

Physical Education Curriculum Map 2018 - 2019

EYFS					
AUTUMN		SPRING		SUMMER	
Team Games	Dance	Gymnastics		Games	
<u>Basic skills</u>	<p style="text-align: center;"><u>Dinosaurs</u></p> <p>Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. (EAD: BI 40-60)</p> <p>Begins to build a repertoire of songs and dances. (EAD: MM 40-60)</p> <p>Children sing songs, make music and dance, and experiment with ways of changing them. (EAD: MM ELG)</p>	<p style="text-align: center;"><u>Gym in the Jungle</u></p> <p>EYO1 - Experiments with different ways of moving. (PD M&H 40:60)</p> <p>EYO2 - Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. (EAD BI 40:60)</p> <p>EYO3 - Travels with confidence and skill around, under, over and through balancing and climbing equipment. (PD M&H 40:60)</p> <hr/> <p style="text-align: center;"><u>Jumping Jacks</u></p> <p>EYO1 - Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. (EAD BI 40-60)</p> <p>EYO 2 - Experiments with different ways of moving. (PD MH 40-60)</p> <p>EYO 3 - Jumps off an object and lands appropriately. (PD MH 40-60)</p>		<p style="text-align: center;"><u>Best of Balls</u></p> <p>EYO1 Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (PD – M&H 40-60)</p> <p>EYO2 Children show good control and co-ordination in large and small movements. (PD – M&H ELG)</p> <p>EYO3 Experiments with different ways of moving. (PD M&H 40-60)</p>	

Early Years Foundation Stage

Physical Development involves providing opportunities for young children to be active and interactive, and to develop their coordination, control and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

ELG 4 Moving and Handling: Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

ELG 5: Health and self-care: Children know the importance for good health of physical exercise...and talk about ways to keep healthy and safe.

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KEY STAGE 1

TERM		AUTUMN		SPRING		SUMMER
		1	2	1	2	
YEAR 1	Indoor	GYMNASTICS <u>Shapes</u> -TOPS: Balance on hands and feet -TOPS: Ship Shape -TOPS: Straddle and Piked Shapes -VS: Points & Patches <i>Competition selection</i>	DANCE <u>Starry Skies</u> -Twinkl - Firework night & Space	INDOOR ATHLETICS Elevating Athletics YOGA - Twinkl - Cosmic Kids	GYMNASTICS <u>Animals & Travel/Pathways</u> -Twinkl -TOPS: Time to Travel	SPORTS WEEK & ATHLETICS <u>Running, Jumping & Throwing</u> Elevating Athletics PARALYMPIC SPORTS Goal Ball Boccia Sitting Volleyball Boxing
	Outdoor	GAMES <u>Multi Skills</u> Throwing, Catching and Aiming -twinkl	GAMES <u>Multi Skills</u> Foot Skills	GAMES <u>Attacking & Defending</u>	GAMES <u>Invasion</u>	GAMES <u>Tennis / Rounders</u> Ball and Racket Skills
YEAR 2	Indoor	GYMNASTICS <u>Rocking and Rolling</u> <u>Spinning, Turning, Twisting</u> TOPS: Rock & Roll VS: Rocking & Rolling VS: Spinning, Turning, Twisting <i>Competition selection</i>	DANCE <u>Gun Powder Plot</u> -Twinkl -Firework Night	GYMNASTICS <u>Jumping</u> TOPS: Jumping Jacks VS: Flight <u>Landscapes & Cityscapes</u> -Twinkl	DANCE <u>Toys</u> -Twinkl -performing as a character	SPORTS WEEK & ATHLETICS <u>Running, Jumping & Throwing</u> Elevating Athletics PARALYMPIC SPORTS & TEAM GAMES Goal Ball Boccia Sitting Volleyball Boxing
	Outdoor	GAMES <u>Multi Skills</u> Throwing, Catching and Aiming -twinkl	GAMES <u>Multi Skills</u> Foot Skills	ATHLETICS <u>*Indoor Athletics</u> Sportshall Athletics Guidelines	GAMES <u>Ivasion</u> Competition Skills	GAMES <u>Golf / Rounders</u> -Ball Skills -Aiming

*AUTUMN 1 First two lessons with new class: OAA UNIT 1 Team Building (New Class PE Routine Activities)

Gymnastics – Balance Co-ordination Movement
 Games – Co-ordination

Dance – Creativity
 Athletics – Movement

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LOWER KEY STAGE 2

TERM		AUTUMN		SPRING		SUMMER	
		1	2	1	2	1	2
YEAR 3	Indoor	GYMNASTICS <u>Balance</u> -TOPS: Balance on hands and feet Twinkl – Movement	DANCE <u>Extreme Earth</u> -Twinkl	GYMNASTICS <u>Flowing Sequences</u> TOPS: A Routine Matter Introduction to Sequences TOPS: Building More Complex Sequences <u>Rhythmic Gymnastics</u> -Shape - Twinkl	DANCE <u>Indian Cultural</u> -Telling a story	SWIMMING <i>Include Water Safety in classroom</i>	SWIMMING <i>Include Water Safety in classroom</i>
	Outdoor	STRIKING & FIELDING <u>Rapid Fire cricket</u> INVASION GAMES <u>Tag rugby</u> <i>(Saracens training)</i>	INVASION GAMES <u>Basketball & Netball</u>	ATHLETICS <u>Indoor Athletics and Circuit Training</u>	INVASION GAMES <u>Hockey & Lacrosse</u>	STRIKING & FIELDING <u>Golf</u> NET & WALL <u>Tennis</u>	SPORTS WEEK & ATHLETICS <u>Running, Jumping & Throwing</u> Elevating Athletics
YEAR 4	Indoor	GYMNASTICS <u>Rotation</u> -TOPs - Spinning & Turning -Twinkl – Movement	DANCE <u>Silent Movies</u>	SWIMMING	SWIMMING	GYMNASTICS <u>Counter Balance & Counter Tension</u> VS: Counter Balance, Counter Tension	DANCE <u>Water</u> -Twinkl -Water Cycle
	Outdoor	STRIKING & FIELDING <u>Rapid Fire cricket</u> INVASION GAMES <u>Tag rugby</u> <i>(Saracens training)</i>	INVASION GAMES <u>Basketball & Netball</u>	ATHLETICS <u>Indoor Athletics and Circuit Training</u>	INVASION GAMES <u>Hockey & Lacrosse</u>	STRIKING & FIELDING <u>Golf</u> NET & WALL <u>Tennis</u>	SPORTS WEEK & ATHLETICS <u>Running, Jumping & Throwing</u> Elevating Athletics

*AUTUMN 1 First two lessons with new class: OAA UNIT 1 Team Building (New Class PE Routine Activities)
 Gymnastics – Balance Co-ordination Movement Dance – Creativity
 Games – Co-ordination Athletics – Movement

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UPPER KEY STAGE 2

TERM		AUTUMN		SPRING		SUMMER	
		1	2	1	2	1	2
YEAR 5	Indoor	SWIMMING	SWIMMING	GYMNASTICS <i>Flight</i> TOPS: Jumping Jacks Twinkl - Movement	DANCE <i>African – Waka waka</i> TOPS: Power of the Circle	GYMNASTICS <i>Mirroring</i> TOPS: Double Up VS: Symmetry & Assymetry VS: Matching & Mirroring	DANCE <i>Haka – New Zealand</i> Twinkl
	Outdoor	OAA <i>Outdoor Activities</i> TOPS: Outdoors INVASION GAMES <i>Tag rugby</i> (Saracens training)	INVASION GAMES <i>Basketball & Netball</i>	ATHLETICS <i>Indoor Athletics and Circuit Training</i> INVASION <i>Lacrosse</i>	INVASION <i>Hockey</i>	STRIKING & FIELDING <i>Kwik Cricket</i>	N/W <i>Tennis</i> S/F <i>Rounders</i> SPORTS WEEK & ATHLETICS <i>Running, Jumping & Throwing</i> Elevating Athletics
YEAR 6	Indoor	GYMNASTICS <i>Holes & Barriers</i> TOPS: Double Up VS: Holes & Barriers -Twinkl - Movement	DANCE <i>WWII & Rock 'n' Roll</i> -Twinkl	GYMNASTICS <i>Rhythm</i> TOPS: Balls & Beanies TOPS: Ropes, Ribbons & Rhythm TOPS: Double Up VS: Synchronisation & Canon	DANCE <i>Electricity</i> -Twinkl	OAA <i>Team building (TRIP)</i>	SPORTS WEEK & ATHLETICS <i>Running, Jumping & Throwing</i> Elevating Athletics
	Outdoor	OAA <i>Outdoor Activities</i> TOPS: Outdoors INVASION GAMES <i>Tag rugby</i> (Saracens training)	INVASION GAMES <i>Basketball & Netball</i>	ATHLETICS <i>Indoor Athletics and Circuit Training</i> INVASION <i>Lacrosse</i>	INVASION <i>Hockey</i>	STRIKING & FIELDING <i>Kwik Cricket</i>	N/W <i>Tennis</i> S/F <i>Rounders</i>

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Gymnastics – Balance Co-ordination Movement
Games – Co-ordination

Dance – Creativity
Athletics – Movement

Wet Weather:

On occasions of severe weather conditions, i.e. snow on ground, gails, hail stones, heavy rain, etc. please use the following guidance:

- Use cards to set up circuit training to assess children's fitness levels.
- Summer 1: Use Sportshall Athletics resource to teach Athletics.