

Bredhurst Curriculum Map: Physical Education 2018 - 2019

Bredhurst CEP School - Curriculum Map

This curriculum map provides an overview framework for the coverage of the different elements of physical education / national curriculum programs of study. It is completed in classes which could have a mixture of two or three different year groups. The different activities are flexible to link with the class topics and give pupils an ownership over their learning. For example, the teacher can choose any net and wall game or small sided game which the pupils could choose. Last year during a KS2 Harry Potter topic the pupils and teacher created their own version of a quidditch game. This still taught all the necessary skills, team work, tactics and collaboration but in a creative way.

All skills have been linked to different year groups and these are based on the fundamentals. These are transferable between the different activities and connections are made between the different elements, (for example how balance is important in gymnastics but also in a game of tennis). These links are made by the teacher to begin with but the pupils are encouraged to make their own links as they progress throughout the school.

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Fir Tree YrR/1 (Minimum 2 hours of PE per week)

Everday children have an option of physical activity: for example range of games of equipment. Obstacle courses, soft play, bikes – this is available to them approx 45mins everyday.

Skills are added to the curriculum map: 3 types of skills to be taught: Body management skills, locomotor skills, object control skills.

Lessons per week	Autumn Term 1	Autumn Term 2	Spring Term 3	Spring Term 4	Summer Term 5	Summer Term 6
	Beam / Write Dance (once a week for year R and 1)					
Teacher	Gym	Games	Dance	Gym	Swimming / Country Dancing	Swimming / Athletics
Skills YR	Static Balance Climb Line Walk	Skip Gallop	Recap previous skills	Run Overhand throw Underhand throw	Recap previous skills	Distance Jump Water confidence
Skills Y1	Side Roll Spatial awareness Changes in bodies when they exercise.	Hop	Recap previous skills Move with expression Remember, repeat and explore.	Underhand throw Bounce and Catch Catch large ball	Recap previous skills	Water confidence Explore Strokes

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Forge Yr1/2 (Time 2 hrs per week)

Lessons Per Week	Autumn Term 1	Autumn Term 2	Spring Term 3	Spring Term 4	Summer Term 5	Summer Term 6
PE session	Gym	Games (balls)	Games – spatial awareness	Dance / Games	Swimming / Country Dancing	Swimming / Athletics
Skills Y1	Hop Side Roll Spatial awareness Changes in bodies when they exercise.	Recap previous skills Bounce and catch large balls.	Underhand throw Bounce and Catch Catch large / small ball	Hop Side Roll	Recap previous skills Move with expression Remember, repeat and explore.	Water confidence Explore Strokes
Skill Y2	Forward Roll How to start and finish movements.	Two Handed Strike Rolling and hitting	Lofted soccer kick Pent –ball being released from hands and then kicked.	Vertical Jump Side Gallop Leap Dynamic expression	Recap previous skills	Swim

Gym
Dance
Games
OAA

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HurstWood (Time 2 hrs per week) Y3/4

Lessons Per Week	Autumn Term 1	Autumn Term 2	Spring Term 3	Spring Term 4	Summer Term 5	Summer Term 6
	Games - Invasion	Dance / Games N&W	Gym	Games – S and F	Swimming / Games S&F / country dancing	Swimming / Athletics
Year 3 Changes in bodies during exercise.	Foot dribble Track, intercept, stop and catch balls. Anticipate movements of others.	Hand dribble Dodge One handed strike Demonstrate an understanding of dance, mood and feeling.	Repeat simple sequences Select, link and perform with control Longer phrases beginning, middle and end.	Foot dribble Small ball – fielding	Hand dribble Dodge One handed strike	
Year 4 Changes in bodies during exercise.	Increase stamina Accuracy of throws Make tactical decisions.		Balance at different levels Combine own movements with others. Identify bits of a performance that need more practice. Consistency of skills Make tactical decisions.	Movements from different cultures Perform with rhythmic, dynamic and expressive qualities.	Develop: orienteeing skills Map skills Team work	Increase stamina Accuracy of throws

Gym

Dance

Invasion games – for example: basket ball / football / rugby / netball / hockey

Net/wall games – for example: tennis / badminton / volley ball

Striking and fielding for example: / cricket / rounders / stall ball

OAA

Athletics

Swimming

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Kemsley (Time 2 hrs per week) Year 4/5

Lessons Per Week	Autumn Term 1	Autumn Term 2	Spring Term 3	Spring Term 4	Summer Term 5	Summer Term 6
	Games - Invasion	Dance / Games N&W	Gym	Games – S and F	Swimming / Games S&F / OAA / country dancing	Swimming / Athletics
Year 4	Increase stamina Accuracy of throws Make tactical decisions.	Movements from different cultures Team work Consistency of skills	Increase stamina Accuracy of throws Balance at different levels Consistency of skills	Striking with a variety of bats and balls	Develop: orienteering skills Map skills	Increase stamina Accuracy of throws
Year 5	Effectiveness of skills Bat, bowl field with control. Plan and adapt individual and team tactics.	Perform to an expressive style.	Perform gym skills fluently – direction, level and speed. Discuss and implement solutions to problems. Create sequences with others.	Develop: orienteering skills Map skills Team work Explore and create dance from different cultures	Pace / techniques in swimming stokes	Techniques in swimming stokes

Gym , Dance, Invasion games – for example: basket ball / football / rugby / netball / hockey

Net/wall games – for example: tennis / badminton / volley ball, Striking and fielding / cricket / rounders / stall ball

OAA, Athletics, Swimming

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Oakwood

Lessons Per Week	Autumn Term 1	Autumn Term 2	Spring Term 3	Spring Term 4	Summer Term 5	Summer Term 6
	Games - Invasion	Dance / Games N&W	Gym	Games - striking and fielding	Swimming / Games S&F / OAA / country dancing	Swimming / Athletics
Year 6	Refine / consolidate and use skills in all areas effectively. Use knowledge of skills to aid them in games. Explain in detail plans for approaches to games.	Refine / consolidate and use skills in all areas effectively. Use knowledge of skills to aid them in games.	Explore, improvise and combine movement ideas fluently and effectively. Use criteria to judge others and improve others sequences.	Team work Explain in detail plans for approaches to games. Explore, improvise and combine movement ideas fluently and effectively.	Survival in water Develop: orienteering skills Map skills	Survival in water

Gym , Dance, Invasion games – for example: basket ball / football / rugby / netball / hockey

Net/wall games – for example: tennis / badminton / volley ball, Striking and fielding / cricket / rounders / stall ball

OAA, Athletics, Swimming