

## Subject Statement:

PE, sports and exercise is a key component of everyday activities at Woodfield. We use sensory circuits throughout the day to encourage pupils to move so that their brains and bodies are activated for successful learning. We provide opportunities for pupils to become physically confident and to develop their fundamental movement skills, confidence, capabilities, and potential. We promote a positive attitude towards active lifestyles and aim to introduce pupils to lifelong physical activity. Our PE curriculum encourages pupils to reflect and evaluate their own successes and promote teamwork and resilience. We have adapted our curriculum from the Twinkl Moves scheme of work to allow a breadth of opportunities and a progression towards greater independence and choice of sporting activities in Upper School. Prior learning is always considered and opportunities for revision and practice are built into lessons which helps build depth to pupil's knowledge, skills, understanding and sense of success.

	<b>AUTUMN TERM</b>	<b>SPRING TERM</b>	<b>SUMMER TERM</b>
<b>Orange Year 1</b>	Multi-skills: throwing and catching Gymnastics: jumping jacks Dance	Multi-skills: running and jumping Circuit training Yoga	Multi-skills: ball games Dance Games: The Olympics
<b>Orange Year 2</b>	Multi-skills: throwing and catching Gymnastics: animal antics Invasion games: At the fair	Multi-skills: running and jumping Circuit training Dance	Multi-skills: sports day Invasion games – tag Gymnastics
<b>Cherry and Oak Year 1</b>	Swimming Attacking and defending Circuit training	Swimming Dance Net and wall games	Swimming Bat and Ball games Multi-skills: Sports Day
<b>Cherry and Oak Year 2</b>	Swimming Yoga Circuit training	Swimming Pilates Net and wall games	Swimming Zumba Multi-skills: Sports Day
<b>Conker Year 1</b>	Swimming Dance Invasion games: tag	Swimming Pilates Net and wall games	Swimming Zumba Multi-skills: Sports Day
<b>Conker Year 2</b>	Swimming Circuit training Multi-skills: target games Invasion games: basketball	Swimming Pilates Striking and fielding games	Swimming Zumba Multi-skills: Sports Day
<b>Upper school Willow and Olive Class</b>	Gym afternoon once a week, walks around the lake for regulation time, basketball, orienteering		