



Wordsworth Primary – Whole School PE Overview 2022-23

	Aut 1		Aut 2		Spr 1		Spr 2		Sum 1		Sum 2	
Year R	Unit 1 – Personal Co-ordination & static balance <i>Bike / Pirate</i>	Gymnastics – Personal Shape & travel <i>At home / Jungle trip</i>	Unit 2 – Social Dynamic balance to agility & static balance <i>Space / Jungle</i>	Dance- Social	Unit 3 – Cognitive Dynamic balance & co-ordination <i>Train / Tighrope</i>	Gymnastics – Cognitive Flight & rotation <i>Park Life / Toy Box</i>	Unit 4 – Creative Co-ordination & counter balance <i>Clown / Seaside</i>		Unit 5 – Physical Agility & static balance <i>Juggling / Fairytale</i>		Unit 6 – Health & Fitness Agility & static balance <i>Squirrel & Cat</i>	Athletics
Year 1	Unit 1 – Personal Co-ordination & static balance <i>Bike / Pirate</i>	Gymnastics – Personal Shape & travel <i>At home / Jungle trip</i>	Unit 2 – Social Dynamic balance to agility & static balance <i>Space / Jungle</i>	Dance- Social	Unit 3 – Cognitive Dynamic balance & co-ordination <i>Train / Tighrope</i>	Gymnastics – Cognitive Flight & rotation <i>Park Life / Toy Box</i>	Unit 4 – Creative Co-ordination & counter balance <i>Clown / Seaside</i>	Mini netball	Unit 5 – Physical Agility & static balance <i>Juggling / Fairytale</i>	Outdoor adventure	Unit 6 – Health & Fitness Agility & static balance <i>Squirrel & Cat</i>	Athletics
Year 2	Unit 1 – Personal Co-ordination & static balance	Gymnastics – Personal Balance & travel <i>Toy box / Jungle trip</i>	Unit 2 – Social Dynamic balance to agility & static balance	Dance- Social	Unit 3 – Cognitive Dynamic balance & co-ordination	Gymnastics – Cognitive Flight & rotation <i>Park Life / Big City</i>	Unit 4 – Creative Co-ordination & counter balance	Bench ball	Unit 5 – Physical Agility & static balance	Outdoor adventure	Unit 6 – Health & Fitness Agility & static balance	Athletics
Year 3	Unit 1 – Personal Co-ordination & static balance	Unit 2 – Social Dynamic balance to agility & static balance	Unit 3 – Cognitive Dynamic balance & co-ordination	Gymnastics – Cognitive Travel & rotation <i>Mapping pathways / Rotation sequences</i>	Unit 4 – Creative Co-ordination & counter balance	Unit 5 – Physical Agility & static balance	Gymnastics - Physical	Cricket	Dance – Health & fitness	Outdoor adventure	Unit 6 – Health & Fitness Agility & static balance	Athletics
Year 4	Unit 1 – Personal Co-ordination & static balance	Gymnastics – Personal Balance & rotation <i>Acrobatic sequences & rotation sequences</i>	Unit 2 – Social Dynamic balance to agility & static balance	Dance- Social	Unit 3 – Cognitive Dynamic balance & co-ordination	Gymnastics – Cognitive Flight & travel <i>Flight sequences & group sequences on apparatus</i>	Unit 4 – Creative Co-ordination & counter balance	Netball	Unit 5 – Physical Agility & static balance	Outdoor adventure	Unit 6 – Health & Fitness Agility & static balance	Athletics
Year 5	Unit 1 - Cognitive Co-ordination Agility	Unit 2 – Creative Static balances	Unit 3 – Social Dynamic balance Counter balance	Gymnastics – Social Hand apparatus & low apparatus <i>Rhythmic sequences & bench sequences</i>	Swimming		Swimming		Unit 4 – Physical Dynamic balance to agility Static balance	Unit 5 - Health & Fitness Static balance & co-ordination	Unit 6 – Personal Co-ordination & agility	Dance - Personal
Year 6	Unit 1 - Cognitive Co-ordination Agility	Gymnastics – Cognitive Hand apparatus & low apparatus <i>Rhythmic sequences & bench sequences</i>	Unit 2 – Creative Static balances	Dance - Creative	Unit 3 – Social Dynamic balance Counter balance	Gymnastics – Cognitive Partner work & large apparatus <i>Acrobatic sequences & climbing sequences</i>	Unit 4 – Physical Dynamic balance to agility Static balance	Football	Unit 5 – Health & Fitness Static balance & co-ordination	Outdoor adventure	Unit 6 – Personal Co-ordination & agility	Athletics