PE Cycle B Curriculum Map

School Leavers

Fitness

Tag Rugby

Group dance: freeze frames and routines

Athletics

Ball games: Dodgeball, rounders, basketball

Tennis:

Swimming

Gymnastics: balance, rolling, jumping, rocking, turning skills. Power in jumps

Netball: 5 positions, shooting and marking

Gymnastics: performance and timing - changes in height, speed and direction

Multiskills: develop techniques to develop agility.

Attack and defend: Football

KS2

Hit, catch and run: Consolidate feeding/bowling skills.Hit and rn to score points.

Send and return: variety of games with simple rallies

Dance: explore space, direction and speed.

Send and return: hitting with bats or hands. Feeding and bowling skills

Net and wall games

Run, jump, (power, agility, coordination) throw (and catch)

Swimming

Gymnastics : link shapes and balances. Performance

Attack, defend, shoot - send/retrieve using feet (dribbling/passing) Control

Gymnastics: Send and return -basic shapes. apparatus

Attack, defend, shoot - improve agility, balance and coordination

Techniques - Run (speed) jump, throw (distances)

KS1

Reception: Gymnastics - Floor skills. Progress towards a more fluent style of moving, with developing control and grace. Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Move confidently in a range of ways, safely and negotiating space effectively in both small and large spaces.

Reception:Gymnastics – using apparatus. Jumps off an object and lands appropriately. Develop the overall body strength, coordination, balance and agility needed to engage successfully with physical activities.

Reception: Yoga Learn and gain increasing mastery over yoga poses linked to stories and songs. Develop increased control, balance and core strength.

Reception:Dance Remembers sequences of movements with increased independence and fluidity. Moves rhythmically in time to a beat. Thinks of own creative movements in response to stimuli.

Reception: Small Equipment (balls,bats, quoits, hoops etc.) Further develop and refine a range of ball skills including throwing, catching, kicking, passing, rolling, batting and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Reception: **Team Games** Follow instructions, remember rules, play fairly, show good sportsmanship and demonstrate focus and consideration when undertaking previously learned skills within a team game setting.

EYFS

Nursery: Team Games Follow instructions, with reminders where necessary, show some understanding of rules, show good sportsmanship and demonstrate a positive attitude when attempting previously learned skills within a team game setting.

Nursery: Small Equipment (balls,bats, quoits, hoops etc.) Learn and develop a range of ball skills including throwing, catching, kicking, passing, rolling, batting and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Nursery: Dance Copies sequences of movements with increased confidence and focus. Moves purposefully in response to music. Begins to think of own creative movements in response to stimuli.

Nursery: Yoga Copy and develop confidence with yoga poses linked to stories and songs. Develop increased control, balance and core strength.

Nursery: Gymnastics – using apparatus. Begin to develop and safely use a range of large and small apparatus indoors and outside, alone and in a group.

Nursery: Gymnastics - floor skills. Practise moving in ways modelled by others: rolling, crawling , walking, jumping, running, hopping, skipping, climbing.