in many of our school teams in which we compete against other schools in our district.

We have an extensive extra-curricular programme that ensures every child has the opportunity to develop their knowledge and skills beyond the classroom, and this has been recognised by the Youth Sport Trust who have awarded Woodhouse Academy the School Games Gold Kite Mark for the fourth year in a row!





# y5 Curriculum plan: Girls Physical Education

	Autumn	Spring	Summer
	<p>Netball, Football and Tag Rugby</p> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and combination.</li> <li>• Play Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance.</li> </ul>	<p>Hockey and Handball</p> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and combination.</li> <li>• Play Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>• Perform dances using a range of movement patterns.</li> </ul> <p>Orienteering</p> <ul style="list-style-type: none"> <li>• Develop navigational and map reading skills.</li> </ul>	<p>Tennis, Rounders and Cricket</p> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and combination.</li> <li>• Play Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p>Athletics</p> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance.</li> <li>• Use running, jumping, throwing and catching in isolation and combination.</li> </ul>
All Activities	Compare their performance with previous ones and demonstrate improvement to achieve their personal best.		
Swimming	<ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of at least 25m.</li> <li>• Use a range of stroke effectively.</li> <li>• Perform a safe self-rescue.</li> </ul>		
All year	<ul style="list-style-type: none"> <li>• Take part in competitive sport and activities outside of school through community links and sports clubs. Pupils compete in a range of inter house competitions throughout the year.</li> <li>• To develop understanding of both health and skill related fitness.</li> <li>• Promoting healthy, active lifestyles.</li> </ul>		
For a more detailed breakdown of our Physical Education curriculum, please see our curriculum overviews.			

# y5 Curriculum plan: Boys Physical Education

	Autumn	Spring	Summer
	<p>Football, Hockey, Rugby</p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and combination.</li> <li>Play Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<p>Handball, Basketball</p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and combination.</li> <li>Play Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns.</li> </ul> <p>Orienteering</p> <ul style="list-style-type: none"> <li>Develop navigational and map reading skills.</li> </ul>	<p>Tennis, Rounders and Cricket</p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and combination.</li> <li>Play Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p>Athletics</p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and combination.</li> </ul>
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All year	<ul style="list-style-type: none"> <li>Take part in competitive sport and activities outside of school through community links and sports clubs. Pupils compete in a range of inter house competitions throughout the year.</li> <li>To develop understanding of both health and skill related fitness.</li> <li>Promoting healthy, active lifestyles.</li> </ul>		
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# y6 Curriculum plan: Girls Physical Education

	Autumn	Spring	Summer
	<p>Netball, Football and Tag Rugby</p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and combination.</li> <li>Play Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<p>Hockey and Handball</p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and combination.</li> <li>Play Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns.</li> </ul> <p>Orienteering</p> <ul style="list-style-type: none"> <li>Develop navigational and map reading skills.</li> </ul>	<p>Tennis, Rounders and Cricket</p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and combination.</li> <li>Play Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p>Athletics</p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and combination.</li> </ul>
All Activities	Compare their performance with previous ones and demonstrate improvement to achieve their personal best.		
All years	<ul style="list-style-type: none"> <li>Take part in competitive sport and activities outside of school through community links and sports clubs. Pupils compete in a range of inter house competitions throughout the year.</li> <li>To develop understanding of both health and skill related fitness.</li> <li>Promoting healthy, active lifestyles.</li> </ul>		
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# y6 Curriculum plan: Boys Physical Education

	Autumn	Spring	Summer
	<p>Football, Hockey, Rugby</p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and combination.</li> <li>Play Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<p>Handball, Basketball</p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and combination.</li> <li>Play Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns.</li> </ul> <p>Orienteering</p> <ul style="list-style-type: none"> <li>Develop navigational and map reading skills.</li> </ul>	<p>Tennis, Rounders and Cricket</p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and combination.</li> <li>Play Competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p>Athletics</p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and combination.</li> </ul>
All Activities	Compare their performance with previous ones and demonstrate improvement to achieve their personal best.		
All years	<ul style="list-style-type: none"> <li>Take part in competitive sport and activities outside of school through community links and sports clubs. Pupils compete in a range of inter house competitions throughout the year.</li> <li>To develop understanding of both health and skill related fitness.</li> <li>Promoting healthy, active lifestyles.</li> </ul>		
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# y7 Curriculum plan: Girls Physical Education

	Autumn	Spring	Summer
	<p>Netball, Football, Rugby</p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>Develop their technique to improve performance.</li> </ul>	<p>Hockey, Handball</p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>Perform dances using advanced techniques within a range of dance styles and form.</li> </ul> <p>Orienteering</p> <ul style="list-style-type: none"> <li>Take part in outdoor and adventurous activities, which present intellectual and physical challenges.</li> <li>Pupils are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</li> </ul>	<p>Tennis, Rounders, Cricket</p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> </ul> <p>Athletics</p> <ul style="list-style-type: none"> <li>To develop their technique and improve their performance in a range of throwing, jumping and running events.</li> </ul>
All Activities	Compare their performance with previous ones and demonstrate improvement to achieve their personal best.		
All years	<ul style="list-style-type: none"> <li>Take part in competitive sport and activities outside of school through community links and sports clubs. Pupils compete in a range of inter house competitions throughout the year.</li> <li>To develop understanding of both health and skill related fitness.</li> <li>Promoting healthy, active lifestyles.</li> </ul>		
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# y7 Curriculum plan: Boys Physical Education

	Autumn	Spring	Summer
	<p>Football, Hockey, Rugby</p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>Develop their technique to improve performance.</li> </ul>	<p>Basketball, Handball</p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> </ul> <p>Orienteering</p> <ul style="list-style-type: none"> <li>Take part in outdoor and adventurous activities, which present intellectual and physical challenges.</li> <li>Pupils are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</li> </ul>	<p>Tennis, Rounders, Cricket</p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> </ul> <p>Athletics</p> <ul style="list-style-type: none"> <li>To develop their technique and improve their performance in a range of throwing, jumping and running events.</li> </ul>
All Activities	Compare their performance with previous ones and demonstrate improvement to achieve their personal best.		
All years	<ul style="list-style-type: none"> <li>Take part in competitive sport and activities outside of school through community links and sports clubs. Pupils compete in a range of inter house competitions throughout the year.</li> <li>To develop understanding of both health and skill related fitness.</li> <li>Promoting healthy, active lifestyles.</li> </ul>		
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# y8 Curriculum plan: Girls Physical Education

	Autumn	Spring	Summer
	<p>Netball, Football, Rugby</p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>Develop their technique to improve performance.</li> </ul>	<p>Hockey, Handball</p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>Perform dances using advanced techniques within a range of dance styles and form.</li> </ul> <p>Orienteering</p> <ul style="list-style-type: none"> <li>Take part in outdoor and adventurous activities, which present intellectual and physical challenges.</li> <li>Pupils are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</li> </ul>	<p>Tennis, Rounders, Cricket</p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> </ul> <p>Athletics</p> <ul style="list-style-type: none"> <li>To develop their technique and improve their performance in a range of throwing, jumping and running events.</li> </ul>
All Activities	Compare their performance with previous ones and demonstrate improvement to achieve their personal best.		
All years	<ul style="list-style-type: none"> <li>Take part in competitive sport and activities outside of school through community links and sports clubs. Pupils compete in a range of inter house competitions throughout the year.</li> <li>To develop understanding of both health and skill related fitness.</li> <li>Promoting healthy, active lifestyles.</li> </ul>		
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# y8 Curriculum plan: Boys Physical Education

	Autumn	Spring	Summer
	<p>Football, Hockey, Rugby</p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>Develop their technique to improve performance.</li> </ul>	<p>Basketball, Handball</p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> </ul> <p>Orienteering</p> <ul style="list-style-type: none"> <li>Take part in outdoor and adventurous activities, which present intellectual and physical challenges.</li> <li>Pupils are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</li> </ul>	<p>Tennis, Rounders, Cricket</p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li> </ul> <p>Athletics</p> <ul style="list-style-type: none"> <li>To develop their technique and improve their performance in a range of throwing, jumping and running events.</li> </ul>
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# ADDITIONAL LINKS

KS2



Youth Sport Trust



The Oak Academy

KS3



Youth Sport Trust



The Oak Academy

All Years



The Bower Ranger PE Teacher Channel