

ST WINNOW PE CURRICULUM for Sept '21 - July '22

This document maps out the PE units that are taught throughout the year, although the order of activities may at times change due to facilities, topics and availability.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Class 1 EYFS	<u>Autumn Topic (Power of PE SOW)</u> FUNdamental skills	<u>Dance (ARENA SOW)</u> Movement Skills	<u>Games (ARENA SOW)</u> FUNdamentals	<u>Gymnastics (ARENA SOW)</u> Movement Skills	<u>Superheroes Topic (Power of PE SOW)</u> FUNdamentals	<u>Catching Skills Throwing Skills</u> FUNdamentals
Class 2 (KS1)	<u>Physical Literacy (Body) (S JL SOW)</u> FUNdamental skills	<u>Dance (ARENA SOW)</u> Movement Skills	<u>Physical Literacy (Equipment) (S JL SOW)</u> FUNdamental skills	<u>Games (ARENA SOW)</u> FUNdamentals/Competition	<u>Athletics (Running, jumping, throwing) (ARENA SOW)</u> FUNdamentals/Competition	<u>Net & Wall (ARENA SOW)</u> FUNdamentals/Competition
Class 3 (LKS2)	<u>Health Related Fitness (Yr 4 Power of PE SOW)</u> Healthy, active life skills	<u>Multi-skills (Yr 3 Power of PE SOW)</u> FUNdamental skills	<u>Dance (ARENA SOW)</u> Movement Skills	<u>Invasion Games (Basketball) (ARENA SOW)</u> Attacking/Defending	<u>Athletics (ARENA SOW)</u> FUNdamentals/Competition	<u>Invictus Games (Yr 4 Power of PE SOW)</u> FUNdamentals/Competition
Class 4 (UKS2)	<u>HRF - Training Methods (Yr 6 Power of PE SOW)</u> Swimming wb 11.10.21 Healthy, active life skills	<u>Gymnastics (ARENA SOW) or PARKOUR (Power of PE SOW)</u> Movement Skills	<u>Invasion Games (High 5 Netball, Tag Rugby or Hockey) (ARENA SOW)</u> Attacking/Defending	OAA (NEW COURSE) Challenges - communicating, collaborating and competing	<u>Athletics (ARENA SOW)</u> FUNdamentals/Competition	<u>Striking & Fielding (Cricket/Rounders) (ARENA SOW)</u> FUNdamentals/Competition