

Physical Education and Swimming Curriculum Map: Lent Term

	Lent 1	Lent 2	Swimming
Reception	<p>Gymnastics and Co-ordinated Movements</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 	<p>Games and Fundamental 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” - 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>Gymnastics and Co-ordinated Movements</p> <ul style="list-style-type: none"> - Jumping – progressive shapes and sequences using apparatus. - Travelling methods - building further using partners and apparatus. - Balances – developing strength and endurance to hold individual and partner balances. - Creativity – Create movements individually and in pairs on 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>Gymnastics and Co-ordinated Movements</p> <ul style="list-style-type: none"> - Jumping – progressive shapes and sequences using apparatus. - Travelling methods - building further using partners and apparatus. - Balances – developing strength and endurance to hold individual and partner balances. 	<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>	<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

	<p>- Creativity – Create movements individually and in pairs on theme.</p>	<p>Catching - Technique. Varying size of balls. High and low Spatial Awareness - Moving into space. Passing into spaces.</p>	<p>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>
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<p>Year 3</p>	<p>Flexibility and Balance</p> <ul style="list-style-type: none"> - Assess current personal fitness levels regarding flexibility and balance - Improve personal fitness through participation in a variety of balance and flexibility-based activities - To become increasingly competent and confident to perform a range of gymnastics skills 	<p>Strength and Endurance</p> <ul style="list-style-type: none"> - To understand how to develop muscles/areas which are used in in lower body movements - To perform a variety static and dynamic core movements in a core stability circuit - To apply safe lifting, pushing, pulling techniques - To recognise how it endurance can be improved and where it is needed in sports activities 	<p>Safety</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>Flexibility and Balance</p> <ul style="list-style-type: none"> - Assess current personal fitness levels regarding flexibility and balance - Improve personal fitness through participation in a variety of balance and flexibility-based activities - To become increasingly competent and confident to perform a range of gymnastics skills 	<p>Strength and Endurance</p> <ul style="list-style-type: none"> - To understand how to develop muscles/areas which are used in in lower body movements - To perform a variety static and dynamic core movements in a core stability circuit - To apply safe lifting, pushing, pulling techniques - To recognise how it endurance can be improved and where it is needed in sports activities 	<p>Safety</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 <u>Assessment</u> -Timing of all swimmers <u>Alternative activity</u> Fun swim
Year 5	<u>Flexibility and Balance</u> <ul style="list-style-type: none"> - Assess current personal fitness levels regarding flexibility and balance - Improve personal fitness through participation in a variety of balance and flexibility-based activities - To become increasingly competent and confident to perform a range of gymnastics skills 	<u>Strength and Endurance</u> <ul style="list-style-type: none"> - To understand how to develop muscles/areas which are used in in lower body movements - To perform a variety static and dynamic core movements in a core stability circuit - To apply safe lifting, pushing, pulling techniques - To recognise how it endurance can be improved and where it is needed in sports activities 	<u>Safety</u> <ul style="list-style-type: none"> -Review of pool and water safety -Personal survival skills <u>Core skills/ competitive elements</u> <ul style="list-style-type: none"> -Treading water, racing starts, introduction to tumble turns <u>Stroke development</u> <ul style="list-style-type: none"> -Freestyle -Back stroke -Breast stroke -Butterfly -Stamina development <u>Assessment</u> <ul style="list-style-type: none"> -Timing of strokes <u>Alternative activity</u> Fun swim
Year 6	<u>Flexibility and Balance</u> <ul style="list-style-type: none"> - Assess current personal fitness levels regarding flexibility and balance - Improve personal fitness through participation in a variety of balance and flexibility-based activities 	<u>Strength and Endurance</u> <ul style="list-style-type: none"> - To understand how to develop muscles/areas which are used in in lower body movements 	<u>Safety</u> <ul style="list-style-type: none"> - Pool and water safety - -Personal survival skills <u>Core skills/ Competitive elements</u>

	<ul style="list-style-type: none"> - To become increasingly competent and confident to perform a range of gymnastics skills 	<ul style="list-style-type: none"> - To perform a variety static and dynamic core movements in a core stability circuit - To apply safe lifting, pushing, pulling techniques - To recognise how endurance can be improved and where it is needed in sports activities 	<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> Fun swim</p>
Year 7 Scholars	<p>Independent Planning and Training</p> <ul style="list-style-type: none"> - Training cycles - Sport specific training - Planning own routines - Following own training programme with guidance - Assessment of training 	<p>Sports Psychology & Nutrition</p> <ul style="list-style-type: none"> - What is sports psychology - Goal Setting - Controlling attention - Self-confidence - Group Dynamics - Focus - Introduction to sports nutrition. 	N/A
Year 8 Scholars	<p>Independent Planning and Training</p> <ul style="list-style-type: none"> - Training cycles - Sport specific training - Planning own routines - Following own training programme with guidance - Assessment of training 	<p>Sports Psychology & Nutrition</p> <ul style="list-style-type: none"> - What is sports psychology - Goal Setting - Controlling attention - Self-confidence - Group Dynamics - Focus - Introduction to sports nutrition. 	N/A