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-Skills  Fundamentals of Movement (FOM’s)   * Perform multi- skill positions * Start and stop * Balance and travel | Multi-Skills  Fitness, 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-Skills  Sending 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-Skills  Sending 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 Activities  Sports day preparation   * Starting and finishing a running race correctly * Jumping forward with balance and control * Send an object correctly to gain distance | Multi-Skills  Striking 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-Skills  Fundamentals 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-Skills  Fitness, 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-Skills  Sending 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-Skills  Sending 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 Activities  Sports 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-Skills  Striking 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-Skills  Fundamentals of Movement (FOM’s)   * Improving balance, co- ordination and agility * Challenge individually and as part of a team * Use and describe simple strategies | OAA  Fitness, teamwork & relays   * Increase and improve longevity of physical activity * Applying skills to solve problems * Follow basic maps, following and giving instructions | Multi-Skills  Sending 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-Skills  Sending 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 Activities  Sports 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 Activities  Cricket 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 | OAA  Fitness, 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 Activities  Tennis   * Develop different types of tennis stroke * Accuracy of a return to develop a rally * Scoring and officiate with fairness | Athletic Activities  Sports 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 Activities  Cricket 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 | OAA  Fitness, 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 Activities  Tennis   * Use different types of tennis stroke * Accuracy of a return and in a rally * Scoring and officiate with fairness | Athletic Activities  Sports 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 Activities  Cricket 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 |