



St. Wilfrid's CE Primary Academy Curriculum Overview 2020-2021



Physical Education

Year	Autumn Term		Spring Term		Summer Term	
All Year Groups:	<p><i>Children are taught by specialist teachers in PE lessons, where they develop competence to excel in a broad range of physical activities. They are encouraged to be physically active with PE lessons and throughout the school day. There are many opportunities for children to engage in competitive sports (intra and inter school) and children are encouraged to lead healthy, active lives.</i></p>					
1	Fundamental Movement Skills Dance		Gymnastics & Dance Basic Skills for Invasion Games		Sending and Receiving Games Athletics and Dance	
2	Fundamental Movement Skills Dance		Gymnastics & Dance Swimming		Sending and Receiving Games Swimming	
3	Invasion Games	Net Games – Tennis	Gymnastics Dance	Outdoor Adventurous Activities Dance	Striking & Fielding Games Swimming	Athletics Swimming
4	Invasion Games	Gymnastics	Healthy Lifestyles - 'Let's Get Moving' Dance	Net Games – Tennis Dance	Striking & Fielding Games – Cricket Swimming	Outdoor Adventurous Activities Swimming
5	Invasion Games	Net Games – Volleyball	Sports hall Athletics Swimming	Gymnastics Swimming	Striking & Fielding Games Dance	Outdoor Adventurous Activity Dance
6	Invasion Games	Net Games – Volleyball	Sports hall Athletics Swimming – Safe Self-Rescue	Yoga Swimming – Safe Self-Rescue	Striking & Fielding Games Dance	Outdoor Adventurous Activity Dance