

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 on 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 pupils' knowledge, skills, understanding and sense of success.

Class / Cycle	Autumn	Spring	Summer
Orange Cycle 1	- 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
Orange Cycle 2	- 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
Cherry Cycle 1	- Swimming - Attacking and defending - Circuit training	- Swimming - Dance - Net and wall games	- Swimming - Bat and Ball games - Multi-skills: Sports Day
Cherry Cycle 2	- Swimming - Yoga - Circuit training	- Swimming - Pilates - Net and wall games	- Swimming - Zumba - Multi-skills: Sports Day
Conker and Oak Cycle 1	- Swimming - Dance - Invasion games: tag	- Swimming - Pilates - Net and wall games	- Swimming - Zumba - Multi-skills: Sports Day
Conker and Oak Cycle 2	- Swimming - Circuit training - Multi-skills: target games - Invasion games: basketball	- Swimming - Pilates - Striking and fielding games	- Swimming - Zumba - Multi-skills: Sports Day

PE Curriculum Overview

Maple Cycle 1	- Gym/leisure centre once a week: Gym, Football, Basketball, Badminton, Tennis - Walks around the lake for regulation time - Orienteering
Maple Cycle 2	
Palm Cycle 1	- Gym/leisure centre once a week: Gym, Football, Basketball, Badminton, Tennis - Walks around the lake for regulation time - Orienteering
Palm Cycle 2	