Physical Education – Curriculum Map

Harting C.E. Primary School Aspire Coaching Limited Nigel Gardner

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| **Wednesdays** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year R Rother****35 minutes** | Multi-SkillsFundamentals of Movement (FOM’s)* Perform multi- skill positions
* Start and stop
* Balance and travel
 | Multi-SkillsFitness, teamwork & relays* Working in small teams co- operatively
* Participate for longer periods of time
* Apply FOM’s and FMS’s skills to tasks in relays
 | Multi-SkillsSending and receiving a small ball* Individually send to a variety of ways
* Receive in a variety of ways
* Engage in group work to understand benefits of good accuracy
 | Multi-SkillsSending and receiving a large ball* Sending the ball to receive
* Sending the ball to a target with accuracy
* Send, receive and travel into space
 | Athletic ActivitiesSports day preparation* Starting and finishing a running race correctly
* Jumping forward with balance and control
* Send an object correctly to gain distance
 | Multi-SkillsStriking and receiving* Strike a tennis ball from own hand with the other hand
* Strike a large ball forward that is coming toward
* Receiving and retrieving a ball on the ground sending to a target
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| **Wednesdays** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 1 & 2 Warren****1 hour** | Multi-SkillsFundamentals of Movement (FOM’s)* Changing speed accelerating and decelerating with control
* Bend knees when moving down
* Feel and describe changes in body when

physically active | Multi-SkillsFitness, teamwork & relays* Lead and follow working in small teams co- operatively
* Consistently participate for longer periods of time
* Apply FOM’s and FMS’s skills to tasks in relays
 | Multi-SkillsSending and receiving a small ball* Send in a variety of ways to self and others
* Receive in a variety of ways form peers
* Send with accuracy and adapt power
 | Multi-SkillsSending and receiving a large ball* Sending the ball to receive and travel
* Sending the ball to a target with accuracy and travel
* Send, receive and travel into space developing possession
 | Athletic ActivitiesSports day preparation* Demonstrate a variety of speeds
* Jumping forward with balance and control standing still and with run up
* Send an object correctly to gain distance and review
 | Multi-SkillsStriking and receiving* Strike a tennis ball from own hand with the other hand towards a target
* Strike a large and small ball forward that is coming toward and travel
* Receiving and retrieving a ball struck on the ground and high sending to a target
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| **Wednesdays** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 2 & 3 Downlands 1 hour** | Multi-SkillsFundamentals of Movement (FOM’s)* Improving balance, co- ordination and agility
* Challenge individually and as part of a team
* Use and describe simple strategies
 | OAAFitness, teamwork & relays* Increase and improve longevity of physical activity
* Applying skills to solve problems
* Follow basic maps, following and giving instructions
 | Multi-SkillsSending and receiving a small ball* Send in a variety of ways to self and others
* Receive in a variety of ways form peers
* Send with accuracy and adapt power accordingly to position of target
 | Multi-SkillsSending and receiving a large ball* Sending the ball to receive and travel (dribbling)
* Sending the ball to a target with accuracy and travel
* Send, receive and travel into space, developing possession
 | Athletic ActivitiesSports day preparation* Demonstrate a variety of speeds
* Jumping forward with balance and control standing still and with run up
* Send an object correctly to gain distance and review
 | Strike and Field ActivitiesCricket and Rounders* Strike a static and moving ball with a bat
* Select sport specific sending skills to help in gameplay
* Strike and travel with purpose to stay in the game
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| **Wednesdays** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Years 3 & 4 Torberry****1 Hour** | Invasion Activities Football* Dribbling and turning under control
* Pass, receive and move
* Small-sided games and rule understanding
 | OAAFitness, orienteering, teamwork and problem solving* Sustain higher intensity physical activity for longer periods of time
* Solving problems with leadership
* Follow maps, give and take

instructions | Invasion Activities Netball* Use 3 types of pass effectively
* Make movements to receive the ball
* Keep possession when outnumbering an opponent
 | Net & Wall ActivitiesTennis* Develop different types of tennis stroke
* Accuracy of a return to develop a rally
* Scoring and officiate with fairness
 | Athletic ActivitiesSports day/Area sports preparation* Use a variety of speeds for different running lengths
* Performing different types of jump
* Sending different objects with correct technique to improve
 | Strike & Field ActivitiesCricket and Rounders* Striking a static and moving ball
* Use sport specific sending skills
* Strike and travel with purpose
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| **Wednesdays** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Years 5 & 6 Beacon****1 Hour** | Invasion Activities Football* Forward dribbling moves and turns with different speeds
* Pass, receive and move keeping possession
* Applying skills in small-sided games
 | OAAFitness, orienteering, teamwork and problem solving* Sustain higher intensity physical activity for longer periods of time
* Solving problems with leadership
* Follow maps,

give and take instructions | Invasion Activities Netball* Send, receive and shoot under pressure
* Use changes of speed to attack and deny space to defend
* Understanding positioning and review performances
 | Net & Wall ActivitiesTennis* Use different types of tennis stroke
* Accuracy of a return and in a rally
* Scoring and officiate with fairness
 | Athletic ActivitiesSports day/Area sports preparation* Use a variety of speeds for different running lengths
* Performing different types of jump
* Sending different objects with correct technique to improve
 | Strike & Field ActivitiesCricket and Rounders* Striking a ball with a bat with good timing and accuracy
* Use sport specific skills in game play
* Strike and travel with purpose using striking and fielding strategies
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