



PE Curriculum Intent: Children will develop their physical fitness by being active for sustained periods of time. We hope to develop children's knowledge and confidence in a range of competitive sports, so they take part in competitions at both inter and intra school level. Through engaging in a broad range of physical activities we aim to encourage, promote and educate children so they leave us knowing how to lead healthy and active lives.

PE Curriculum Map 2019-2020

	Autumn	Spring	Summer
EYFS	Moving and handling - skills enabling children to show good control and coordination in large and small movements.	Moving and handling - skills enabling children to show good control and coordination in large and small movements.	Moving and handling - skills enabling children to show good control and coordination in large and small movements.
Year 1	<p>Autumn 1 : Rugby In this unit, children will develop the basic skills required in invasion games such as sending, receiving a large ball. They will develop their dribbling with both their hands and feet. They will demonstrate a good level of hand eye co-ordination and spatial awareness. They will understand basic movements in order to dodge their opponent. They will have the opportunity to play in groups and teams. They learn how to score points in these types of games and how to play to the rules.</p> <p>Autumn 2 : Gymnastics In this unit, children will develop their strength and flexibility when performing a range of basic gymnastics movements, confidently taking their weight on different parts of the body. Within this unit it is also important that they show resilience and safety when landing from apparatus. They will be introduced to different ways of travelling using changes in speed, level and direction whilst also developing control and balance when performing a range of jumps, rolling and turning on floor and apparatus. They will be able to copy a sequence and perform for the group to view with a partner working co-operatively and creatively.</p>	<p>Spring 1 : Athletics In this unit, children will have the opportunity to explore running styles with speed/stamina when running. They will develop their throwing techniques, including underarm. They will end this unit by exploring a range of jumping techniques jumping and begin to develop their control of jump and landing. They will show that they can respond to a simple challenge.</p> <p>Spring 2 : Football In this unit, children will develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They will continue to develop their dribbling with both their hands and feet. They will learn how to pass to a teammate using both their hands and feet and be able to move into space and show awareness of defenders. They will understand basic movements in order to dodge their opponent and lose a defender. They will practice marking skills by being able to stay with a player when defending and finish with taking a ball towards a goal. They will develop their understanding of attacking and defending. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and how to play to the rules.</p>	<p>Summer 1 : Bat and ball fundamentals In this unit, child will develop their fundamental ball skills such as throwing and catching. The children will be able to develop their hand eye co-ordination. The Children will also be introduced to the basic skills required in Net and Wall games. The children will learn the importance of the ready position. They will learn how to develop control when handling a bat and how to send a ball using a bat. They will learn how to play over a net, how to defend space and think about where about to place the ball 1 V 1. They will learn to play against an opponent and over a net rules.</p> <p>Summer 2 : Cricket based skills In this unit, children will be developing their basic understanding of striking and fielding games such as Cricket. They will learn skills used such as throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They will build knowledge of how to roll a ball towards a target and how to stop a rolling ball. They will develop accuracy in underarm and overarm throwing and consistency in catching. They will practice and understand the roles of the batter, bowler and fielder and begin to run around wickets to score points in these types of games and how to play to the rules.</p>



		<p>Spring 1: Dance In this unit, children will learn about safe practise and listen to instructions during the sessions. They will then demonstrate this knowledge each week. Children will learn how to respond imaginatively to a range of stimuli/accompaniment. They will begin to understand the concept of performing movements in time of music and start to remember short movement phrase working co-operatively with others communicating their own ideas and feelings to improve their own performances. By the end of the unit they will show a dance routine to the group.</p>	
<p>Year 2</p>	<p>Autumn 1 : Handball In this unit, children will be introduced to the different types of passing within handball such as the overhead and bounce passes and learn how to use it within a game of handball. They will learn how to shoot in handball and develop decision making of when to shoot or pass. They will learn the key basic rules of handball and demonstrate them effectively in game situations.</p> <p>Autumn 2 : Gymnastics In this unit, children will further develop and improve their strength, flexibility and control when performing a range of basic movements. They will learn how to travel with body weight partly support by hands and learn how to perform a range of jumps individually and as part of a sequence, demonstrating control and good balance. They will develop strength and control when performing balances using different body parts and performing different actions and shapes with good strength and body tension. They will finish by performing a sequence with control and with a clean starting and finish position.</p>	<p>Spring 1 : Athletics In this unit, children will further develop their running styles and running action, including choice of speed/stamina over distances. They will begin to improve their accuracy in throwing techniques by using a range of targets over increasing distances. They will end this unit by developing their jumping techniques by concentrating on body positioning on take-off and landing. They will respond to a challenge.</p> <p>Spring 2 : Basketball In this unit, children will learn to improve their basic ball handling and control skills when static and moving. They will learn to improve their chest, bounce and overhead pass technique. They will learn how to select the appropriate pass in competitive situations in order to keep possession of the ball. They will learn how to improve the ability to pass accurately and keep possession of the ball whilst also evaluating and suggesting ways to improve. They will learn how to create space to help keep possession of the ball by performing simple dodging movements successfully to receive and use signalling to communicate to team members. They will then apply</p>	<p>Summer 1 : Tennis based skills In this unit, children will master the basic fundamental ball and movement skills required in Net and Wall games. The children will understand the importance of the ready position and be able to defend space on a court using the skill. They will further develop control when handling a racket and how to send a ball using a bat. They will further develop how to play, how to defend space and think about where about to place the ball with increased accuracy and consistency. They will learn to play against an opponent 1 V 1 and over a net.</p> <p>Summer 2 : Cricket based skills In this unit, children will continue to build upon the fundamental movement skills linked to striking and fielding games such as Cricket. They will build on skills used such as throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They will build on their prior knowledge of how to roll a ball towards a target and how to stop a rolling ball effectively. They will have increased accuracy in underarm and overarm throwing and consistency in catching. They will understand the roles of the batter, bowler and fielder and begin to run around wickets to score points in these types of games and how to play to the rules.</p>



	<p>Autumn 2 : Dance Continue how to respond imaginatively learning how to explore and perform a range of body actions with control, co-ordination and fluency, to a range of stimuli/accompaniment. They will develop their memory in order to remember, repeat and link combinations and actions of movement into a dance routine. Then perform the routine to a group and learn to evaluate their performance.</p>	<p>the skills covered in a competitive competition.</p>	
<p>Year 3</p>	<p>Autumn 1 : Rugby In this unit, children will be introduced to the correct technique for passing in rugby and be able to practice and improve their ability to pass whilst also being able to describe the technique. They will learn how to select the correction direction to pass the rugby ball and develop an understanding of what to do after the ball has been passed. They will learn how to create space to help keep possession of the ball. To end the unit they will then participate in a Level 1 (Intra) sports competition.</p> <p>Autumn 2 :Gymnastics In this unit, children will develop and consolidate the use of and standing shapes. They will learn travelling movements when moving on floor or apparatus and develop a high quality movement when performing a range of jumping actions. They will link and move between different balances, showing control whilst refining the 4 part balances. They will learn how to perform rocking actions using a dish to arch roll and tucked dish whilst also developing and improving their forward roll technique. They will learn how to perform a range of sideways rolls with control and</p>	<p>Spring 1 : Athletics In this unit, children will improve their running ability for sustained periods of time and understand the importance of travelling at a suitable pace and the effects that running has on their heart rate. Children will develop their control and fluency when throwing over arm whilst developing their technique for a push throw. They will finish the unit by developing their jumping technique by looking at height and distance and begin to identify the differences between different take offs.</p> <p>Spring 2 : Football In this unit, children will learn how to use dribble skills with good control to score points with a game like situation. They will learn how to change speed and direction when dribbling and how to evaluate their own dribbling skills. They will learn how to pass the ball accurately when practising and make good decisions when choosing when, where and how to pass within a game. They will thin k about how moving into space to receive a pass is important and learn how getting into space can help a team to keep possession of the ball. They will learn vernal and non-</p>	<p>Summer 1 : Tennis In this unit, children will learn and develop the key skills required for tennis. They will be able to use the ready position and develop ball control and movements skills. They will develop an understanding of returning the ball using a forehand groundstroke and start to be able to rally using their forehand. They will learn the basics of the two hands backhanded whilst also learning how to score points and how to use skills, simple strategies and tactics to outwit the opposition.</p> <p>Summer 2 : Cricket In this unit, children will learn how to develop their overarm throw by throwing a ball at a target during game situations. They will develop their range of throwing whilst learning ways of striking a ball using the correct technique and safely travelling with the bat. They will discover how to bowl using the correct technique. They will learn how to choose simple tactics when playing a game and start to identify parts of their own performance that can be improved. The children will then finish by applying all the skills learnt in a game situation</p>



	<p>body tension.</p>	<p>verbal communication to ask for the ball and understand the role of an attacker and defender. To end the unit they will then participate in a Level 1 (Intra) sports competition.</p> <p>Spring 1: Dance In this unit, child will develop their own movements, improvising freely and be able to perform a range of movements with control and fluency. They will learn how to remember repeat and perform simple movement phrases and routines which show dynamic and expressive qualities. They will learn how to work with a partner or small group to communicate ideas and adapt routine and sequences so they match the different apparatus used.</p> <p>Spring 2: Swimming</p>	
<p>Year 4</p>	<p>Autumn 1 : Handball In this unit, children will execute the different types of passing within handball such as the overhead and bounce pass and perform the passes accurately and effectively. They will shoot in handball with increased accuracy and make the correct decision when to shoot or pass. They will learn how to move effectively with / without the ball with regards to dribbling. They will know the key basic rules of handball and demonstrate them effectively in game situations.</p> <p>Autumn 2 : Gymnastics In this unit, the children will learn how to use a combination of support shapes in a sequence whilst learning how to change between different way of travelling to make a sequence more exciting. They</p>	<p>Spring 1 : Athletics In this unit, children will select the appropriate pace for them when running varied distances and look to further develop their technique for sprinting whilst starting to identify ways in which they can improve performance. Pupils will begin start to look at baton hand overs. Children will develop their control and ability to throw one handed whilst being able to understand and explain the technique of the javelin throw. They will also be able to know, explain and perform the correct technique for a push throw and measure and record their performance. They will conclude the unit by looking at height and distance for jumping however demonstrates a better technique with a range of motion and know how flexibility can be improved.</p> <p>Spring 2 : Basketball In this unit, children will learn to improve their basic ball handling and control skills when static and moving. They will learn how to improve their chest, bounce and overhead pass technique. They will learn</p>	<p>Summer 1 : Badminton In this unit, children will develop and learn skills in Badminton they will learn the backhand "thumb" grip and forehand "v" grip, the importance of reach, they will further develop their ready position and practice feeding with a shuttle. They will learn about "volleying" a game over net, there will be times to hit hard and soft, change direction, jump, fast movements etc. They will understand to Hit with elbow away from the body and move the racket actively towards the shuttle. They will gain confidence in hitting the shuttle using a forehand shot and be able to return the shuttle. They will aim at targets on the wall. Work in pairs and practice hitting targets using change of grips hitting a shuttle thrown by partner (with or without net)</p> <p>Summer 2 : Rounders In this unit children will continue to develop catching a ball using the correct technique body in line with ball, hands cupped together, close hands over ball. They will continue to develop their throwing technique</p>



	<p>will further develop their jumping by learning how to show control and precision in the take-off and landing. They will explore and develop 3 point balances and how to effectively use them with or as part of a sequence. They will continue to develop their rolling technique by showing good control and body tension and developing this further by learning how to perform a backwards roll safely</p>	<p>how to select the appropriate pass in competitive situations in order to keep possession of the ball. They will learn how to improve the ability to pass accurately and keep possession of the ball whilst also evaluating and suggesting ways to improve. They will learn how to create space to help keep possession of the ball by performing simple dodging movements successfully to receive and use signalling to communicate to team members. They will then apply the skills covered in a competitive competition.</p> <p>Spring 1: Swimming</p> <p>Spring 2: Dance In this unit, the children will be provided with a wide range of stimuli. They will learn key movements and short routines from a specific time or place and then be given time to refine their routines so they can show their own creativity to improve the quality of movements, timings and dynamics. Pupils will be given the opportunities to perform their routines to others, providing success criteria for children to use to analyse and evaluate each other's performance.</p>	<p>and throw under arm and over arm. They will develop the correct batting technique (Body sideways on, hold bat with 1 hand, hold just below shoulder height, swing bat across body) Children will work in pairs to take it in turns to bowl the ball (underarm throw) to their partner who will practice batting. We will introduce the idea of batting and running learning the rules about holding the bat and making contact with the base. Children will learn the rules of rounders and play a game between each other.</p>
<p>Year 5</p>	<p>Autumn 1 : Rugby In this unit, children will learn how to improve their 'running with the ball' technique by showing improved balance and control, especially when moving quickly and changing direction. The children will develop and describe when to run and when to pass to a team mate to avoid losing possession or to create scoring opportunities. They will learn how to describe the attacking line, and why it is effective as well as learn all about how to develop width when attacking and understand why this can be effective during attacks and why creating space is so important. They will learn and further develop their own understanding of the rules and apply these with game and competition situations.</p>	<p>Spring 1 : Athletics In this unit, children will use control and consistency when sprinting whilst knowing what pace suits them best for distance running and how to be able to apply this to a competitive situation. Children will become more confident in using the correct technique for change over. They will know and explain the correct technique for both the shot put and javelin and identify ways in which they can improve their own and others performance. The children will perform a basic triple jump and long jump whilst being able to describe the different phases of the jump.</p>	<p>Summer 1 : Tennis In this unit, children will further develop their forehand and backhand groundstroke when returning a ball and choose the correct shot with some consistency and accuracy. They will learn the underarm serve and understand the rules of serving whilst developing their volley shot and understand when to use it within a game situation. The pupils will work collaboratively with a partner to compete against others.</p> <p>Summer 2 : Cricket</p>



Year 6	<p>Autumn 2 : Gymnastics In this unit, children will learn how to select and use a range of sitting, standing, support and lying shapes in a sequence whilst looks at how to use rotations to increase the difficulty of a straight jump. They will learn how to use large body parts such as the head to perform a well-controlled balance whilst learning how to take weight on hands by performing a cartwheel safely and with control. They will also learn how to change the starting and finishing positions when performing both the forwards and/or backwards roll.</p> <p>Autumn 2: Swimming</p>	<p>Spring 2 : Football In this unit, children will learn how to avoid a defender both with and without possession and understand how to make good decisions when choosing to pass or dribble and use space and changes in speed and direction when moving towards the opponents' goal or area. They will learn how to move into space to make it easier to score when attacking and to defend these areas when defending. They will understand the concepts behind different formations as an attacking team and give team roles and responsibilities to take within game situations. They will develop an understanding of why practise is important in improving accuracy and consistency of skills and identify areas within a game that they can improve.</p> <p>Spring 2: Dance</p>	<p>In this unit, the children will learn how to bowl a ball with increasing accuracy towards a target and recognise their own and others strengths and areas for development. They will develop their batting skills by being able to hit the ball accurately into space and apply basic principles of batting and fielding. They will develop their fielding skills of retrieving, stopping and throwing a ball. The children will then finish by applying all the skills learnt in a game situation and plan to outwit the opposition when fielding and batting.</p> <p>Summer 2 : Outdoor adventure In this unit, children will develop their teamwork skills through completion of a number of challenges. Pupils will work individually, in pairs and groups to solve problems. They are encouraged to share ideas to create strategies and plans to produce the best solution to a challenge. Pupils are also given the opportunity to lead a small group. Pupils will progress their understanding on to orientate and navigate using a map and be able to identify objects and locations.</p>
	<p>Autumn 1 : Handball In this unit, children will execute the different types of passing within handball such as the overhead and bounce pass and perform the passes accurately and effectively. They will shoot in handball from different positions with increased accuracy and power. They will effectively move with / without the ball with regards to dribbling and they will select the correct decision when to shoot or pass. They will work well in groups and a team and use key phrases (Communication) They will know the key basic rules of handball and demonstrate them effectively in game</p>	<p>Spring 1 : Athletics In this unit, children will demonstrate the difference between short and long distance running styles. describe and apply the three point start with consistency and control whilst increasing their understanding of what a running pace is and learn to take part in competitions with precision, speed, power and stamina. how to work effectively to complete a full relay in a competitive situation. They will know, understand and use the correct technique with more speed and power to increase distance. They will know how to use the correct technique</p>	<p>Summer 1 : Badminton In this unit he children will further develop the skills they started in Year 4. They will begin to demonstrate a lunge and a split step with good range and the front foot pointing to the impact point of the shuttle. They will consistently strike net shots using a pushing action and appropriate grip. They will work in pairs a 'net rally' trying gradually increasing the area small to large.</p>



	<p>situations.</p> <p>Autumn 2 : Gymnastics In this unit, children will learn how to adapt, link and use a wide range of shapes in a sequence whilst developing and performing a range of jumps, including rotations, as part of a sequence showing clarity, fluency and accuracy in movements . They will develop their ability to use large body parts to perform a well-controlled balance such as the V sit. They will develop and learn how to be able to take their weight on their hands safely and with confidence and perform a well-coordinated and controlled circle roll which can be used as part of a sequence. Will show resilience & safety when landing from apparatus.</p> <p>Autumn 1: Swimming</p> <p>Autumn 2 : Dance In this unit, children will communicate ideas and feelings to improve performance. They will be able to select key actions from a routine and know how to improve their quality in term of time, expression and speed of movement. They will learn how to evaluate how expression and emotion are used in their own and other's routine to help portray the meaning of the dance responding imaginatively to a range of stimuli/accompaniment.</p>	<p>showing consistency, control and fluency for a range of throwing skills.</p> <p>Spring 2 : Basketball In this unit, children will learn how to perform the basic dribbling technique whilst showing increasing control when dribbling at a faster pace and changing direction. They will also identify when and why others lose control of the ball when dribbling. They will learn how to shield the ball in small sided games. They will learn how to effectively choose when to dribble or pass at the correct time in order to avoid losing possession. They will learn all about how to improve their own ability when defending a player with the ball and how to mark a player without the ball. They will develop their understanding and become more confident with the shooting technique. They will be introduced to the basic positions and rules.</p>	<p>Summer 2 : Rounders In this unit children will continue to develop catching a ball using the correct technique body in line with ball, hands cupped together, close hands over ball. They will continue to develop their throwing technique and throw under arm and over arm. They will develop the correct batting technique (Body sideways on, hold bat with 1 hand, hold just below shoulder height, swing bat across body) Children will work in pairs to take it in turns to bowl the ball (underarm throw) to their partner who will practice batting. We will introduce the idea of batting and running learning the rules about holding the bat and making contact with the base. Children will learn the rules of rounders and play a game between each other.</p> <p>Summer 2 : Outdoor Adventurous Activities In this unit, children will demonstrate their teamwork skills through completion of a number of challenges within the team. Pupils will work individually, in pairs and groups to solve problems. They will share ideas to create in depth strategies and plans to produce the best solution to a challenge and justify why they haven't chosen a different strategy with understanding. Pupils will lead a small group showing good communication skills. Pupils will demonstrate their understanding to orientate and navigate using a map and be able to identify objects and locations around various points on a map. They will design an outdoor trail for their group.</p>
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Children will access Dance lunchtime sessions, Spring 2 = KS1, Summer 1 = LKS2 and Summer 2 = UKS2

Active playtimes/lunchtimes access for all year groups through gym equipment and the daily mile.