

Long Term Map - Physical Education – 2020/2021

RESILIENCE-EFFORT-ASPIRATION-COURTESY-HONESTY



EYFS Curriculum Map for Physical Education						
	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
Time	7 Weeks	7 Weeks	6 Weeks	5 Weeks	7 Weeks	7 Weeks
Year R	AGILITY BALANCE COORDINATION Unit 1 introduction to movement	FMS DANCE Unit 1 recognise basic actions perform, repeat	FMS GYMNASTIC ACTIONS Unit 1 Coordination, gross motor skills	FMS BODY MANAGEMENT Unit 1 control body performance	FMS MANIPULATION & COORDINATION Unit 2	AGILITY BALANCE COORDINATION Unit 2 exploring different actions
	FMS MANIPULATION & COORDINATION Unit 1 problem solve/organise	COOPERATE & SOLVE PROBLEMS Unit 1 team work	DANCE Unit 2 Move to the beat	FMS GYMNASTIC ACTIONS Unit 2 performing actions in isolation and combination	COOPERATE & SOLVE PROBLEMS Unit 2 copy/repeat a range of actions	FMS ATHLETIC SKILLS Introduction to personal challenge

Key Stage 1/2 Curriculum Map for Physical Education						
	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
Time	7 Weeks	7 Weeks	6 Weeks	5 Weeks	7 Weeks	7 Weeks
Year 1	FMS STRIKING & FIELDING Hit, catch, run Unit 1 hitting, retrieving, throwing	INVASION GAMES Attack, defend, shoot Unit 1 introduction to skills and tactics	DANCE Unit 1 responding to a range of stimuli	FMS DANCE Unit 2 building simple movement patterns	FMS NET/WALL GAMES Send & Return Unit 2 developing skills	FMS ATHLETIC ACTIVITY Run, Jump, Throw Unit 2 building stamina/core strength
	FMS NET/WALL GAMES Send & Return Unit 1 developing skills	FMS GYMNASTICS Unit 1 exploring simple gymnastic actions/ shapes	FMS ATHLETIC ACTIVITY Unit 1 Run, Jump, Throw - performing actions in combination	FMS GYMNASTICS Unit 2 developing fluency and control	INVASION GAMES Attack, defend, shoot Unit 2 introduction to simple, small sided games	DODGEBALL Introduction to competition against others Exploring winning/losing
Year 2/3	FMS STRIKING & FIELDING Unit 1 Hit, catch, run - developing techniques to improve object control	FMS INVASION GAMES Unit 1 Attack, Defend, Shoot - send and receive a ball using feet	GYMNASTICS Unit 2 Improving body management	DANCE Unit 2 link and perform more complex actions	NET/WALL GAMES Send & Return Unit 2 ball placement for tactical advantage	FMS ATHLETIC ACTIVITY unit 2 Run, Jump, Throw improving running and jumping movements
	NET/WALL GAMES Send & Return Unit 1 Track a ball over a net and move towards it	GYMNASTICS Unit 1 describe and explain transitions and links	DANCE Unit 1 describe and explain transitions from shapes to balances	FMS ATHLETIC ACTIVITY Run, Jump, Throw unit 1 throw and handle a variety of objects	INVASION GAMES Attack, Defend, Shoot select and apply simple tactics to small sided games	INTRA COMPETITION TRIGOLF SKILLS Y6 sports leadership unit

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	KEY STAGE 2 Long Term Curriculum Map for Physical Education					
	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
Time	7 Weeks	7 Weeks	6 Weeks	5 Weeks	7 Weeks	7 Weeks
Year 4/5	INVASION GAMES NETBALL SKILLS Transferable skills and tactics/ small sided games	STRIKING/FIELDING CRICKET SKILLS Transferable skills and tactics/ small sided games	DANCE Analysing and improving performance	NET/WALL TENNIS/BADMINTON Transferable skills	INVASION GAMES FOOTBALL SKILLS Transferable skills and tactics/ small sided games	ATHLETICS Analysing and improving performance
	INVASION GAMES HANDBALL SKILLS Transferable skills and tactics/ small sided games	STRIKING/FIELDING TRIGOLF Transferable skills and tactics/ small sided games	GYMNASTICS Analysing and improving performance	OAA Work well in a team defined role	INVASION GAMES RUGBY SKILLS Transferable skills and tactics/ small sided games	INTRA COMPETITION HOCKEY Exploring skills and tactics to influence the outcome of a game
Year 6	INVASION GAMES FOOTBALL SKILLS Transferable skills and tactics/ small sided games	NET/WALL TENNIS/BADMINTON Transferable skills	DANCE Work collaboratively to include complex compositional ideas	INVASION GAMES NETBALL SKILLS Transferable skills and tactics/ small sided games	STRIKING/FIELDING CRICKET/ROUNDERS Transferable skills	ATHLETICS applying strength and flexibility to all areas
	INVASION GAMES RUGBY SKILLS Transferable skills and tactics/ small sided games	OAA Explore a range of communications in challenging environments	GYMNASTICS Demonstrate accuracy , consistency and clarity of movement	INVASION GAMES BASKETBALL SKILLS Transferable skills and tactics/ small sided games	SPORTS LEADERSHIP Plan/deliver a trigolf competition to Y3 (T6)	IINTRA COMPETITION FOOTBALL Understanding roles in team games