



# St. Wilfrid's CE Primary Academy Curriculum Overview 2023-2024

## Physical Education



Year	Autumn Term		Spring Term		Summer Term	
<b>All Year Groups:</b>	<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>					
<b>1</b>	Fundamental Movement Skills Dance	Fundamental Movement Skills Dance	Gymnastics Dance	Gymnastics Dance	Racket and ball games Creating games with others	Sending and Receiving Games Athletics
<b>2</b>	Fundamental Movement Skills Dance Swimming	Invasion Games Dance Swimming	Athletics Swimming	Gymnastics Swimming	Racket and ball games Swimming	Striking and fielding Swimming
<b>3</b>	Invasion Games Swimming	Net Games: Tennis Swimming	Sportshall Athletics Swimming	Gymnastics Swimming	Striking and Fielding Games: Rounders Swimming	Outdoor Adventurous Activities Swimming
<b>4</b>	Invasion Games Swimming	Net Games: Tennis Swimming	Sportshall Athletics Swimming	Gymnastics Swimming	Striking and Fielding Games: Rounders Swimming	Outdoor Adventurous Activities Swimming
<b>5</b>	Invasion Games Swimming	Net Games: Volleyball Swimming	Sportshall Athletics Swimming	Gymnastics Swimming	Striking and Fielding Games: Cricket Swimming	Outdoor Adventurous Activity Swimming
<b>6</b>	Invasion Games Swimming	Net Games: Volleyball Swimming	Sports hall Athletics Swimming	Gymnastics/Yoga Swimming	Striking and Fielding Games: Cricket Swimming	Outdoor Adventurous Activity Swimming

\* As part of the Physical Education curriculum, a focussed term of dance, is planned every two years. In KS1, children perform dances using simple movement patterns. In KS2, children perform dances using a range of movement patterns.

A biennial dance festival takes place for the whole school, which gives the children at all levels an opportunity to work on specialist choreography, create, practise and perform onstage in front of an audience in a professional environment with costumes, lighting and sound.