

Physical Education and Swimming Curriculum Map: Lent Term

	Lent 1	Lent 2	Swimming
Reception	<p>Dance Movements</p> <ul style="list-style-type: none"> - Co-ordination: Basic Steps. Basic arm and legs actions. - Bilateral Movements: Left/Right/Forwards/Back/Circular Movements. - Respond and Repeat - Respond/repeat to music. 8 beat sequence. Copy repeat theme. 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Jumping: Flight shapes. Take off and landing. Introduction to apparatus. - Travelling Methods: Pace, levels and presentation. - Balances: Create shapes using various body parts and levels. 	<ul style="list-style-type: none"> - Safety – revision of “Pool Rules” - Continued use of games and songs for ongoing water confidence - Practice of contrasting activities including push and glides, and different floats with and without aids - Continued practice of basic front and back stroke with and without aids - Introduction of basic breaststroke for the top set(s) as appropriate
Year 1	<p>Dance Movements</p> <ul style="list-style-type: none"> - Co-ordination: Various steps. Arm and legs actions. Levels and pace. - Bilateral Movements: Left/Right/Forwards/Back/Circular Movements. Sliding, Jumping, bending. - Respond and Repeat - Respond/repeat to music. 8 beat sequence - split to 4:2:1 movement patterns . Copy repeat theme. 	<p>Games Skills</p> <ul style="list-style-type: none"> - Kicking – Coordinated movement. Balance. - Throwing – At and to targets. Follow and fetch. Groups. - Catching - Technique. Varying size of balls - Spatial Awareness - Moving into space. Passing into spaces 	<ul style="list-style-type: none"> - Safety – revision of “Pool Rules” - Skill Development – pencil jumps, sitting dives, head and feet first surface dives - Stroke development - focus on breaststroke arm action - Introduction of over the water arm action in front crawl and back stroke
Year 2	<p>Dance Movements</p> <p>Co-ordination - Various steps. Arm and legs actions. Levels and pace.</p> <p>Bilateral Movements - Left/Right/Forwards/Back/Circular Movements. Sliding, Jumping, bending</p> <p>Respond and Repeat - Respond/repeat to music. 8 beat sequence - split to 4:2:1 movement patterns . Copy repeat theme.</p> <p>Creativity – Create movements individually and in pairs on theme.</p>	<p>Games Skills</p> <p>Kicking – Coordinated movement. Balance. Small sided games. Receiving and turning.</p> <p>Throwing – At and to targets. Follow, fetch and stopping. Passing into space.</p> <p>Catching - Technique. Varying size of balls. High and low</p> <p>Spatial Awareness - Moving into space. Passing into spaces.</p>	<ul style="list-style-type: none"> - Safety – revision of “Pool Rules” and Water Safety Code - Skill Development – underwater push and glides, treading water, distance swimming under water - Stroke Development – practice breaststroke small arm action, continue width or length swimming with basic technique and breathing in front crawl and back stroke - Set 2 to move to length swimming when appropriate

<p>Year 3</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> - Travelling - Rotation - Flight - Balance - Linking Moves - Sequence/Routine Development 	<p>Health Related Exercise (HRE)</p> <ul style="list-style-type: none"> - Cross Country running - Skills Circuit - Fitness Circuit - Warming up and cooling down - Heart Rate and changes to the body during exercise 	<p><u>Safety</u></p> <ul style="list-style-type: none"> -Review of water and pool safety <p><u>Core skills/Competitive elements</u></p> <p>Breathing, Submerging, sitting/crouching dives</p> <p><u>Stroke Development</u></p> <ul style="list-style-type: none"> -Free Style -Back stroke -breast stroke <p><u>Assessment</u></p> <ul style="list-style-type: none"> -Timing of 3 strokes where applicable -Setting <p><u>Alternative activity</u></p> <p>Fun swim</p>
<p>Year 4</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> - Travelling - Rotation - on and off of apparatus - Flight – on and off of apparatus - Balance - Linking Moves Sequence/Routine Development 	<p>Health Related Exercise (HRE)</p> <ul style="list-style-type: none"> - Cross Country running - Pacing - Skills Circuit - Fitness Circuit - Heart Rate and changes to the body during exercise - Fitness types 	<p><u>Safety</u></p> <ul style="list-style-type: none"> -Review pool and water safety -Personal survival skills <p><u>Core skills/Competitive elements</u></p> <p>Floating sequences, Diving, sitting/crouching/ racing, handstands, Push and glides with rolling, rolling whilst swimming</p> <p><u>Stroke Development</u></p> <ul style="list-style-type: none"> -Free style -Back stroke -Breast stroke -Introduction to butterfly <p><u>Assessment</u></p> <ul style="list-style-type: none"> -Timing of all swimmers <p><u>Alternative activity</u></p> <p>Fun swim</p>

<p>Year 5</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> - Flight - Take off and landing - Weight bearing and non-weight bearing movements - On and off of apparatus - Vaulting 	<p>Health Related Exercise (HRE)</p> <ul style="list-style-type: none"> - Cross Country running - Fitness testing – CV fitness, speed, agility - Skills Circuit - Fitness Circuit - SAQ and mobility 	<p><u>Safety</u></p> <ul style="list-style-type: none"> -Review of pool and water safety -Personal survival skills <p><u>Core skills/ competitive elements</u></p> <ul style="list-style-type: none"> -Treading water, racing starts, introduction to tumble turns <p><u>Stroke development</u></p> <ul style="list-style-type: none"> -Freestyle -Back stroke -Breast stroke -Butterfly -Stamina development <p><u>Assessment</u></p> <ul style="list-style-type: none"> -Timing of strokes <p><u>Alternative activity</u></p> <p>Fun swim</p>
<p>Year 6</p>	<p>Health Related Exercise (HRE)</p> <ul style="list-style-type: none"> - Fitness Circuit - SAQ - Cross Country running - Games Skills Circuit - Heart Rate and changes to the body during exercise - Interval Training methods 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Flight - Take off and landing - Weight bearing and non-weight bearing - On and off of apparatus - Vaulting – through vault & straddle - Spring board - Inversion developments 	<p><u>Safety</u></p> <ul style="list-style-type: none"> - Pool and water safety - -Personal survival skills <p><u>Core skills/ Competitive elements</u></p> <ul style="list-style-type: none"> -Review of core skills -Racing starts and turns <p><u>Stroke Development</u></p> <ul style="list-style-type: none"> - Freestyle - Backstroke - Breaststroke - Butterfly - Stamina development <p><u>Assessment</u></p> <ul style="list-style-type: none"> -Timing of all students -Stroke technique assessment <p><u>Alternative activity</u></p> <p>Fun swim</p>

<p>Year 7 Scholars</p>	<p>Sports Psychology</p> <ul style="list-style-type: none"> - What is sports psychology - Goal Setting - Controlling attention - Self-confidence - Group Dynamics - Focus 	<p>Preparation for Sport</p> <ul style="list-style-type: none"> - Warm up - Mobility - Nutrition - Mind-set - Taking care of the body (burn out, periodization) 	
<p>Year 8 Scholars</p>	<p>Sports Psychology</p> <ul style="list-style-type: none"> - Mental Skills - Motivation - Attribution - Attention control - Goals 	<p>Sports Leadership</p> <ul style="list-style-type: none"> - What is a leader - Communication - Officiating - Create a game - Lead small groups - Lead the pre-prep. 	