

Levens CE School PE Curriculum Map

	Autumn Term		Spring Term		Summer Term	
Nursery and Reception	Developing the Five Fundamental skills (running, jumping, hopping, catching and throwing) through outdoor provision and PE lessons. Developing fine and gross motor skills through Dough Disco, Squiggle, Yoga and indoor provision (including funky fingers area, creative area, writing area.) Develop movement and balance skills through riding trikes, balance bikes and scooters.					
Year A	<u>Fundamental Movement Skills: Welcome to PE unit</u>				<u>EYFS: Fundamental Skills. Rumble in the Jungle</u>	
Year B	<u>EYFS: Fundamental Skills. Elmer</u>				<u>EYFS: Fundamental Skills. Seaside</u>	
Year C	<u>EYFS: Fundamental Skills. Transport</u>				<u>EYFS: Fundamental Skills. Minibeasts</u>	
Year A						
	Autumn Term		Spring Term		Summer Term	
Year 1 and Year 2	<u>Gymnastics Activities 1</u> Developing different rolls and ways of travelling. <u>Fundamental Movement Skills: Baseline Unit based on Lost and Found text.</u>	<u>Dance: Fire Fire</u> linked to history topic. Performing and linking basic body action with control. <u>Fundamental Movement Skills: Rolling a ball</u> Rolling different equipment with developing accuracy.	<u>Gymnastics Activities 2</u> Developing different shapes and balances and combining movements. <u>Fundamental Movement Skills: Catching and bouncing a ball</u> Developing catching and bouncing a ball with accuracy.	<u>Fundamental Movement Skills: Bounce Ball</u> Bouncing and passing a ball with increased control. Beginning to develop an understanding of opponents and simple tactics. <u>Outdoor and Adventurous Activities: The Great Outdoors</u> Working co-operatively with others to complete outdoor challenges.	<u>Net and wall game skills</u> Learning about different equipment. Developing striking skills on the forehand and backhand. <u>Fundamental Movement Skills: Playground games in the 20th century</u> Applying movement and catching skills and simple tactics. Working collaboratively to succeed.	<u>Athletics</u> What is Athletics? Identifying the skills needed for different events. <u>Games: Net and Wall</u> Catching and striking a ball with developing accuracy. Developing further understanding of opponents and use simple tactics.

<p>Year 3 and Year 4</p>	<p><u>Swimming</u> Develop confidence in water. Learn how to keep afloat and move in water.</p> <p><u>Invasion Games Skills:</u> Learning attacking and defending skills and strategies that are transferable across different sports.</p>	<p><u>Invasion Games: Handball</u> Developing one handed passing, bouncing and dribbling.</p> <p><u>Gymnastics Activities 1</u> Creating a sequence with 6 actions with a focus on developing small body part balances that link through travelling, rolling and jumping.</p>	<p><u>Invasion Games: Basketball</u> Learning to handle the ball and travel with it under control. Learn some terminology and how to send the ball in different ways including shooting and how to protect the ball.</p> <p><u>Gymnastics Activities 2</u> Developing successful transitions between actions in a sequence and transferring a sequence to apparatus.</p>	<p><u>Invasion Games: Hockey</u> Learning how to grip the stick and the importance of safety and abiding by the rules. Learning how to pass, receive and dribble in different ways and to put skills together in small games.</p> <p><u>OAA: Trust and Trails</u> Working co-operatively to complete a journey around the school grounds. Learning to orientate a map, navigate safely and use a control card.</p>	<p><u>Target Games: Dodgeball</u> Developing sport specific skills such as catching, dodging and the one handed throw. Beginning to learn and apply simple tactics.</p> <p><u>OAA: Team work and problem solving.</u> Learning how to plan and communicate as part of a group before taking on physical challenges. Travel and balance safely.</p>	<p><u>Net and Wall Games: Core Task 1</u> Exploring different throws and how to strike a ball with a racket. Using a simple tactic to make it difficult for an opponent.</p> <p><u>Athletic Activities</u> Learning a range of throwing, jumping and running techniques. Designing and organising own athletic events.</p>
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<p>Year 5 and Year 6</p>	<p><u>Swimming</u> Swim with greater fluency, improving swimming strokes and learning personal survival techniques.</p> <p><u>OAA: Team Building</u> Working confidently and effectively as part of a team to solve problems.</p>	<p><u>Invasion Games: Creative Games</u> Selecting and applying appropriate tactics thinking about attacking and defending options.</p> <p><u>Gymnastics Activities 1</u> Practise counter balancing and counter tension with a partner and include in a sequence of actions.</p>	<p><u>Invasion Games: Basketball</u> Reinforce Y3/4 skills and advance to learn different defensive systems and how to work shooting opportunities as a team.</p> <p><u>Gymnastics Activities 2</u> Develop counter balancing and counter tension with a partner and include in a sequence of actions on apparatus.</p>	<p><u>Invasion Games: Hockey</u> Refine different dribbling, tackling, shielding, passing and receiving techniques. Learning and applying attacking and defending tactics.</p> <p><u>OAA: Orienteering</u> Developing problem solving and orienteering skills including knowledge of the eight compass points and how to keep a map set when moving around a course.</p>	<p><u>Athletics</u> Looking at different techniques, self-motivation and setting own challenges.</p> <p><u>Target Games: Dodgeball</u> Combining skills of throwing, evading and catching whilst developing tactical awareness and decision making.</p>	<p><u>Net and Wall games: Tennis</u> Developing forehand and backhand shots and direct shots tactically to score points.</p> <p><u>Leadership</u> Learning to lead, officiate and organize in physical education activities and games. (Organise sports day/physical activity events for younger children).</p>
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	Autumn Term		Spring Term		Summer Term	
Year B						
Year 1 and Year 2	<p><u>Gymnastics Activities 3:</u> Developing jumping, balancing and rolling with clear shapes and combining movements to create sequences.</p> <p><u>Fundamental Movement Skills:</u> Baseline Unit based on Supertato text.</p>	<p><u>Dance: Robots</u> (Linked to science topic). Creating imaginative ways of moving and producing a mirrored dance with a partner.</p> <p><u>Fundamental movement skills:</u> <u>Kicking</u> Developing increased accuracy and control when kicking objects.</p>	<p><u>Dance</u> <u>The three little pigs:</u> (Linked to English text). Conveying characters through movement. Producing a paired performance.</p> <p><u>Fundamental movement skills:</u> <u>underarm throw</u> Developing underarm throwing with some accuracy and using a side gallop. Using a simple tactic to outwit a partner.</p>	<p><u>Fundamental movement skills: Tri-golf</u> Learn the basic skills of tri golf. Using hand-eye co-ordination skills to strike a ball.</p> <p><u>Yoga</u> Learn about different themes and how holding poses depicting the topic can help with relaxation, flexibility and overall health.</p>	<p><u>Athletics skills 1</u> Practising a range of skills and then working in pairs to apply their skills to complete a course.</p> <p><u>Fundamental movement skills:</u> <u>overarm throw</u> Developing overarm throwing and a fast running technique. Applying a tactics in a small group game.</p>	<p><u>Athletics skills 2</u> Developing throwing underarm and over arm for distance and accuracy.</p> <p><u>Striking and fielding game skills part 2</u> Learning how to strike a ball and applying this and throwing skills in the context of a small team game.</p>
Year 3 and Year 4	<p><u>Swimming</u> Develop confidence in water. Learn how to keep afloat and move in water.</p> <p><u>Invasion Games: Rugby</u> Developing running and passing with a Rugby ball and begin to develop knowledge of tactics to outwit an opponent.</p>	<p><u>Dance:</u> Exploring new and innovative ways of moving and creating and performing a group dance.</p> <p><u>Invasion Games:</u> <u>Netball</u> Further developing running and dodging skills as well as learning sports specific</p>	<p><u>Gymnastics Activities 3</u> Developing greater control and precision when performing a sequence of actions. Extending their range of actions.</p> <p><u>Lacrosse</u> Learning how to scoop up the ball, cradle it whilst running, throw, catch and shoot.</p>	<p><u>Target Games: Creative Games</u> Developing the skills of dodging, catching, rolling and underhand and overhand throws with some accuracy.</p> <p><u>Tri-golf</u> Learning how to use different clubs and some of the</p>	<p><u>Striking and Fielding Games: Rounders</u> Developing sport specific skills such as bowling underarm and fielding a ball and returning it quickly.</p> <p><u>Athletics</u> Developing athletic specific skills including push, pull and sling throws and</p>	<p><u>Striking and Fielding Games: Cricket</u> Developing sport specific skills such as performing a straight drive and catching a ball, with consistency and accuracy.</p> <p><u>Athletics</u> Developing athletic specific skills</p>

		skills such as chest pass and bounce pass.		etiquette when playing on a course.	combinations of jumping actions.	including push, pull and sling throws and combinations of jumping actions.
Year 5 and Year 6	<p><u>Swimming</u> Swim with greater fluency, improving swimming strokes and learning personal survival techniques.</p> <p><u>Invasion Games: Rugby</u> To pass and catch a rugby ball with consistency, accuracy and control and develop and apply defending and attacking tactics.</p>	<p><u>Dance: Earthlings</u> Create a dance as a duet, improvising and exploring ideas and using a range of movements.</p> <p><u>Invasion Games: Netball</u> To develop sport specific techniques including a shoulder pass and develop and apply defending and attacking tactics.</p>	<p><u>Gymnastics 3</u> Practise the skills of counter balance and counter tension. Plan and perform a sequence in a group.</p> <p><u>Lacrosse</u> Develop previously learnt skills. Explore different grips and develop understanding of rules of the game.</p>	<p><u>Health related fitness</u> Work on specific areas of fitness and set own circuit challenges.</p> <p><u>Tri-golf</u> Developing control and accuracy. Create own games to practice skills.</p>	<p><u>Athletics</u> Developing athletic specific skills and performing them with consistency, accuracy, confidence, control and speed.</p> <p><u>Striking and Fielding Games: Rounders</u> Develop sport specific skills including bowling underarm and striking a bowled ball with increased accuracy and control.</p>	<p><u>Athletics continued</u> Developing athletic specific skills and performing them with consistency, accuracy, confidence, control and speed.</p> <p><u>Striking and Fielding Games: Cricket</u> Develop sport specific skills including fielding a ball and throwing back overarm, with increased accuracy and control.</p>