

Primary Physical Education Curriculum Map

Within the PE curriculum at Churchfields Primary School at Key Stage one pupils will be developing the following skills and capabilities.

- Fundamental movement skills.
- Develop their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others).
- Co-operative physical activities, in a range of increasingly challenging situations.

Pupils knowledge and ability to perform the above will be assessed through the assessment of the following:

- Master basic movements including running, jumping, throwing and catching
- Their ability to be agile, balance, flex and co ordinate their bodies through a range of activities including Gymnastics and games.
- Participate in small team games, developing sport specific skills such as throwing, catching, moving in to space.
- Pupils begin to think about outwitting an opponent and develop simple tactics to attack and defend.
- Experience competitive situations both against themselves and others.

		Guided Winter Term		Guided Spring Term		Guided Summer Term							
Stage 1:	Rec	<p>Learning PE basics: lining up, following instructions, safety. The length on how long this will last is teacher dependant. Gymnastics: Pupils to follow Getset4PE</p>		<p>Fundamental Skills: Unit 1 Balancing, develop running and stopping, changing direction, jumping, hopping and landing with control. Explore different ways to travel.</p>		<p>Dance Explore different body parts and how they move. Remember and repeat actions. Exploring directions and levels. Perform simple dance patterns. Copy and repeat actions. Move with control and co-ordination.</p>		<p>Fundamental Skills: unit 2 To develop: Balancing, running, stopping, changing direction, jumping, hopping. Explore different ways to travel using equipment.</p>		<p>Games unit 1 To work safely and develop: Running, stopping and throwing. Learn how to keep score. Play games showing an understanding of the different roles. Follow instructions and move safely. To work co-operatively and learn to take turns. Work as a team.</p>		<p>Games unit 2 To aim when throwing and practise keeping a score. To follow instructions and move safely. To play against a partner. Develop co-ordination and play by the rules. To explore striking a ball and keeping score. To work co-operatively as a team.</p>	
	Year 1	<p>Gymnastics Explore travelling movements. To develop: Quality when performing and linking shapes. Stability and control when performing balances. To develop technique and control when performing shape jumps. To develop technique in the barrel,</p>		<p>Fundamentals To Explore: balance, stability and landing safely. How the body moves differently when running at different speeds changing direction and dodging. Jumping, hopping skipping actions.</p>		<p>Dance To use counts of 8 to move in time. Explore pathways in my dance. Create my own dance using, actions, pathways and counts. Explore speeds and</p>		<p>Sending and receiving Develop rolling and throwing a ball towards a target. Develop receiving a rolling ball and tracking skills. Send and receive a ball with your</p>		<p>Athletics Move at different speeds over varying distances. Develop balance, agility and co-ordination. Explore hopping, jumping and leaping for distance. Develop throwing for distance and accuracy.</p>		<p>Target games Develop: Underarm throwing towards a target, throwing for accuracy, underarm and overarm throwing for accuracy, throwing for accuracy and distance using underarm and overarm. To select the</p>	

		straight and forward roll. To link gymnastics actions to create a sequence.	Co-ordination and combination jump. Combination jumping and skipping in an individual rope.	actions. Copy, remember and repeat actions.	feet. Develop throwing and catching skills over a short and long distance. Apply sending and receiving skills to small games.		correct technique for the situation. To develop throwing for accuracy and distance.
	Year 2	<p>Gymnastics To perform gymnastic shapes and link them together. Use shapes to create balances. Link travelling actions and balances using apparatus. Demonstrate different shapes, take-off and landing when performing jumps. Develop rolling and sequence building. Create a sequence using apparatus.</p>	<p>Fundamentals Explore how the body moves when running at different speeds. To develop: changing direction and dodging, balance, stability and landing safely. To explore and develop jumping, hopping and skipping actions. Develop co-ordination and combining jumps. Develop combination jumping and skipping in an individual rope.</p>	<p>Dance To remember, repeat and link actions to tell a story. Develop an understanding of dynamics and how they can show an idea. Use counts of 8 to help stay in time with the music. To copy, remember and repeat actions using facial expressions to show different characters. Explores pathways and levels.</p>	<p>Net and wall To use the ready position to defend space on court. To develop returning a ball with hands. To play against a partner. To develop racket skills and use them to return a ball. Develop returning a ball using a racket. To play against an opponent using a racket.</p>	<p>Athletics To develop: The sprinting action, jumping for distance, technique when jumping for height, throwing for distance, throwing for accuracy. To select and apply knowledge and technique in an athletics carousel.</p>	<p>Invasion To understand: What being in possession means and support a teammate to do this, that scoring a goal is an attacking skill and to explore ways to do this, that stopping a goal is a defending skill and explore ways to do this. To explore how to gain possession. To mark an opponent and understand that this is a defending skill. To learn to apply simple tactics for attacking and defending.</p>

