



Woodnook Primary School - P.E. curriculum

We follow the Early Learning Outcomes / Early Learning Goals for Foundation Stage and the National Curriculum 2014 for Key Stage 1 and 2.

At Woodnook we will help your child to learn to:

Little Acorns (Foundation Stage) Physical Development

- experiments with different ways of moving
- travels with confidence and skill around, under, over and through balancing and climbing equipment.
- shows increasing control over an object e.g. throwing, catching, kicking
 - shows good control in large and small movements
 - negotiates space safely
 - handle equipment effectively

Year 3 / Year 4 (Lower Key Stage 2)

- use running, jumping, catching and throwing in isolation and in combination
 - play competitive games, modified as appropriate
- develop flexibility and control in gym, dance and athletics
- compare performances to achieve a personal best
 - swimming proficiency – achieve 25m

Year 1 / Year 2 (Key Stage 1)

- master basic movement e.g. running, jumping, throwing, catching, balancing, agility and co-ordination.
 - take part in team games
- perform dances using simple movement patterns

Year 5 / Year 6 (Upper Key Stage 2)

- use running, jumping, catching and throwing in isolation and in combination
 - play competitive games, applying basic principles
- develop flexibility and control in gym, dance and athletics
- take part in outdoor and adventurous activities individually and within a team
 - compare performances to achieve a personal best
 - swimming proficiency – achieve 25m