

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	<p>Gymnastics Create interesting point/patch balances Shape jumps with control. Barrel and forward roll. Create a sequence with a partner.</p>	<p>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.</p>	<p>Dance Theme – Machines/A trip to.../Country and Western Create actions in response to a stimulus and move in unison with a partner. Select and link actions to create dynamics. Use straight pathways and clear changes in direction in a line dance.</p>	<p>Fitness Develop strength, speed, coordination, agility, balance and stamina.</p>	<p>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.</p>	<p>Tag Rugby Develop throwing, catching and running with a ball. Develop an understanding of how to defend using tagging rules. Begin to use forward pass and offside rule. Develop movement skills to dodge defender.</p>
	Year 4	<p>Gymnastics Develop individual and partner balances. Control in performing and landing rotation jumps. Create a sequence with a partner to include apparatus.</p>	<p>Handball Use a variety of passes to maintain possession under pressure. Create space and move towards goal and away from defenders. Select and apply skills to score. Use defensive skills to gain possession.</p>	<p>OAA (Start with Year 3 lessons) Develop trust and teamwork. Follow instructions. Identify objects, draw and follow a simple map.</p>	<p>Netball Develop passing and moving within the footwork rule Use a variety of passes. Develop movement skills to lose a defender. Develop shooting action.</p>	<p>Athletics: Develop speed and pace in relation to distance. Develop power and speed. Develop power and technique when throwing.</p>	<p>Rounders Develop overarm, underarm throwing and catching and apply these to striking and fielding game. Run around the outside of bases and make decisions.</p>

							Develop fielding techniques and apply them to a game situation.
Stage 3: Apply	Year 5	<p>Gymnastics Perform symmetrical and asymmetrical balances. Different methods of travelling. Create a sequence which uses matching and mirroring.</p>	<p>Dodgeball Apply rules honestly and fairly to a game situation. Develop throwing at a moving target. Select appropriate dodging skills and develop catching with increasing consistency under pressure. Understand and apply tactics. Develop officiating skills and referee a game.</p>	<p>OAA (Start with year 4) Orientate a map and navigate around a grid. Develop observational skills, listening and following instructions. Draw and follow a simple map.</p>	<p>Basketball To dribble with control under pressure. To move into and create space to support a teammate. Choose when to pass and dribble. Develop shooting techniques.</p>	<p>Athletics. Apply different speeds over varying distances. Develop fluency and co-ordination when running for speed. Build momentum and power in triple jump.</p>	<p>Cricket Develop throwing and catching under pressure and play these. Develop bowling under pressure and with increasing consistency. Understand and apply tactics in a game.</p>
	Year 6	<p>Gymnastics Develop, forward, backward and straddle roll. Counter balance and counter tension. Use flight from hands to travel over apparatus. Create a group sequence using apparatus.</p>	<p>Quidditch Develop throwing and catching techniques. Moving into space to receive the ball. Develop techniques to use the 'bludger ball' to defend. Develop techniques to score the highest score.</p>	<p>Tag Rugby To understand when to run and when to pass. Introduce the tagging rule and apply this to game situation. Develop dodging skills to lose a defender. Apply rules, skills and tactics.</p>	<p>Netball Develop passing and moving to maintain possession. Use space to support a team mate. Change speed and direction to lose a defender. Apply skills , principles and tactics to a game situation.</p>	<p>Athletics Identify suitable pace for an event. Develop power, control and technique when throwing for distance.</p>	<p>Rounders Develop bowling under pressure whilst abiding the rules of the game. Bowl with increasing consistency. Make decisions about where and when to send the ball to stump a batter out. Develop fielding techniques.</p>

*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.