



The enjoyment, skills and team-spirit gained by pupils is wonderful to see. Woodford Valley enters many tournaments and festivals throughout the year; showing respect and dignity for themselves as well as those they compete against.

PE develops the children’s personal, physical knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. PE involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives.

As a school we are very proud to be able to participate in sporting events and team game competitions, both within school and further afield. We have great hope for all our pupils in sporting activities and encourage them all to have a go.

Our beautiful countryside setting provides ample opportunities for PE challenges and fun in the great outdoors!

Autumn	Spring	Summer
Lake Class: Reception		
Fundamental skills - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Gymnastics – (led by Jo Cuff) developing balance, agility and co-ordination	Fundamental skills - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Gymnastics – (led by Jo Cuff) developing balance, agility and co-ordination	Fundamental skills - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Gymnastics – (led by Jo Cuff) developing balance, agility and co-ordination
Ball Skills - master basic	Lower Woodford Class :Year One Bat and Ball Skills- throwing and	Fundamentals- master basic

<p>movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Dance- perform dances using simple movement patterns</p>	<p>catching</p> <p>Gymnastics- (led by Jo Cuff)developing balance, agility and co-ordination</p>	<p>movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Athletics/Team Games- participate in team games, developing simple tactics for attacking and defending</p> <p>Gymnastics- (led by Jo Cuff)developing balance, agility and co-ordination</p>
---	--	--

Netton Class: Year Two		
<p>Ball Skills - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Dance- perform dances using simple movement patterns</p>	<p>Bat and Ball Skills- throwing and catching</p> <p>Gymnastics- (led by Jo Cuff)developing balance, agility and co-ordination</p>	<p>Fundamentals- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Athletics/Team Games- participate in team games, developing simple tactics for attacking and defending</p>
Wilsford Class :Year Three		
<p>Football- play competitive games, apply basic principles suitable for attacking and defending</p> <p>Gymnastics- (led by Jo Cuff) develop flexibility, strength, technique, control and balance</p>	<p>Skittle ball- play competitive games, apply basic principles suitable for attacking and defending</p> <p>Dance- perform dances using a range of movement patterns,</p>	<p>Fundamentals- use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance</p> <p>Athletics/Team Games- participate in team games, developing simple tactics for attacking and defending</p> <p>Swimming- swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p>
Durnford Class: Year Four		
<p>Football- play competitive games, apply basic principles suitable for attacking and defending</p> <p>Gymnastics- develop flexibility, strength, technique, control and balance</p>	<p>Tag Rugby, Hockey- play competitive games, apply basic principles suitable for attacking and defending</p> <p>Dance- perform dances using a range of movement patterns linked to topic.</p>	<p>Athletics- use running, jumping, throwing and catching in isolation and in combination</p> <p>Rounders,cricket- play competitive games, and apply basic principles suitable for attacking and defending</p> <p>Gymnastics- develop flexibility, strength, technique, control and balance</p>

Upper Woodford: Year Five		
<p>Football, hockey, netball- play competitive games, apply basic principles suitable for attacking and defending</p> <p>Gymnastics- develop flexibility, strength, technique, control and balance</p>	<p>Tag rugby, hockey- play competitive games, apply basic principles suitable for attacking and defending</p> <p>Fitness training- develop flexibility, strength, technique, control and balance</p>	<p>Athletics- use running, jumping, throwing and catching in isolation and in combination</p> <p>Rounders, cricket,- play competitive games and apply basic principles suitable for attacking and defending</p> <p>Dance- perform dances using a range of movement patterns</p>
Salterton: Year 6		
<p>Football, hockey, netball- play competitive games, apply basic principles suitable for attacking and defending</p> <p>Gymnastics- develop flexibility, strength, technique, control and balance</p>	<p>Tag rugby, hockey- play competitive games, apply basic principles suitable for attacking and defending</p> <p>Fitness training- develop flexibility, strength, technique, control and balance</p>	<p>Athletics- use running, jumping, throwing and catching in isolation and in combination</p> <p>Rounders, cricket,- play competitive games and apply basic principles suitable for attacking and defending</p> <p>Dance- perform dances using a range of movement patterns</p>