

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	
Year 1	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.	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.	Fundamental Skills: unit 2 To develop: Balancing, running, stopping, changing direction, jumping, hopping. Explore different ways to travel using equipment.	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.
		Fundamentals To Explore: balance, stability and landing safely. How the body moves differently when running at different speeds changing direction and dodging.	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	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	Sending and receiving Develop rolling and throwing a ball towards a target. Develop receiving a rolling ball and tracking skills. Send and receive	Target games Develop: Underarm throwing towards a target, throwing for accuracy, underarm and overarm throwing for accuracy, throwing for accuracy and distance using	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.

Stage 1:		<p>Jumping, hopping skipping actions.</p> <p>Co-ordination and combination jump.</p> <p>Combination jumping and skipping in an individual rope.</p>	<p>technique in the barrel, straight and forward roll. To link gymnastics actions to create a sequence.</p>	<p>speeds and actions. Copy, remember and repeat actions.</p>	<p>a ball with your feet. Develop throwing and catching skills over a short and long distance. Apply sending and receiving skills to small games.</p>	<p>underarm and overarm. To select the correct technique for the situation. To develop throwing for accuracy and distance</p>	
	Year 2	<p>Fundamentals</p> <p>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>Gymnastics</p> <p>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>Dance</p> <p>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</p> <p>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>Invasion</p> <p>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>	<p>Athletics</p> <p>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.</p>