

Welcome to

**Westbury  
Park School**



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# WESTBURY PARK SCHOOL

# PE CURRICULUM

## OUR VISION

At Westbury Park, we are dedicated to fostering a vibrant PE curriculum where children engage in enjoyable and high-quality physical activities within a safe, supportive environment. Our vision is to inspire them to have a lifelong love of an active lifestyle. PE will also help to key life skills and qualities such as teamwork, self reflection, resilience, independence, fairness, and tolerance.





## OUR WESTBURY PARK CURRICULUM PILLARS

At Westbury Park School, five pillars underpin the intent and ethos of our curriculum, allowing for all children to experience a broad and balanced experience across all areas of learning.

Language  
& Oracy

Enrichment  
&  
Community

Connection  
& Purpose

Build &  
Challenge

Creativity  
&  
Curiosity



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## STATUTORY COVERAGE

### Key Stage 1

Pupils should be taught to

- master basic movements in running, jumping, throwing, catching as well as developing balance, agility and coordination and begin to apply them in a range of activities
- participate in team games developing simple tactics for attacking and defending
- perform dances using simple movement and patterns

### Key Stage 2

Pupils should be taught to

- use running, jumping, throwing and catching in isolation and combination
- play competitive games and use attacking and defending skills
- develop flexibility, strength, balance, technique and control
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity both individually and within a team
- compare performances with previous ones and demonstrate improvement to achieve a personal best

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## OUR WESTBURY PARK STRANDS

Team  
Games

Dance/  
Sequencing

Basic Skills

Gymnastics  
/ Athletics

Health &  
Fitness

Attacking &  
Defending

Ball Skills

Communication &  
Team Work

Fundamentals

Performing

Sequencing &  
Improvisation





## OVERVIEW - EYFS & KS1

	<u>Term 1</u>	<u>Term 2</u>	<u>Term 3</u>	<u>Term 4</u>	<u>Term 5</u>	<u>Term 6</u>
<u>EYFS</u>	Basic Skill Intro to PE 1 Ball Skills 1	Intro to PE 2 Ball Skills 2	Dance 1 Fundamentals 1	Dance 2 Fundamentals 2	Games 1 Gymnastics 1	Games 1 Gymnastics 2
<u>Year 1</u>	Multi skills Bootcamp	Mighty Movers Story Time Dance	Ball Skills Groovy Gym	Ball Skills Gym Fit	Throwing & Catching Cool Core	Active Athletics Fitness Frenzy
<u>Year 2</u>	Mighty Movers Fire of London Dance	Multi Skills Boot Camp	Multi Skills Groovy Gym	Ball Skills Gym Fit	Active Athletics Fitness Frenzy	Throwing & Catching Basic Skills: Cool Core
<u>Year 3</u>	Basic Skills: Mighty Movers Team Games: Football	Team Games: Tag Rugby Team Games: Netball	Team Games: UniHoc Dance & Sequences: Dance	OAA: Forest School Basic Skills: Tennis Swimming	Basic Skills: Athletics Team Games: Cricket Swimming	Basic Skills: Sports Day Prep Swimming
<u>Year 4</u>	Basic Skills: GymFit Team Games: Tag Rugby Swimming	Team Games: Football Team Games: Netball Swimming	Team Games: Hockey OAA: Forest School Swimming	Team Games: Lacrosse Basic Skills: Tennis	Basic Skills: Athletics Team Games: Cricket	Basic Skills: Sports Day Prep Team Games: Rounders
<u>Year 5</u>	Basic Skills: GymFit Team Games: Football	Team Games: Tag Rugby Team Games: Netball	Team Games: Hockey Dance & Sequences: Dance	OAA: Forest School Basic Skills: Tennis	Team Games: Lacrosse Team Games: Cricket	Basic Skills: Athletics Team Games : Rounders
<u>Year 6</u>	Basic Skills: GymFit Team Games: Tag Rugby	Team Games: Football Team Games: Netball	Team Games: Hockey OAA: Forest School	Team Games: Lacrosse Basic Skills: Tennis	Basic Skills: Athletics Team Games: Cricket	Basic Skills: Sports Day Prep Team Games: Rounders



## OUR WESTBURY PARK EXTRAS

RGS  
Festival of  
Sport

Sports  
Leaders

Mojo Active

Sports Day

Bikeability

Inter house  
tournaments

