



Physical Education and Swimming Curriculum Map Michaelmas Term 2020

	Michaelmas 1	Michaelmas 2	Swimming – PE LESSON INSTEAD
Reception	Fundamental Movement Skills <ul style="list-style-type: none"> - Responding to stimulus - Moving into spaces / spatial awareness - Changing direction, stop, start, turning - Catching technique (large objects) - Throwing - Jumping, hopping and skipping 	Gymnastics <ul style="list-style-type: none"> - Balances - Travelling - Shapes - Jumping 	Fundamental Movement Skills <ul style="list-style-type: none"> - Responding to stimulus - Moving into spaces / spatial awareness - Changing direction, stop, start, turning - Catching technique (large objects) - Throwing - Jumping, hopping and skipping
Year 1	Fundamental Movement Skills <ul style="list-style-type: none"> - Running technique - Changing direction and dodging - Catching (high & low) - Rolling, stopping and moving a ball - Team games 	Gymnastics <ul style="list-style-type: none"> - Balances and Shapes - Travelling and rolling - Jumping - Moving to music - Linking movements 	Fundamental Movement Skills <ul style="list-style-type: none"> - Running technique - Changing direction and dodging - Catching (high & low) - Rolling, stopping and moving a ball - Team games
Year 2	Fundamental Movement Skills <ul style="list-style-type: none"> - Running technique, jumping, changing direction - Catching (high & low) - Throwing at targets - Team games - Coordination 	Gymnastics <ul style="list-style-type: none"> - Balances (individual and pairs) - Rotation, turns and rolls - Flight (including on and off of apparatus) - Mirroring/Canon - Routine/Sequence development 	Fundamental Movement Skills <ul style="list-style-type: none"> - Running technique, jumping, changing direction - Catching (high & low) - Throwing at targets - Team games - Coordination
Year 3	Fundamental Movement Skills <ul style="list-style-type: none"> - Running technique, jumping, hopping, skipping - Throwing and stopping a ball - Catching (low) – various ball size - Catching (high) – various ball size - Hand / Eye Coordination - Hitting - Evasion 	Hockey <ul style="list-style-type: none"> - Dribbling - Short passing - Control - Changing direction - Tackling / defending - Small sided games 	Athletics and Short Tennis <ul style="list-style-type: none"> - Running technique (Short and long distances) - Jumping principles - Principles of throw - Hand-eye coordination development - Forehand and backhand ground stroke development - Footwork/Ready position

			<ul style="list-style-type: none"> - Volley - Serving introduction - Conditioned game play
Year 4	Fundamental Movement Skills <ul style="list-style-type: none"> - Running technique – sprint and endurance - Throwing in various games - Catching (low) – various ball size - Catching (high) – various ball size - Hand / Eye Coordination - Hitting with various sticks - Jumping – Long and high 	Hockey <ul style="list-style-type: none"> - Dribbling - Short passing and Medium passing - Control - Shooting - Changing direction / V-Drag / Roll out - Tackling and defending - Small sided games 	Athletics and Short Tennis <ul style="list-style-type: none"> - Running technique (Short and long distances) - Jumping principles - Principles of throw - Hand-eye coordination development - Forehand and backhand ground stroke development - Footwork/Ready position - Volley - Serving introduction - Conditioned game play
Year 5	Fundamental Movement Skills <ul style="list-style-type: none"> - Running technique – sprint and endurance - Throwing in various games - Catching (low) – various ball size - Catching (high) – various ball size - Hand / Eye Coordination - Hitting with various sticks - Jumping – Long and high 	Hockey/Football <ul style="list-style-type: none"> - Ball manipulation and dribbling - Short and Long passing - Shooting - Positional play - Tackling and defending - Set pieces - Small sided games 	Athletics and Short Tennis <ul style="list-style-type: none"> - Sprints starts and phases of sprints - Long Jump - Principles of throw (discus, javelin, shot) - Pacing - Forehand and backhand ground stroke development - Footwork/Ready position - Volley - Serving introduction - Conditioned game play
Year 6	Fundamental Movement Skills <ul style="list-style-type: none"> - Running technique – sprint and endurance - Throwing in various games - Catching (low) – various ball size - Catching (high) – various ball size 	Hockey/Football <ul style="list-style-type: none"> - Stick handling, ball manipulation and dribbling - Short and long passing, passing on the move - V-Drag, roll out and stick skills, 2v1 / 1v1 	Athletics and Short Tennis <ul style="list-style-type: none"> - Sprints starts and phases of sprints - Long Jump - Principles of throw (discus, javelin, shot)

	<ul style="list-style-type: none"> - Hand / Eye Coordination - Hitting with various sticks - Jumping – Long and high - Basic Fitness testing - Agility - Speed - Power and Strength - Flexibility and Mobility 	<ul style="list-style-type: none"> - Tackling and defending - Tackling and defending - Set pieces - Small sided games and conditioned games 	<ul style="list-style-type: none"> - Pacing - Forehand and backhand ground stroke development - Footwork/Ready position - Volley - Serving introduction <p>Conditioned game play</p>
Year 7 Scholars	Components of Fitness <ul style="list-style-type: none"> - Agility - Speed - Power and Strength - Flexibility and Mobility - CardioVascular Endurance - Reaction Time 	Training Methods <ul style="list-style-type: none"> - Speed training - SAQ - FARTLEK - Core Stability Training - Interval 	
Year 8 Scholars	Fitness Testing <ul style="list-style-type: none"> - Components of fitness revisited x 2 - SAQ - Illinois / T-Test / Hex Test - Speed tests - CVE Tests - Sit and Reach and mobility tests - Core skills tests 	Developing a Sports Portfolio <ul style="list-style-type: none"> - What makes a sports scholar? - Leadership - Group Dynamics and teamwork - Interview Techniques - Fundamental movements 	