

Primary Physical Education Curriculum Map

In Key Stage 2 pupils will be expected to continue to groove 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*	<p>Tag Rugby: Pupils to learn the basics concepts of tackling (tag), ball handling, evading a defender.</p>	<p>Invasion Games: Pupils to develop their knowledge of the transferrable skills of invasion games. Pupils will become competent at moving in to space, developing a sense of possession and develop their tactical knowledge through guidance from the teacher.</p>	<p>Gymnastics Pupils will be continuing their work through the British gymnastics levels that will be tailored to their ability. Pupils will begin to link moves together through teacher guidance.</p>	<p>Orienteering: Pupils will begin to understand how to follow directions, position themselves in relation to a map and follow directions in order to complete the task.</p>	<p>Tennis: Pupils will learn how to coordinate themselves in order to control the ball both individually and with a partner</p>	<p>Athletics: Pupils to build on their fundamental work, experiment with technique to improve performance. Level 1/2 of the ESAA PAS</p>
	Year 4	<p>Invasion Games: Pupils should be moving into space automatically, pupils will be looking at how their skills are transferable between different games. Pupils will be working on formations, tactics and positioning.</p>	<p>Tag Rugby: Pupils to develop working as a team and passing the ball along the line, working in pairs, driving runs and thinking about defensive organisation.</p>	<p>Gymnastics and Fitness: Pupils to target the acquisition of level 5 by the end of year four. In addition, pupils will be looking at the physical demands of gym (strength, flexibility, CV) and how to train them.</p>	<p>Orienteering: Pupils will begin to follow more complex directions, problem solve and learn from their own mistakes. Team work skills will become more important.</p>	<p>Athletics: Pupils will begin to use more detail in their techniques and begin to look at how to measure each event and discuss how they can improve and develop their own tactics within races.</p>	<p>Tennis: Pupils will continue to develop ball control, look at forehand and backhand and hitting in a controlled manner. Look to introduce competitive games and simple scoring. Bronze Award of ESAA PAS</p>
Stage 3: Apply	Year 5**	<p>Netball: Full format games with pupils acquiring</p>	<p>Tag Rugby: Pupils begin to evaluate their performance. Pupils</p>	<p>Gymnastics: Pupils to complete the gymnastics Level 6/7. Pupils</p>	<p>Outdoor Education: Team Building and problem solving activities in groups</p>	<p>Athletics: Perform at maximum levels, develop tactics,</p>	<p>Striking/fielding: Pupils will learn to strike the ball in a</p>

		knowledge of the rules and developing specific attacking/defending tactics.	recognise fouls and errors and think/discuss how to reduce them and improve.	also to develop competency in basic gymnastic roles and balances in preparation for KS3. Pupils to develop routines.	and individually. Pupils to learn to not rely on teacher input and work together to achieve their objective.	perform a variety of events including, running, jumping and throwing. Set up, lead and measure events.	variety of scenarios, gain knowledge of rules and scoring, discuss tactics of batting and fielding to maximise performance. Silver Award of ESAA PAS
	Year 6	Tag Rugby: Pupils will know how to set up, play and officiate the game. They will evaluate a phase in play and begin to find ways of improving a teams performance.	Netball: Pupils will undertake skills practices and full games. They will begin to understand the rules to a point that some will be able to officiate or help in the officiating of the game. Pupils will identify strengths and weaknesses and begin to discuss ways to improve.	Gymnastics: Pupils will be looking to obtain the level 7 and 8 levels and be competent in the 4 basic rolls, balances and are able to evaluate routines and provide constructive feedback.	Fitness: Pupils will undertake a range of activities that will improve their strength, flexibility and CV fitness. These will all be activities that they can use outside of school to allow them to stay healthy and be active.	Striking/fielding: Pupils will be able to set up, organise and begin to officiate games with teacher support. They will discuss and implement tactics for both batting and fielding.	Athletics: Perform at maximum levels, develop tactics, perform a variety of events including, running, jumping and throwing. Set up, lead and measure events. Gold Award of ESAA PAS

\*Year 4 – Swimming; Develop water confidence, basic leg technique and a basic front crawl arm action. Pupils to be able to swim a width of the pool.