



Wheeler Lane Primary School Curriculum Concepts and Knowledge Journey

Physical Health and Wellbeing Faculty: Physical Education

The building blocks of learning. Our concepts stem from our whole school curriculum intent and thread through our entire school curriculum.

Strand	Year 1		Year 2		Year 3		Year 4		Year 5		Year 6	
Focus	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
Key Question	How do I build skills related to movement?	How do I develop my understanding of playing with others?	How do I build problem solving skills through movement?	How do I learn to work in both cooperative and competitive challenges?	How do I link skills to form movement patterns?	How do I select and apply skills with control and accuracy?	How do I embed the skills I have learned to respond to a variety of tasks?	How do I play with trust and integrity and respect others?	How can I become more reflective?	How do I develop my self-motivation and self-discipline?	How do I evaluate and improve my performance?	How do I develop and learn how to apply, combine and refine movement and sports skills?
Activity 1	Gymnastics	Multi Skills	Gymnastics	Multi Skills	Gymnastics	Running and Jumping	Gymnastics	Invasion games	Gymnastics Concept 3 Powerful Stories	Invasion games	Gymnastics	Invasion games
Activity 2	Dance	Attacking and defending	Dance	Attacking and defending Concept 2 Communication	Dance	Ball skills	Dance Concept 3 Powerful Stories	Striking and fielding	Dance	Ball skills	Dance	Ball skills/ Swimming
Activity 3	Fitness (agility) Concept 6 Me - now and in the future	Athletics	Fitness (agility) Concept 6 Me - now and in the future	Athletics	Fitness (circuits) Concept 6 Me - now and in the future	Throwing and Catching Concept 2 Communication	Fitness (circuits) Concept 6 Me - now and in the future	Ball skills	Fitness Concept 6 Me - now and in the future	Competitive games Concept 5 Creativity and Enrichment	Fitness Concept 6 Me - now and in the future	Competitive games Concept 5 Creativity and Enrichment
Activity 4	Gymnastics	Throwing and Catching Concept 2 Communication	Gymnastics	Throwing and Catching	Gymnastics	Competitive games Concept 5 Creativity and Enrichment	Gymnastics	Competitive games Concept 5 Creativity and Enrichment	Gymnastics	Striking and fielding	Gymnastics Concept 5 Creativity and Enrichment	Striking and fielding
Activity 5	Dance	Running and Jumping	Dance	Running and Jumping	Dance	Multi skills	Dance	Orienteering Concept 2 Communication	Dance	Orienteering Concept 2 Communication	Dance	Orienteering Concept 2 Communication
Activity 6	Fitness (co-ordination) Concept 6 Me - now and in the future	Team games Concept 3 Powerful Stories	Fitness (co-ordination)	Team games Concept 3 Powerful Stories	Cool Core (strength)	Athletics Concept 3 Powerful Stories	Cool Core (pilates)	Athletics	Fitness	Athletics	Fitness Concept 6 Me - now and in the future	Athletics Concept 3 Powerful Stories
	Concept 1 Heritage (Birmingham)	Concept 2 Communication	Concept 3 Powerful Stories	Concept 4 Sustainability, Rights and Responsibilities	Concept 5 Creativity and Enrichment	Concept 6 Me - now and in the future						
	Find opportunities to discuss Birmingham	Highlight particular need during team sports. Particular	Great stories of both winners and losers. E.g. Derek Redmond,		Dance for creativity	Sporting and fitness aspirations for their life.						

