



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
Year 1 - PSHE Science	<p><b>Basketball</b></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><b>Hockey</b></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><b>Short tennis</b></p> <p>-Master basic movements including running, as well as developing balance, agility and eye-hand co-ordination.</p> <p>Develop simple tactics.</p> <p>Art/Food</p>	<p><b>Badminton</b></p> <p>-Master basic movements including running, as well as developing balance, agility and co-ordination.</p> <p>Develop simple tactics.</p> <p><b>Forest School</b> - Humanities, Science, English, Art/Food</p> <p>-Take part in outdoor and adventurous activity challenges</p>	<p><b>Football</b></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><b>Athletics</b></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>

				both individually and within a team.		
Year 2 - PSHE Science	<b>Basketball</b> -Master basic movements including running, passing and catching, as well as developing balance, agility and co-ordination.  -Participate in team games, developing simple tactics for attacking and defending.	<b>Hockey</b> -Master basic movements including running and passing as well as developing balance, agility and co-ordination.  -Participate in team games, developing simple tactics for attacking and defending.	<b>Short tennis</b> -Master basic movements including running, as well as developing balance, agility and eye-hand co-ordination. Develop simple tactics.	<b>Badminton</b> -Master basic movements including running, as well as developing balance, agility and co-ordination. Develop simple tactics.  <b>Forest School</b> - Humanities, Science, English, Art/Food -Take part in outdoor and adventurous activity challenges both individually and within a team.	<b>Football</b> -Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.  -Participate in team games.  <b>Swimming</b> -Develop basic swimming skills and confidence in the water. Understand water safety rules.	<b>Athletics</b> -Master basic movements including running, jumping and throwing as well as developing balance, agility and co-ordination.  -Participate in team games, developing simple tactics.  <b>Swimming</b> -Develop basic swimming skills and confidence in the water. Understand water safety rules.

## Key stage 2

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 - PSHE Science	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>-Play competitive games and apply basic principles suitable for attacking and defending.</li> <li>-Use running, jumping, throwing and catching in isolation and in combination.</li> </ul> <p><b>Forest School</b> - Humanities, Science, English, Art/Food</p> <ul style="list-style-type: none"> <li>-Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul>	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>-Play competitive games and apply basic principles suitable for attacking and defending.</li> <li>-Use running, passing and catching in isolation and in combination.</li> </ul> <p><b>Forest School</b> - Humanities, Science, English, Art/Food</p> <ul style="list-style-type: none"> <li>-Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul>	<p><b>Short tennis</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, technique, control and balance.</li> <li>-Play competitive games and apply basic principles suitable for attacking and defending.</li> </ul>	<p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, technique, control and balance.</li> <li>-Play competitive games and apply basic principles suitable for attacking and defending.</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>Play competitive games and apply basic principles suitable for attacking and defending.</li> <li>-Use running, jumping, passing and footwork in isolation and in combination.</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>-Perform safe self-rescue in different water-based situations.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Develop flexibility, strength, technique, control and balance.</li> <li>-Use running, jumping and throwing skills.</li> </ul> <p><b>Forest School</b> - Humanities, Science, English, Art/Food</p> <ul style="list-style-type: none"> <li>-Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>-Perform safe self-rescue in different water-based situations.</li> </ul>

<p>Year 4 - PSHE Science</p>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>-Play competitive games and apply basic principles suitable for attacking and defending.</li> <li>-Use running, jumping, throwing and catching in isolation and in combination.</li> </ul> <p><b>Forest School</b> - Humanities, Science, English, Art/Food</p> <ul style="list-style-type: none"> <li>-Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul>	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>-Play competitive games and apply basic principles suitable for attacking and defending.</li> <li>-Use running, passing and catching in isolation and in combination.</li> </ul> <p><b>Forest School</b> - Humanities, Science, English, Art/Food</p> <ul style="list-style-type: none"> <li>-Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul>	<p><b>Short tennis</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, technique, control and balance.</li> <li>-Play competitive games and apply basic principles suitable for attacking and defending.</li> </ul>	<p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, technique, control and balance.</li> <li>-Play competitive games and apply basic principles suitable for attacking and defending.</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>Play competitive games and apply basic principles suitable for attacking and defending.</li> <li>-Use running, jumping, passing and footwork in isolation and in combination.</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</li> <li>-Perform safe self-rescue in different</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Develop flexibility, strength, technique, control and balance.</li> <li>-Use running, jumping and throwing skills.</li> </ul> <p><b>Forest School</b> - Humanities, Science, English, Art/Food</p> <ul style="list-style-type: none"> <li>-Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</li> </ul>
--------------------------------------	--	--	---	--	---	---

					water-based situations.	-Perform safe self-rescue in different water-based situations.
Year 5 - PSHE Science	<b>Basketball</b> -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.  <b>Forest School</b> - Humanities, Science, English, Art/Food -Take part in outdoor and adventurous activity challenges both individually and within a team.	<b>Hockey</b> -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.	<b>Short tennis</b> 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.	<b>Badminton</b> 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.  <b>Forest School</b> - Humanities, Science, English, Art/Food -Take part in outdoor and adventurous activity challenges both individually and within a team.	<b>Football</b> 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.  <b>Forest School</b> - Humanities, Science, English, Art/Food -Take part in outdoor and adventurous activity challenges both individually and within a team.	<b>Athletics</b> -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.

	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</li> <li>-Perform safe self-rescue in different water-based situations.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</li> <li>-Perform safe self-rescue in different water-based situations.</li> </ul>			<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</li> <li>-Perform safe self-rescue in different water-based situations.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>-Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.</li> <li>-Perform safe self-rescue in different water-based situations.</li> </ul>
<p>Year 6 - PSHE Science</p>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>-Play competitive games and apply basic principles suitable for attacking and defending.</li> <li>-Use running, jumping, throwing and catching in isolation and in combination.</li> <li>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>-Play competitive games and apply basic principles suitable for attacking and defending.</li> <li>-Use running, passing and catching in isolation and in combination.</li> <li>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b>Short tennis</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, technique, control and balance.</li> <li>-Play competitive games and apply basic principles suitable for attacking and defending.</li> <li>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, technique, control and balance.</li> <li>-Play competitive games and apply basic principles suitable for attacking and defending.</li> <li>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>Play competitive games and apply basic principles suitable for attacking and defending.</li> <li>-Use running, jumping, passing and footwork in isolation and in combination.</li> <li>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Develop flexibility, strength, technique, control and balance.</li> <li>-Use running, jumping and throwing skills.</li> <li>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>

	<p><b>Forest School</b>  - Humanities, Science, English, Art/Food  -Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p><b>Swimming</b>  -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><b>Swimming</b>  -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><b>Forest School</b>  - Humanities, Science, English, Art/Food  -Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p><b>Forest School</b>  - Humanities, Science, English, Art/Food  -Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p><b>Swimming</b>  -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.  -Perform safe self-rescue in different water-based situations.</p>	<p><b>Swimming</b>  -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>
--	--	--	--	---	--	---