



Physical Education and Swimming Curriculum Map Michaelmas Term 2021

	Michaelmas 1	Michaelmas 2	Swimming
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 	<ul style="list-style-type: none"> - Safety – introduction to “Pool Rules” - Skill Development – development of basic water confidence through games and songs - “Fun Swim” as a contrasting activity for some sets to enhance water confidence - Learning to travel on the front and back using aids with some sets achieving independent swimming - Award of Heath Mount “Otter Certificates” or Width Badges
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 	<ul style="list-style-type: none"> - Safety – revision of “Pool Rules” - Skill Development – revision of push and glides, mushroom and star floats, submerging practice with aquatic breathing, pencil jumps, - Stroke development – continue to refine body position and alternating kicking action. - All sets to practice simultaneous breaststroke leg action with and without aids. - Assessments for width and length badges or progress certificates
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 	<ul style="list-style-type: none"> - Safety – revision of “Pool Rules” and introduction of Water Safety Code - Skill Development – continue practice of aquatic breathing, revision of push and glides, pencil jumps with and without arms raised, different float types - Stroke Development – continue practice of width swimming in front crawl, back stroke, breaststroke and the introduction of butterfly leg action. - Introduction of length swimming for top set using flippers for front crawl and back stroke - Assessment for the award of Bronze, Silver, Width or Length Badges

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 	Speed & Agility <ul style="list-style-type: none"> - Understanding methods to test speed and agility - Investigate ways of developing and improving speed and agility - Training methods - Applying speed and agility 	<u>Safety</u> -Water and pool safety <u>Core skills/ competitive elements</u> Entering and exiting the water safely, Floating, push and glides <u>Stroke development</u> <ul style="list-style-type: none"> - Free style - Back stroke <u>Assessment</u> -Timing of 2 strokes (where applicable) -Stroke technique assessment <u>Alternative activity</u> Christmas Relays
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 and striking - Jumping – Long and high - Evasion, Dodging - Coordination of feet and body movements 	Speed & Agility <ul style="list-style-type: none"> - Understanding methods to test speed and agility - Investigate ways of developing and improving speed and agility - Training methods - Applying speed and agility 	<u>Safety</u> -Review pool and water safety -Personal survival skills <u>Core skills/Competitive Elements</u> Entering and exiting the water safely, jumping, streamlined push and glides <u>Stroke development</u> <ul style="list-style-type: none"> -Free style -Back stroke -Breast stroke <u>Assessment</u> -Timing of all swimmers - Stroke technique assessment <u>Alternative activity</u> Christmas relays
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 - Basic Plyometrics - Movement patterns 	Speed & Agility <ul style="list-style-type: none"> - Understanding methods to test speed and agility - Investigate ways of developing and improving speed and agility - Training methods - Applying speed and agility - Refining techniques - Basic weight training activities to improve speed 	<u>Safety</u> -Review of pool and water safety -Personal survival skills <u>Core skills/Competitive elements</u> -Entering/ exiting the pool safely, Sculling, racing starts, introduction to touch turns <u>Stroke development</u> <ul style="list-style-type: none"> -Freestyle -Backstroke -Breast stroke -Butterfly

	<ul style="list-style-type: none"> - Applying fundamental movements in competitive situations 	<ul style="list-style-type: none"> - Movement coordination activities to improve agility 	<u>Assessment</u> - Timing of strokes - Stroke technique assessment <u>Alternative activity</u> Christmas Relay
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 - Hand / Eye Coordination - Hitting with various sticks - Jumping – Long and high - Developing Plyometrics - Movement patterns - Applying fundamental movements in competitive situations 	Speed & Agility <ul style="list-style-type: none"> - Understanding methods to test speed and agility - Investigate ways of developing and improving speed and agility - Training methods - Applying speed and agility - Refining techniques - Basic weight training activities to improve speed - Movement coordination activities to improve agility 	Safety <ul style="list-style-type: none"> - Pool and water safety - Personal Survival skills <u>Core skills/Competitive elements</u> -Review of core skills -Racing starts and finishes Stroke development <ul style="list-style-type: none"> - Freestyle - Backstroke - Breast Stroke - Butterfly - Stamina Development <u>Assessment</u> Stroke techniques Timing <u>Alternative Activity</u> - Christmas Relays
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 	

