

PE Curriculum Map 2017-18

Each child takes part in 1x 30min dance lesson per week: develop flexibility, strength, technique, control and balance and perform dances using a range of movement patterns.

Pupils in Year 3 and 6 visit PGL and Kingswood outdoor activity centres respectively: take part in outdoor and adventurous activity challenges both individually and within a team

Key Stage	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
UKS2	<p>Athletics (and swimming)</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Netball</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Cricket</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Tennis</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>

LKS2	<p>Hockey</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Tennis (and swimming)</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Athletics</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Cricket</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
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KS1	<p>Matball</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Gymnastics</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Perform dances using simple movement patterns</p>	<p>Cricket</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Tennis</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Athletics (and swimming)</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations</p>
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