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 Autumn Term		Guided Spring Term		Guided Summer Term	
	Rec	Learning PE basics: lining up, following instructions, safety. Development of Core Fundamental skills, Agility, Balance and Coordination. The length on how long this will last is teacher dependant. **Gymnastics linked.**	**Fundamental Skills: Unit 1** Balancing, develop running and stopping, changing direction, jumping, hopping and landing with control. Explore different ways to travel.	**Continued development of Fundamental Skills** Further developing skills from Autumn term. **Extension work Ball Skills.** To develop different ball skills using different body parts. Understanding sending, catching, tracking and dribbling skills.	**Fundamental Skills: unit 2** To develop: Balancing, running, stopping, changing direction, jumping, hopping. Explore different ways to travel using equipment. **LINK to Gymnastic skills such as; holding shapes and moving along small apparatus equipment to develop resilience and focus.**	**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.	**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.

Stage 1:	Year 1	**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. Co-ordination and combination jump. Combination jumping and skipping in an individual rope.	**Team Games** Physical activities where children will work together in small groups or teams to achieve a shared goal. Such as; scoring points, reaching a target or winning a game. Children will learn to; Work cooperatively. Follow game rules and instructions. Continue to develop fundamental skills. Share space, equipment and turns. Develop an understanding of simple attack and defend tactics.	**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, straight and forward roll. To link gymnastics actions to create a sequence.	**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 feet. Develop throwing and catching skills over a short and long distance. Apply sending and receiving skills to small games.	**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 correct technique for the situation. To develop throwing for accuracy and distance	**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.
	Year 2	**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.	**Team Games** Physical activities where children will work together in small groups or teams to achieve a shared goal. Such as; scoring points, reaching a target or winning a game. Children will learn to; Work cooperatively. Follow game rules and instructions. Continue to develop fundamental skills. Share space, equipment and turns. Develop an understanding of simple attack and defend tactics.	**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	**Racket Skills** Children will develop their understanding of using a racket to strike, tap or control a ball towards a target or another player. Children will develop their hand-eye coordination, balance and control. Children will learn how to;	**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	**Athletics** To develop: The sprinting action, jumping for distance, technique when jumping for height, throwing for distance, throwing accuracy. To select and apply knowledge and technique in an athletics carousel.

				barrel, straight and forward roll. To link gymnastics actions to create a sequence.	Hold a racket safely. Keep my eyes on the ball. Connect with a ball using a racket. Send to a target.	simple tactics for attacking and defending. .	