

PE Curriculum Map 2018

|               | Autumn 1   | Autumn 2   | Spring 1  | Spring 2  | Summer 1  | Summer 2  | Visitors/ Specialists and Teachers' Expertise            |
|---------------|--|--|---|---|---|---|--|
| <b>Year 3</b> | <p><b>Gymnastics</b><br/>Balance, Travelling, Sequences<br/>Floor work</p> <p><b>Multi Skills</b><br/>Controlled movement<br/>Balance, Jumping and Landing<br/>Sending and receiving<br/>Throwing and catching</p> | <p><b>Gymnastics</b><br/>Balance, Travelling, Sequences<br/>Floor work</p> <p><b>Swimming</b></p>  | <p><b>Invasion Games: Hockey</b><br/>Fundamental skills<br/>Dribbling/passing<br/>Shooting/ Control</p> <p><b>Gymnastics</b><br/>Balance<br/>Travelling<br/>Sequences<br/>Apparatus</p>             | <p><b>Invasion Games: Basketball</b><br/>Fundamental skills<br/>Dribbling/passing<br/>Shooting/ Control</p> <p>Understanding of rules</p>             | <p><b>Striking and fielding: Cricket</b><br/>Recap throwing and catching<br/>Batting<br/>Grip<br/>Hitting a ball/timing</p> <p><b>Tri Golf</b><br/>Putting and chipping</p>         | <p><b>Net Games: Short Tennis</b><br/>Grip<br/>Racket control<br/>Introduction to shots<br/>forehand and back hand</p> <p><b>Athletics</b><br/>Running<br/>Jumping<br/>throwing</p>               | <p><b>Tri –golf<br/>Cricket (AMc)</b></p>                |
| <b>Year 4</b> | <p><b>Swimming</b></p> <p><b>Multi skills</b><br/>Coordination<br/>SAQ<br/>Throwing and catching</p>   | <p><b>Gymnastics</b><br/>Rolls<br/>Jumps<br/>Landing<br/>Recap balance</p> <p><b>Teamwork: Netball</b><br/>Roles within a team<br/>Sharing workload<br/>Effective communication<br/>Building resilience</p>                  | <p><b>Invasion games: Football</b><br/>Recap fundamental skills<br/>Dribbling/passing<br/>Understanding att and def<br/>Choose one sport to focus on</p> <p><b>Orienteering</b><br/>Map reading</p> | <p><b>Tri Golf</b></p> <p><b>Athletics</b><br/>Running<br/>Jumping<br/>throwing</p>   | <p><b>Striking and fielding: Rounders</b><br/>Recap throwing and catching<br/>Fielding<br/>Body position<br/>Anticipation<br/>Spatial awareness<br/>Batting</p> <p><b>Dance</b></p> | <p><b>Net games: Tennis</b><br/>Grip<br/>Racket control<br/>Spatial awareness<br/>Ball tracking<br/>Body position<br/>serving</p>   | <p><b>Tri –golf<br/>Dance (SC)<br/>Cricket (AMc)</b></p> |
| <b>Year 5</b> | <p><b>Cricket (AMc)</b></p> <p><b>Multi skills</b><br/>Recap balance<br/>Throwing and catching<br/>SAQ<br/>Sending and receiving</p> <p><b>Hockey</b></p>  | <p><b>Gymnastics</b><br/>Apparatus<br/>Vaulting<br/>Recap rolls and jumps</p> <p><b>Invasion games: Rugby</b><br/>Introduce transition<br/>Recap basic skills<br/>Understanding att and def<br/>Spatial awareness</p>        | <p><b>Tri golf</b></p> <p><b>Team work/ Teacher Specialism</b><br/>Effective communication<br/>Leadership<br/>Building resilience</p>   | <p><b>Swimming</b></p> <p><b>Invasion games: Basketball</b><br/>Recap transition<br/>Introduce tactical knowledge<br/>Movement to help team mates</p> | <p><b>Net games: Tennis</b><br/>Spatial awareness<br/>Ball tracking<br/>Shot choice<br/>Body position<br/>serving</p> <p><b>Dance</b></p>   | <p><b>Athletics</b><br/>Running<br/>50m, 70m, 400m<br/>Throwing<br/>Jumping</p> <p><b>Orienteering</b></p>  | <p><b>Tri-golf<br/>Yoga (KW)<br/>Cricket (AMc)</b></p>   |
| <b>Year 6</b> | <p><b>Outdoor challenges</b><br/>Team work and problem solving outdoors (cards available)</p> <p><b>Circuit training</b><br/>Link skills to perform higher level movements<br/>Self-evaluation/improvement</p>     | <p><b>Gymnastics</b><br/>Sequences – floor work<br/>Design, plan, evaluate<br/>Self- improvement</p> <p><b>Invasion Game: Football</b><br/>Tactical awareness<br/>transitions<br/>self-evaluation<br/>linking techniques</p> | <p><b>Swimming</b></p> <p><b>Dance</b></p>  | <p><b>Tri Golf</b></p> <p><b>Orienteering</b><br/>Map reading skills<br/>School course<br/>Map rotation<br/>Route planning</p>                        | <p><b>Athletics</b><br/>Running<br/>50m, 70m, 400m<br/>Throwing<br/>Jumping</p> <p><b>Invasion Games: Netball</b><br/>Tactical awareness<br/>transitions<br/>self-evaluation</p>    | <p><b>Net games:Tennis</b><br/>Shot variety<br/>Serving<br/>Volleying<br/>Anticipation<br/>Ball tracking</p> <p><b>Cricket/Rounders</b><br/>Batting<br/>Shot selection/placement<br/>fielding</p> | <p><b>Tri –golf<br/>Cricket (AMc)</b></p>                |

