



New Woodlands School Programme of Study (POS)

Subject.....Physical Education.....

Key stage 1

| Year group | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Year 1 | <p>Basketball</p> <p>-Master basic movements including running, passing and catching, as well as developing balance, agility and co-ordination.</p> <p>-Participate in team games, developing simple tactics for attacking and defending.</p> <p>- Videos of Steph Curry and other black NBA stars</p> | <p>Hockey</p> <p>-Master basic movements including running and passing as well as developing balance, agility and co-ordination.</p> <p>-Participate in team games, developing simple tactics for attacking and defending.</p> <p>- Videos Jordan Greenway Olympic hockey player.</p> | <p>Short tennis</p> <p>-Master basic movements including running, as well as developing balance, agility and eye-hand co-ordination. Develop simple tactics.</p> <p>- Videos of Naomi Osaka, Coco Gauff, Gael Monfils</p> | <p>Badminton</p> <p>-Master basic movements including running, as well as developing balance, agility and co-ordination. Develop simple tactics.</p> <p>Forest School</p> <p>-Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>Football</p> <p>-Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.</p> <p>-Participate in team games.</p> <p>- Videos of Marcus Rashford and Raheem Sterling</p> | <p>Athletics</p> <p>-Master basic movements including running, jumping and throwing as well as developing balance, agility and co-ordination.</p> <p>-Participate in team games, developing simple tactics.</p> <p>- Videos of Usain Bolt, Asher-Smith, Katherine-Thompson</p> <p>- Mo Farah</p> |

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| | | - Videos of Ice Hockey player Jarome Iginla | | | | |
| Year 2 | <p>Basketball</p> <p>-Master basic movements including running, passing and catching, as well as developing balance, agility and co-ordination.</p> <p>-Participate in team games, developing simple tactics for attacking and defending.</p> <p>- Videos of Steph Curry and other black NBA stars</p> | <p>Hockey</p> <p>-Master basic movements including running and passing as well as developing balance, agility and co-ordination.</p> <p>-Participate in team games, developing simple tactics for attacking and defending.</p> <p>- Videos of Jordan Greenway Olympic hockey player.</p> <p>- Videos of Ice Hockey player Jarome Iginla</p> | <p>Short tennis</p> <p>-Master basic movements including running, as well as developing balance, agility and eye-hand co-ordination. Develop simple tactics.</p> <p>- Videos of Naomi Osaka, Coco Gauff, Gael Monfils</p> | <p>Badminton</p> <p>-Master basic movements including running, as well as developing balance, agility and co-ordination. Develop simple tactics.</p> <p>Forest School</p> <p>-Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>Football</p> <p>-Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.</p> <p>-Participate in team games.</p> <p>- Videos of Marcus Rashford and Raheem Sterling</p> <p>Swimming</p> <p>-Develop basic swimming skills and confidence in the water. Understand water safety rules.</p> | <p>Athletics</p> <p>-Master basic movements including running, jumping and throwing as well as developing balance, agility and co-ordination.</p> <p>-Participate in team games, developing simple tactics.</p> <p>- Videos of Usain Bolt, Asher-Smith, Katherine-Thompson</p> <p>- Mo Farah</p> <p>Swimming</p> <p>-Develop basic swimming skills and confidence in the water. Understand water safety rules.</p> |

Key stage 2

| Year group | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Year 3 | <p>Basketball</p> <p>-Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>-Use running, jumping, throwing and catching in isolation and in combination.</p> <p>- Videos of Steph Curry and other black NBA stars</p> <p>Forest School</p> <p>-Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>Hockey</p> <p>-Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>-Use running, passing and catching in isolation and in combination.</p> <p>- Videos Jordan Greenway Olympic hockey player.</p> <p>- Videos of Ice Hockey player Jarome Iginla</p> <p>Forest School</p> <p>-Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>Short tennis</p> <p>-Develop flexibility, technique, control and balance.</p> <p>-Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>- Videos of Naomi Osaka, Coco Gauff, Gael Monfils</p> | <p>Badminton</p> <p>Develop flexibility, technique, control and balance.</p> <p>-Play competitive games and apply basic principles suitable for attacking and defending.</p> | <p>Football</p> <p>Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>-Use running, jumping, passing and footwork in isolation and in combination.</p> <p>- Videos of Marcus Rashford and Raheem Sterling</p> <p>Swimming</p> <p>-Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>-Perform safe self-rescue in different water-based situations.</p> | <p>Athletics</p> <p>-Develop flexibility, strength, technique, control and balance.</p> <p>-Use running, jumping and throwing skills.</p> <p>- Videos of Usain Bolt, Asher-Smith, Katherine-Thompson and Mo Farah</p> <p>Forest School</p> <p>-Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Swimming</p> <p>-Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>-Perform safe self-rescue in different</p> |

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| | | | | | | water-based situations. |
| Year 4 | <p>Basketball</p> <p>-Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>-Use running, jumping, throwing and catching in isolation and in combination.</p> <p>- Videos of Steph Curry and other black NBA stars</p> <p>Forest School</p> <p>-Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>Hockey</p> <p>-Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>-Use running, passing and catching in isolation and in combination.</p> <p>- Videos Jordan Greenway Olympic hockey player.</p> <p>- Videos of Ice Hockey player Jarome Iginla</p> <p>Forest School</p> <p>-Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>Short tennis</p> <p>Develop flexibility, technique, control and balance.</p> <p>-Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>- Videos of Naomi Osaka, Coco Gauff, Gael Monfils</p> | <p>Badminton</p> <p>Develop flexibility, technique, control and balance.</p> <p>-Play competitive games and apply basic principles suitable for attacking and defending.</p> | <p>Football</p> <p>Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>-Use running, jumping, passing and footwork in isolation and in combination.</p> <p>- Videos of Marcus Rashford and Raheem Sterling</p> <p>Swimming</p> <p>-Swim competently, confidently and proficiently over a distance of at least 25 metres</p> | <p>Athletics</p> <p>-Develop flexibility, strength, technique, control and balance.</p> <p>-Use running, jumping and throwing skills.</p> <p>- Videos of Usain Bolt, Asher-Smith, Katherine-Thompson</p> <p>- Mo Farah</p> <p>Forest School</p> <p>-Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Swimming</p> <p>-Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> |

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| | | | | | <ul style="list-style-type: none"> -Use a range of strokes effectively, such as front crawl, backstroke and breaststroke. -Perform safe self-rescue in different water-based situations. | <ul style="list-style-type: none"> -Use a range of strokes effectively, such as front crawl, backstroke and breaststroke. -Perform safe self-rescue in different water-based situations. |
| Year 5 | <p>Basketball</p> <ul style="list-style-type: none"> -Play competitive games and apply basic principles suitable for attacking and defending. -Use running, jumping, throwing and catching in isolation and in combination. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - Videos of Steph Curry and other black NBA stars | <p>Hockey</p> <ul style="list-style-type: none"> -Play competitive games and apply basic principles suitable for attacking and defending. -Use running, passing and catching in isolation and in combination. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - Videos Jordan Greenway Olympic hockey player. - Videos of Ice Hockey player Jarome Iginla | <p>Short tennis</p> <ul style="list-style-type: none"> Develop flexibility, technique, control and balance. -Play competitive games and apply basic principles suitable for attacking and defending. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - Videos of Naomi Osaka, Coco Gauff, Gael Monfils | <p>Badminton</p> <ul style="list-style-type: none"> Develop flexibility, technique, control and balance. -Play competitive games and apply basic principles suitable for attacking and defending. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Forest School -Take part in outdoor and adventurous activity challenges | <p>Football</p> <ul style="list-style-type: none"> Play competitive games and apply basic principles suitable for attacking and defending. -Use running, jumping, passing and footwork in isolation and in combination. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - Videos of Marcus Rashford and Raheem Sterling | <p>Athletics</p> <ul style="list-style-type: none"> -Develop flexibility, strength, technique, control and balance. -Use running, jumping and throwing skills. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - Videos of Usain Bolt, Asher-Smith, |

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| | <p>Forest School -Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Swimming -Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</p> <p>-Perform safe self-rescue in different water-based situations.</p> | <p>Swimming -Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</p> <p>-Perform safe self-rescue in different water-based situations.</p> | | both individually and within a team. | <p>Forest School -Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Swimming -Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</p> <p>-Perform safe self-rescue in different water-based situations.</p> | <p>Katherine-Thompson - Mo Farah</p> <p>Swimming -Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</p> <p>-Perform safe self-rescue in different water-based situations.</p> |
| Year 6 | <p>Basketball -Play competitive games and apply basic principles suitable for attacking and defending.</p> | <p>Hockey -Play competitive games and apply basic principles suitable for attacking and defending.</p> | <p>Short tennis Develop flexibility, technique, control and balance.</p> <p>-Play competitive games and apply basic principles</p> | <p>Badminton Develop flexibility, technique, control and balance.</p> <p>-Play competitive games and apply</p> | <p>Football Play competitive games and apply basic principles suitable for attacking and defending.</p> | <p>Athletics -Develop flexibility, strength, technique, control and balance.</p> <p>-Use running, jumping and throwing skills.</p> |

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| <p>-Use running, jumping, throwing and catching in isolation and in combination.</p> <p>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Steph Curry and other black NBA stars</p> <p>Forest School -Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Swimming -Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>-Use a range of strokes effectively, such as</p> | <p>-Use running, passing and catching in isolation and in combination.</p> <p>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos Jordan Greenway Olympic hockey player.</p> <p>- Videos of Ice Hockey player Jarome Iginla</p> <p>Swimming -Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</p> <p>-Perform safe self-rescue in different water-based situations.</p> | <p>suitable for attacking and defending.</p> <p>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Naomi Osaka, Coco Gauff, Gael Monfils</p> | <p>basic principles suitable for attacking and defending.</p> <p>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Forest School -Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>-Use running, jumping, passing and footwork in isolation and in combination.</p> <p>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Marcus Rashford and Raheem Sterling</p> <p>Forest School -Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Swimming -Swim competently, confidently and proficiently over a distance of at least 25 metres</p> | <p>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Usain Bolt, Asher-Smith, Katherine-Thompson, Mo Farah</p> <p>Swimming -Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</p> <p>-Perform safe self-rescue in different water-based situations.</p> |
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| | <p>front crawl, backstroke and breaststroke.</p> <p>-Perform safe self-rescue in different water-based situations.</p> | | | | <p>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</p> <p>-Perform safe self-rescue in different water-based situations.</p> | |
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