



PE CURRICULUM MAP

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Subject content

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Competitive activities will be delivered through participation in the School Sports Partnership cluster competitions and through school based events such as Sports Day and speed stacking competitions.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Reception

Gymnastics

- Reception children will be taught the fundamental key skills in the spring term. This will be delivered by staff and coaches from Progress In Sport
- individually they will master basic movements of running and jumping as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Games

- develop throwing and catching skills
- participate in team games for example simple relay games placing balls in a bucket

Dance

- perform dances using simple movement patterns- individually the children will perform a sequences of actions

Year 1

Gymnastics

Preparing Children for a Bright Future in a Changing World.

- working with a partner they will master basic movements including running and jumping as well as developing balance [balance on hands, feet, seat create different shapes when balancing], agility and co-ordination, and begin to apply these in a range of activities
- copy short sequences of movement
- copy stretching movements
- perform simple rolls pencil teddy bear rolls
- work on the fundamental key skills will be revisited in the autumn term

Games

- develop throwing and catching skills [over arm, underarm and bounce pass]
- participate in team games, developing simple tactics for attacking- this will involve passing objects to a partner who then scores [pass ball with hands and feet, hit a ball with a bat or racquet]

Dance

- perform dances using simple movement patterns beginning to create a flow in a short sequence of linked movements [travel, changing direction, turn, jump, gesture, balance/stillness, change size and shape]
- copy movements

Athletics

- sprint 60metres
- run 100metres
- throw using over and under arm objects in a straight line
- jump side to side, with feet together and fro one foot to another

Year 2

Gymnastics

- working with a small group master basic movements including running and jumping as well as developing balance [balance on hands, feet, seat create different shapes when balancing], agility and co-ordination, and begin to apply these in a range of activities
- copy short sequences of movement
- copy stretching movements
- perform simple rolls pencil, teddy bear, forward rolls
- Work on the fundamental key skills will be revisited in the autumn term

Games

- refine throwing and catching skills [over arm, underarm and bounce pass]
- stand in a space to make the game more difficult for an opponent
- move to a space to catch a ball
- participate in team games, developing simple tactics for attacking and defending

Dance

- perform dances using simple movement patterns. Creating a sequences which shows fluidity of movement