

Curriculum Map for PE

	<i>Games</i>	<i>Gym</i>	<i>Dance</i>	<i>Swimming</i>	<i>Athletics</i>	<i>OAA</i>
Year 3	<p>Invasion:</p> <p>Tag Rugby: Passing and receiving, basic rules, drills/practices, introduction to tagging, small sided game (3v3) with adapted rules.</p> <p>Netball Skills: passing and receiving, basic footwork, drills/practices, introduction to shooting using hoops, simple marking, small sided grid games with adapted rules. Gridline ball tournament by end of unit.</p> <p>Basketball: Unit led by qualified national basketball coach to include dribbling, passing, shooting, attacking and defending skills. Introduce rules of a basic game of mini-basketball.</p> <p>Hockey: How to hold stick, important safety rules. Dribbling ball with open stick, pushing ball accurately and stopping it with control. Introduction to block tackle and use of reverse stick. Simple adapted small sided grid games.</p> <p>Net:</p> <p>Short Tennis: Introduction to basic racket and feeding skills, transition balls, forehand/backhand without net, simple grid games.</p>	<p>Flight and Rolling:</p> <p>Jumping showing height, shape and correct landing using floor and apparatus. Log roll, forward roll, introduction to backward roll. Correct way to get out apparatus. Simple one piece apparatus plus mats. Individual sequences on, off and around apparatus.</p>	<p>Shadows</p> <p>Cross curricular dance units linked to Science.</p> <p>Introduction to basic dynamics linked to topic before theme introduced to children. Vocabulary: canon, unison. Use of teacher narration, tamba but no music in Forces. Tops Dance music for Shadows.</p> <p>Children combine to integrate their own choreography into a simple group dance. Teacher organised groupings and considerable teacher input if necessary.</p>	<p>2 terms</p> <p>Differentiated swimming activities for range from non-swimmers to competent under direction of qualified swimming coaches using their scheme of work for progression.</p>	<p>Sportshall Athletics</p> <p>Introduction to Sportshall Athletics to include: speed bounce, five strides, agility run, stork stand, javelin, standing long jump, measuring and recording own performance, sometimes with assistance.</p> <p>Culminate in competitive intra school competition.</p> <p>Athletics:</p> <p>On-going cross country during autumn and spring term.</p> <p>50m sprint and skipping, 300m, shuttle relay, standing long jump, throwing rounders ball, measuring and recording own performance, sometimes with assistance.</p> <p>Culminate in competitive intra and inter school competition.</p> <p>Daily Run</p>	<p>Onsite:</p> <p>Human Alphabet, team problem solving, wristband trail, basic mapwork to find a location.</p> <p>Offsite:</p> <p>Chill Out sessions in Highfield Park throughout year.</p> <p>Introduction to Orienteering - Highfield Park</p>

	<p>Striking and Fielding:</p> <p>Cricket: Throwing catching, underarm aiming activities and introduction of overarm throw using tennis balls, how to hold bat, simple striking practices, Basic introduction to rules, mini cricket (4v4).</p> <p>Tournament organised, managed and umpired by Year 6 pupils.</p>						
Year 4	<p>Invasion</p> <p>Football: Passing, receiving, stopping and dribbling ball with some control, using 2 feet if possible. Dodging round a defender. Shooting stationary and moving ball. Small sided team games with adapted rules. Competitive tournament at end of unit.</p> <p>Netball: Use of different passes, confident pivoting, dodging and marking, shooting using horizontal hoops with increased accuracy, small grid games introducing further rules. Competitive Hoop ball tournament at end of unit.</p> <p>Hockey: How to hold stick, important safety rules. Dribbling ball with open stick, pushing ball accurately and stopping it with control. Introduction to block tackle and use of reverse stick. Simple adapted small sided grid games.</p> <p>Basketball</p> <p>Unit led by qualified national basketball coach to include dribbling, passing, shooting, attacking and defending skills. Introduce rules of a basic game of mini-basketball.</p>	<p>Travelling</p> <p>Improve performance and variety of flight and rolling moves. Introduction of basic weight on hands activities and cartwheel.</p> <p>More complex apparatus arrangements (2 main pieces plus mats). More emphasis on control, fluency and repeating individual sequences accurately.</p>	<p>Electricity</p> <p>Cross curricular dance units linked to Science. Individual work building into group dances for performance using music.</p> <p>Music from Rio 2 and Electricity from Billy Elliott,</p> <p>Children choose own groupings. More emphasis on being able to copy/appraise the movements of others.</p> <p>Introduction to more vocabulary of dance: choreography, form, phrase.</p>	1 term	<p>Differentiated swimming activities for range from non-swimmers to competent under direction of qualified swimming coaches using their scheme of work for progression.</p> <p>Those who cannot swim 25 metres will then continue to go swimming once a week.</p>	<p>Sportshall Athletics</p> <p>Practice and improve upon Year 3 activities, introduce triple jump, football throw, low hurdles, and vertical jump. Measure and record performance with increased independence. Improve upon performance and be aware of measurement of improvement and personal targets.</p> <p>Culminate in competitive intra school competition.</p> <p>Athletics</p> <p>On-going cross country during autumn and spring term.</p> <p>Increased emphasis on warm up. 70m sprint and skipping, 300m, shuttle relay, standing long jump, throwing rounders ball, vertical jump, measuring and recording own</p>	<p>Onsite:</p> <p>Team Problem solving: Kim's, blindfold and photo trails. Arrows and jigsaws. Progress to more challenging orienteering in school grounds.</p> <p>Offsite:</p> <p>Chill Out sessions in Highfield Park throughout year. One night residential including OAA.</p> <p>Orienteering - Highfield Park</p>

	<p>Net Tennis: Introduction of backhand, underarm serve and more emphasis on rallying and accuracy. Partner activities and drills using short tennis net towards the end of the unit. Simple rallying games in pairs.</p> <p>Striking and Fielding Rounders: Throwing tennis ball under and overarm with increased accuracy/ distance. Catching ball with more confidence. Striking ball using large headed bats. Mini rounders in groups of 4. Introduction to basic/restricted rules of full game and play, with support, by end of unit. Competitive tournament within 4's at end of unit.</p>				<p>performance, with assistance.</p> <p>Culminate in competitive intra and inter school competition.</p> <p>Daily Run</p>	
Year 5	<p>Invasion: Tag Rugby: Drills and paired/ group activities to further develop skills - passing, receiving, marking dodging, tagging. Introduction of offensive, defensive and team tactics with emphasis on maintenance of a line. Progress to 5/6 a-side competitive games using proper rules by end of unit. Netball: Greater emphasis on correct footwork/passing on the move and marking. Shoot a netball accurately using High 5 goals. Introduction to High 5 rules with zones and rotations. Competitive High 5 tournament by end of unit. Hockey: More emphasis on using the reverse stick to dribble, dodge, stop and control the ball. Introduction to the slap hit and jab tackle. Drills/practices</p>	<p>Round and Round</p> <p>Greater emphasis on control and fluency in performance. Rehearse and refine rolls, cartwheels etc. Longer and more prescriptive sequences of flowing, circular moves,</p>	<p>The Seasons</p> <p>Cross curricular link to science. One long unit as opposed to 2 small, as previous. More emphasis on interpretation of lyrics as well as music, building into a longer and more complex group dance for performance. Music from War of the Worlds, Forever Autumn.</p>	<p>Those who cannot swim 25 metres will then continue to go swimming once a week.</p>	<p>Sportshall Athletics</p> <p>Build on activities from previous years with addition of chest push, balance bar, lap relays and parlauf. Introduce use of reverseboard.</p> <p>Children measure/record performance and set their own targets.</p> <p>Culminate in competitive intra school competition.</p> <p>Athletics</p>	<p>Onsite;</p> <p>Team Problem solving: Crossing the Swamp, Netball Numbers, Cardinal Cones, Star Exercise.</p> <p>Offsite:</p> <p>Chill Out sessions in Highfield Park throughout year to include introduction of more complex orienteering at Highfield Park.</p>

	<p>concentrating on accuracy of pass and shooting / defending skills. 4 v 4 Quicksticks tournament with full rules by end of unit.</p> <p>Basketball Unit led by qualified national basketball coach to include dribbling, passing, shooting, using correct footwork, attacking and defending skills (man to man defence) and rules of the game.</p> <p>Net Games Tennis: Use of net for most activities. Greater emphasis on footwork, accuracy of shot, backhand and increasing length of rallies. Introduction of volley and rules of short tennis. Play competitive doubles games using short tennis rules by end of unit.</p> <p>Striking and Fielding Cricket: Increase accuracy and distance of throw, introduce overarm bowling and work on batting position and tactics. Use of proper Kwick cricket balls. Introduce rules of Kwick Cricket and team tactics. Competitive tournament by end of unit.</p>	<p>initially on floor and then on apparatus. Larger apparatus with more complex arrangements. More flexibility for children to arrange given pieces of apparatus to suit their performances</p>	<p>Introduction to the idea of motif and context and use of full range of dance vocabulary.</p>		<p>On-going cross country during autumn and spring term.</p> <p>More emphasis on increasing stamina and fitness. Children devise own warm up routines. Longer distances: 100m, 500m, long jump using correct technique into sandpit, circular relay using batons, introduction of changeover technique. Children record, improve on and set personal targets.</p> <p>Culminate in competitive intra and inter school competition.</p> <p>Daily Run</p>	<p>Three night residential including wide range of OAA opportunities.</p>
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<p>Year 6</p>	<p>Invasion Football: Emphasis on using both feet at all times, and experiencing different ways to dribble, control and pass the ball. Introduce heading, and goalkeeping skills. More work on shooting with increased accuracy and at pace and game rules and tactics including corners etc. Small sided games culminating in competitive 7v7 tournament.</p> <p>Netball: Greater emphasis on correct footwork/passing on the move and marking. Shoot a netball accurately using High 5 goals. Introduction to High 5 rules with zones and rotations. Competitive High 5 tournament by end of unit.</p> <p>Basketball Unit led by qualified national basketball coach to include dribbling, passing, shooting, using correct footwork/layup, attacking and defending skills (man to man defence) and rules of the game. By end of unit children will organise their own rotations and play a competitive tournament, 4 v 4 from a squad of 6.</p> <p>Hockey: Build on all prior learning and progress to introduce hit and reverse stick sweep. More complex drills to include dodging a defender and shooting and more awareness of team tactics, positioning and rules. Children umpire their own small sided games. Unit culminate in competitive Quicksticks tournament umpired by children.</p> <p>Net</p> <p>Tennis: Consolidate work on all prior learning with emphasis on managing weight of shot as well as accuracy, tactics when playing doubles, confidence with rules and when scoring. More time to play the game, pupil umpires.</p>	<p>Flow and Freeze</p> <p>Emphasis on more complex balances and weight on hands as well as revising and refining previous work on travelling. Individual group work on apparatus. Children design their own apparatus to suit the task.</p> <p>Conclude with partner (rhythmic gymnastics) floor work to music.</p>	<p>World War 2</p> <p>Children choreograph and perform a dance to their own music (fanfares). Initial stimulus Fanfare for the Common Man.</p> <p>Mexico</p> <p>Cross curricular link to History/ Geography. Individual and partner dances with 2 very different stimuli / dynamics requiring children to draw upon all previous dance experience. Mayan spiritual music, Mexican Hat Dance. Introduction to idea of traditional folk dance. Children choreograph their own traditional dance and then teach it to others.</p>	<p>Those who cannot swim 25 metres will then continue to go swimming once a week.</p>	<p>Sportshall Athletics</p> <p>Build on all previous activities. Introduce high hurdles. Children measure/record performance and set their own targets and also devise their own relays.</p> <p>Children measure/record performance and set their own targets. Introduce measuring to hundredths.</p> <p>Culminate in competitive intra and inter school competition.</p> <p>Athletics</p> <p>On-going cross country during autumn and spring term.</p> <p>Refine and perfect all previous learning, performance and technique.</p> <p>Children measure/record performance and set their own targets. Introduce measuring to hundredths.</p> <p>Culminate in competitive intra school competition.</p> <p>Daily Run</p>	<p>Onsite:</p> <p>Team Problem solving: Star Exercise, Score Event, Clock Relay, Line Exercises.</p> <p>Offsite:</p> <p>Chill Out sessions in Highfield Park throughout year. Competitive orienteering in teams using courses in park.</p> <p>Four night Wales residential with wide range of OAA opportunities.</p>
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Striking and Fielding

Rounders / Cricket: Final games unit.

Revise and practice all previous skills.

Confident with correct fielding

positions, rules and tactics for both games. Enjoy lots of game play, organise a competitive tournament for Year 3.

	<p>Striking and Fielding Rounders / Cricket: Final games unit. Revise and practice all previous skills. Confident with correct fielding positions, rules and tactics for both games. Enjoy lots of game play, organise a competitive tournament for Year 3.</p>					
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