Primary Physical Education Curriculum Map

In Key Stage 2 pupils will be expected to continue to grow and improve their fundamental movements but within a more competitive and game like situation. Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils will become more aware of their health and well being and develop their fitness. They will know how to warm up and cool down and become aware of the short-term effects of exercise on their body. Fitness will be a key element of each PE lesson through high levels of activity. Pupils will become more aware of the positive impact that being active can have on both their mental and physical health.

Pupils will be assessed on the following:

- Use running, jumping, throwing and catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance through athletics and gymnastics.
- Pupils will use their prior knowledge and skills to perform in a variety of invasion games, striking and fielding and net wall games.
- Develop their own knowledge of tactics and implement them within a competitive situation.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

		Guided Winter Term		Guided Spring Term		Guided Summer Term	
Stage 2: Know/ Understand	Year 3	**Fundamentals** Demonstrate good technique when running at different speeds. Develop agility using a change of speed and direction. To apply fundamental skills to a variety of challenges.	**Fitness and Exercise** Develop strength, sped, co-ordination, agility, balance, stamina and endurance to move more effectively and maintain a healthy lifestyle. Children will learn and improve their cardiovascular endurance. Develop muscular strength. Improve flexibility and mobility. Be able to understand and recognise the importance of warm-ups and cooling down.	**Gymnastics** Create interesting point/patch balances Shape jumps with control. Barrel and forward roll. Create a sequence with a partner.	**Sending and receiving** Develop sending and receiving skills. Understanding correct techniques using multiple objects. Develop throwing and catching skills over a short and long distance. Apply sending and receiving skills to small games.	**Athletics** Develop sprinting technique and improve personal best. Develop change over technique in relays. Develop jumping, throwing for distance and accuracy. Develop officiating and performing skills.	**Invasion** Develop various key skills required within Invasion Games such as Dribbling, passing and movement skills. Develop movement skills to understand how to lose a defender. Recognising spaces and when to invade. Developing various shooting techniques.

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	Year 4	**Net and Wall** Pupils to develop understanding of the principles of Net and Wall games. Pupils challenged to think about how they use skills, strategies and tactics to outwit the opposition.	**Fitness and Exercise** Develop strength, sped, co-ordination, agility, balance, stamina and endurance to move more effectively and maintain a healthy lifestyle. Children will learn and improve their cardiovascular endurance. Develop muscular strength. Improve flexibility and mobility. Be able to understand and recognise the importance of warm-ups and cooling down.	**Gymnastics** Perform symmetrical and asymmetrical balances. Different methods of travelling. Create a sequence which uses matching and mirroring.	**Invasion** Develop various key skills required within Invasion Games such as Dribbling, passing and movement skills. Develop movement skills to understand how to lose a defender. Recognising spaces and when to invade. Developing various shooting techniques.	**Athletics:** Develop speed and pace in relation to distance. Develop power and speed. Develop power and technique when throwing.	**Striking & Fielding** Develop overarm, underarm throwing and catching and apply these to a striking and fielding game. Develop Striking techniques and apply them to a game situation.
Stage 3: Apply	Year 5	**Net and Wall** Pupils to develop understanding of the principles of Net and Wall games. Pupils challenged to think about how they use skills, strategies and tactics to outwit the opposition.	**Team Building** Children will develop their teamwork skills to achieve a shared goal. Children will take part in physical activities that develop communication, cooperation, trusting others and problem-solving skills.	**Gymnastics** Perform symmetrical and asymmetrical balances. Different methods of travelling. Create a sequence which uses matching and mirroring.	**Invasion** Develop various key skills required within Invasion Games such as Dribbling with control, passing and movement skills. Develop movement skills to understand how to lose a defender. Recognising spaces and when to invade and create spaces to support team. Developing various shooting techniques. Develop defending skills of how and why? Understand games rules of various invasion games.	**Athletics** Apply different speeds over varying distances. Develop fluency and co-ordination when running for speed. Build momentum and power in triple jump.	**Striking & Fielding** Develop throwing and catching under pressure and play these. Develop bowling under pressure and with increasing consistency. Understand and apply tactics in a game.
	Year 6	**Net and Wall** Pupils to develop understanding of the principles of Net and Wall games. Pupils	**Team Building** Children will develop their teamwork skills to achieve a shared goal. Children will take part in physical	**Gymnastics** Develop, forward, backward and straddle roll.	**Invasion** Develop an understanding of passing and moving to maintain possession.	**Athletics** Identify suitable pace for an event. Develop power, control and	**Striking & Fielding** Develop bowling under pressure whilst abiding the rules of the game.

		challenged to think about how they use skills, strategies and tactics to outwit the opposition.	activities that develop communication, cooperation, trusting others and problem-solving skills.	Counterbalance and counter tension. Use flight from hands to travel over apparatus. Create a group sequence using apparatus	Recognise and use spaces to support the team. Change speed and direction to beat a defender. Use defending skills to stop opposition. Apply skills, principles and tactics to a game situation.	technique when throwing for distance.	Bowl with increasing consistency. Make decisions about where and when to strike the ball. Develop fielding techniques. Understanding distances in striking and fielding positions.