



Physical Education Long Term Plan

Woodlands Academy

PE Intent:

The PE curriculum at Woodlands Academy aims to inspire a lifelong love of physical activity by providing a wide range of sporting opportunities. Pupils will develop fundamental movement skills through a variety of sports and physical activities. To promote active lifestyles, we incorporate cycling into our curriculum, teaching pupils' essential bike-handling skills and organising cycling trips to explore the local area and beyond. Through participation in inclusive internal and external competitive events, pupils will learn the importance of fair play, teamwork, and resilience. Our PE curriculum is designed to equip pupils with the knowledge, skills, understanding and motivation to lead healthy and active lives, fostering a positive attitude towards physical activity that will benefit them throughout their lives.



The Five Cs	Yellow Pathway	Green Pathway	Blue Pathway
Confidence	In PE, our children grow and develop their confidence by trying new activities and moving in new ways.	Our pupils will aim to develop their confidence by trying new activities, responding to outcomes and feedback, and adapting their approach to try and improve.	Our pupils will aim to develop confidence in trying new activities and building on their previous learning. Pupils will think critically about how they can improve and will listen to feedback from staff and peers. Confidence is also developed through inclusive competitions.
Challenge	In PE, our pupils will challenge themselves to try new activities and off-site visits, such as bike riding or a wide range of sports that we offer. We encourage pupils to participate and give things a go.	Our pupils will challenge themselves to take part in a wide range of activities, competitions, and off-site visits. Through these opportunities, pupils will face challenges and will receive support on how to think critically and overcome them. This results in high levels of pupil self-esteem.	Our pupils will challenge themselves to participate in a diverse range of activities, competitions, and off-site visits. These experiences will expose them to a variety of challenges, both physical and mental.
Curiosity	PE presents an opportunity for our Yellow pathway to be curious about different sporting equipment and activities. This curiosity will spark excitement and engage them with PE.	PE provides an ideal environment for the cultivation of curiosity. By engaging in a diverse range of activities, pupils are encouraged to explore their skill and tactical knowledge. Curiosity not only enhances their learning experience but also fosters a lifelong love of physical activity.	PE offers a dynamic platform for nurturing curiosity. By engaging in a variety of activities, pupils are encouraged to explore the intricacies of skill development and tactical understanding. This innate curiosity enhances their learning experience and fosters a lifelong passion for physical activity.
Character	PE offers a unique platform for fostering character development. Through participation in a wide range of activities, pupils can experience skills that develop their character.	With a focus on character education in PE lessons, teachers can create a positive learning environment that not only develops physical skills but also shapes well-rounded individuals prepared to succeed in all aspects of life.	By prioritising character education within PE lessons, teachers can create a positive learning environment that not only develops physical skills but also nurtures well-rounded individuals prepared to excel in all aspects of life.
Creativity	Children will take pride in engaging with PE and will enjoy creating games and activities using sporting equipment.	PE offers opportunities for pupils to be creative, both in performance and tactical strategies. This can involve working creatively, either individually or as part of a team.	PE offers opportunities for pupils to be creative, both in performance and tactical strategies. This can involve working creatively, either individually or as part of a team.



LONG TERM PLAN

Subject: PE		Yellow Pathway
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Cycle 2	Fundamentals/Dance, Yoga and Movement	Fundamentals/ Ball Skills	Fundamentals/ Athletics and Games
Cycle 1	Fundamentals/Dance, Yoga and Movement	Fundamentals/ Ball Skills	Fundamentals/ Athletics and Games



Subject: PE		Accreditation: OCR Entry Level			Green Pathway		
		<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Stage 4	Cycle 2	Basketball	Badminton	Health Related Fitness	Football	Tri Golf	Athletics
	Cycle 1	Netball	Dodgeball	Health Related Fitness	Tag Rugby	Cricket (4)	OAA
Stage 3	Cycle 3	Handball	Tennis	Gymnastics – Symmetry & Asymmetry	Football	Rounders	Athletics
	Cycle 2	Basketball	Badminton	Health Related Fitness	Hockey	Cricket	OAA
	Cycle 1	Fundamental Movement Skills 3	Invasion Games	Dance – Pirates	Object Manipulation 2	Striking & Fielding Games 2	Athletics 2
Stage 2	Cycle 4	Fundamental Movement Skills 2	Net & Wall Game Skills 2	Health Related Fitness	Object Manipulation 2	Striking & Fielding Games 2	Yoga
	Cycle 3	Invasion Game Skills 2	Target Games 2	Dance – Mini Beasts	Invasion Game Skills 2	Striking & Fielding Games 1	Athletics 2
	Cycle 2	Locomotion 2	Stability 2	Dance – Seasons	Gymnastics – Bouncing, Jumping & Landing	Net & Wall Game Skills 1	Target Games 1
	Cycle 1	Invasion Game Skills 1	Dance – Jungle	Fundamental Movement Skills 1	Gymnastics – Bouncing, Jumping & Landing	Object Manipulation 1	Athletics 1
Stage 1	Cycle 2	Locomotion 1	Fine Motor Skills	Dance – Toys	Gymnastics – Parts High & Parts Low	Target Games 1	Yoga
	Cycle 1	Locomotion 1	Fine Motor Skills	Stability 1	Target Games 1	Gymnastics – Parts high & Parts low	Dance – Seasons



Subject: PE	Accreditation: OCR Entry Level	Blue Pathway
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		<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Summer 1</u>	<u>Spring 2</u>	<u>Summer 2</u>
Stage 4	Cycle 2	Handball	Volleyball	Health and Fitness	Table Tennis	Tri Golf	Athletics
	Cycle 1	Basketball	Badminton	Health and Fitness	Hockey	Cricket	Athletics
Stage 3	Cycle 3	Handball	Tennis	Health and Fitness	Football	Tri Golf	Athletics
	Cycle 2	Basketball	Badminton	Health and Fitness	Hockey	Cricket	Tri Golf
	Cycle 1	Basketball	Football	Gymnastics	Tennis	Rounders	Athletics
Stage 2	Cycle 4	Netball	Dodgeball	Dance – Around the World	Tag Rugby	Cricket	OAA
	Cycle 3	Basketball	Mini Tennis	Gymnastics Linking Movements together	Football	Rounders	Athletics
	Cycle 2	Netball	Dodgeball	Dance – Space	Tag Rugby	Cricket	OAA
	Cycle 1	Fundamental Movement Skills	Net/Wall Games	Gymnastics – Stretching, curling & arching	Invasion Games 2	Striking & Fielding Game Skills 2	Athletics
Stage 1	Cycle 3	Invasion Game Skills 2	Target Games 2	Gymnastics Wide, narrow & curled rolling & balancing	Invasion Game Skills 2	Striking & Fielding Games 1	Athletics 2
	Cycle 2	Invasion Game Skills 1	Fundamental Movement Skills 1	Dance – Jungle	Gymnastics – Bouncing, Jumping & Landing	Object Manipulation 1	Athletics 1



	Cycle 1	Locomotion 1	Fine Motor Skills	Stability 1	Target Games 1	Gymnastics – Parts high & Parts low	Dance – Seasons
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Appendix 1

Working Stage 2024-2025

Below lists the working stage of each class. MTPs should be followed according to this working stage of the group. MTPs above and below can be used to adapt teaching.

Class	Lesson		PE Pathway	Working Stage
	1	2		
Oak	PE	Bike Riding		Cycle 1
Ash	PE	Bike Riding		Stage 1 Cycle 1
Maple	PE	Bike Riding		Stage 1 Cycle 1
Chestnut	PE	Bike Riding		Stage 1 Cycle 1
Pine	PE	Bike Riding		Stage 2 Cycle 3
Elm	PE	Bike Riding		Stage 2 Cycle 3
Beech	Bike Riding	PE		Stage 2 Cycle 1
Birch	PE	Bike Riding		Stage 2 Cycle 3
Willow	Bike Riding	PE		Stage 3 Cycle 2
Sycamore	Community Walk	PE		See Note

Rational

Due to the way pupils are grouped into classes, based on their academic and social needs, this does not always align with their PE working levels. We have selected working stages that determine which cycle each class will follow during this academic year.



Note: Sycamore

Based on Pupil feedback, our lessons will focus on sports that meet Entry Level PE standards. Recognising the challenges many Sycamore students face in physical education, we've chosen sports that generate the most interest.

Our first lesson of the week will be a community walk, a popular activity that encourages lifelong fitness.

Term	Autmn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sycamore Sport	Basketball	Badminton	Health & Fitness	Tennis	Cricket	Golf
Working Level	Green Stage 3 Cycle 2	Green Stage 3 Cycle 2	Green Stage 3 Cycle 2	Blue Stage 3 Cycle 1	Green Stage 3 Cycle 2	Green Stage 4 Cycle 2



Appendix 2

Bike Riding Working Stages

Subject: PE		Bike Riding			Yellow, Green and Blue Pathway	
	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
	To put on a helmet and attempt to sit on a quad or trike in Sports Hall.	To put on a helmet and attempt to sit on a quad or trike in Sports Hall.	To put on a helmet and attempt to sit on a quad or trike in Sports Hall.	To put on a helmet and attempt to sit on a quad or trike in Sports Hall.	To put on a helmet and attempt to sit on a quad or trike in Sports Hall.	To put on a helmet and attempt to sit on a quad or trike in outside in the bike area.
	Staff to support the bike throughout.	Staff to move the bike forwards so that the student is now travelling.	Staff to move the bike forwards so that the student is now travelling whilst having their feet on the pedals.	Staff to move the bike forwards so that the student is now travelling whilst having their feet on the pedals and pressing down to create drive in the pedals.	Staff to support initially whilst the student gets onto the bike. Student to then push the pedals to create drive and ride around the sports hall independently.	Staff to support initially whilst the student gets onto the bike. Student to then push the pedals to create drive and ride around the sports hall independently.
	Stage 7	Stage 8	Stage 9	Stage 10	Stage 11	Stage 12
	To independently prepare for cycling. Understand which is the best to use.	To independently prepare for cycling. Understand which is the best to use.	To independently prepare for cycling. Understand which is the best to use.	To independently prepare for cycling. Understand which is the best to use.	To independently prepare for cycling. Understand which is the best to use.	To independently prepare for cycling. Understand



	<p>To ride independently on a balance bike or quad on school site. Showing good control and awareness of others around you.</p> <p>To be able to use the brakes appropriately and being aware of the dangers of front brake only braking.</p>	<p>To ride independently on a balance bike or quad out of school and show appropriate interaction when out in public.</p> <p>To be able to use the brakes appropriately and being aware of the dangers of front brake only braking.</p>	<p>To attempt to ride a bike with two wheels on school site. Staff to support. Showing good control and awareness of others around you.</p> <p>To be able to use the brakes appropriately and being aware of the dangers of front brake only braking.</p>	<p>To be able to ride a two wheeled bike independently on school site.</p> <p>To be able to use the brakes appropriately and being aware of the dangers of front brake only braking.</p>	<p>To be able to ride a two wheeled bike independently out of school and show appropriate interaction when out in public.</p> <p>To be able to use the brakes appropriately and being aware of the dangers of front brake only braking.</p>	<p>which is the best to use.</p> <p>To be able to make alterations to saddle height and check tyre pressure.</p> <p>To be able to ride a two wheeled bike independently out of school and show appropriate interaction when out in public.</p>
	Stage 13	Stage 14	Stage 15	Stage 16	Stage 17	Stage 18
	<p>To have a good understanding of how they gears work and be able to select the correct gear for the type of terrain/gradient or desired speed.</p>	<p>To be able to ascend hills in a safe and controlled manner. Knowing to move the centre of mass towards the front of the bike</p>	<p>To be able to descend hills in a safe and controlled manner. Knowing to transfer the centre of mass backwards and use controlled braking.</p>	<p>To be able to handle the bike over a variety of terrains.</p> <p>To show good levels of fitness and use the pacing strategy to complete the ride.</p>	<p>To understand how to navigate steep declines safely.</p> <p>To understand the safest way to navigate small kickers and rollers.</p>	<p>To be able to make all small trail-side bike repairs where needed. To have a good understanding of nutrition in relation to riding and energy stores.</p>
	Stage 19	Stage 20				
	<p>Bike riding lessons on the side roads around the school emphasise road safety and gear selection.</p>	<p>Bike riding lessons on the side roads around the school and further afield. There is an emphasise on road safety and</p>				



	<p>Students learn how to safely navigate different road conditions, including gradients and junctions. They also learn how to select the appropriate gear for the terrain and their desired speed.</p>	<p>gear selection. Students learn how to safely navigate different road conditions, including gradients and junctions. They also learn how to select the appropriate gear for the terrain and their desired speed.</p>
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Overview of Bike Riding Lessons in Poor Weather

When the weather is poor, bike riding lessons at Woodlands Academy will be held in the hall using Kickr Snap trainers. These trainers allow students to ride their bikes indoors, providing a realistic and challenging experience. Students will participate in spin classes and interactive bike riding lessons using Zwift.

Spin Classes

Spin classes focus on pedalling speed, gear selection, and balance. Students will learn how to push themselves to their limits and improve their cycling performance. Spin classes are also a great way to improve confidence on the bike and fitness.

Interactive Bike Riding Lessons Using Zwift

Zwift is a virtual cycling platform that allows users to ride their bikes in a variety of simulated environments. Woodlands Academy will use Zwift to provide students with interactive bike riding lessons. These lessons will focus on a variety of topics, such as hill climbing, cornering, and drafting. Staff will always supervise students and only staff will control the apps.

