

Physical Education and Swimming Curriculum Map: Lent Term

	Lent 1	Lent 2	Swimming
Reception	Gymnastics and Co-ordinated Movements <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 	Games and Fundamental Skills <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” - Water Confidence- continued use of games and songs for increasing water confidence - practise contrasting activities including push and glides, star floats with, and without, aids - Stroke development- continued practise of basic front and back stroke with and without aids - Introduction of basic breaststroke - Assessment- stroke technique analysis
Year 1	Gymnastics and Co-ordinated Movements <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. 	Games Skills <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” introduction to treading water - Water confidence- 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 - Competitive elements - introduction to diving - Assessment-Stroke technique analysis

<p>Year 2</p>	<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> <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” - Skill Development – underwater push and glides, treading water, distance swimming under water - Stroke Development – practise breaststroke small arm action, continue width or length swimming with basic technique and aquatic breathing in front crawl and back stroke - Competitive elements- sit dive and crouch dive, forward rolls - Assessment-stroke technique analysis
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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 rules and procedures -introduction to using backstroke flags <p><u>Core skills/Competitive elements</u></p> <p>Aquatic breathing, Submerging, sitting/crouching dives</p> <p><u>Stroke Development</u></p> <ul style="list-style-type: none"> -Effective Frontcrawl over 20m -Effective Back stroke over 20m -Effective Breaststroke over 20m -Introduction to dolphin kick <p><u>Assessment</u></p> <ul style="list-style-type: none"> -Timing of 3 strokes where applicable -Stroke technique analysis
<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><u>Safety</u></p> <ul style="list-style-type: none"> -Review pool and water safety rules and procedures -Personal survival skills including swimming in clothes <p><u>Core skills/Competitive elements</u></p> <p>Floating sequences, Diving, sitting/crouching/ racing, handstands, Push and glides</p>

			<p>with rolling, rolling whilst swimming</p> <p><u>Stroke Development</u></p> <ul style="list-style-type: none"> -Efficient Front crawl over 20m -Efficient Back stroke over 20m -Efficient Breaststroke over 20m -Increase distance of butterfly kick <p><u>Assessment</u></p> <ul style="list-style-type: none"> -Timing -Stroke technique analysis
Year 5	<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 endurance can be improved and where it is needed in sports activities 	<p>Safety</p> <ul style="list-style-type: none"> -Review of pool and water safety rules and procedures -Lane etiquette and safety -Personal survival skills <p><u>Core skills/ competitive elements</u></p> <ul style="list-style-type: none"> - Racing starts, introduction to tumble turns <p><u>Stroke development</u></p> <ul style="list-style-type: none"> -Efficient Front crawl over 40m -Efficient Back stroke over 40m -Efficient Breaststroke over 40m -Butterfly development and arm action -Increased Stamina and distance

			<u>Assessment</u> -Timing of strokes -Stroke technique analysis
Year 6	Flexibility and Balance <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 	Strength and Endurance <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 endurance can be improved and where it is needed in sports activities 	Safety <ul style="list-style-type: none"> - Review of pool and water safety rules and procedures - Personal survival skills <u>Core skills/ Competitive elements</u> <ul style="list-style-type: none"> -Review of core skills -Applying racing starts and turns -introduction to underwaters and transitions <u>Stroke Development</u> <ul style="list-style-type: none"> - Applying 40m Front crawl - Applying 40m Backstroke - Applying 40m Breaststroke - Effective Butterfly over 20/40m - Stamina, speed and distance development <u>Assessment</u> <ul style="list-style-type: none"> -Timing of all students -Stroke technique analysis
Year 7 Scholars	Independent Planning and Training <ul style="list-style-type: none"> - Training cycles - Sport specific training - Planning own routines - Following own training programme with guidance - Assessment of training 	Sports Psychology & Nutrition <ul style="list-style-type: none"> - What is sports psychology - Goal Setting - Controlling attention - Self-confidence - Group Dynamics - Focus 	N/A

		- Introduction to sports nutrition.	
Year 8 Scholars	Independent Planning and Training <ul style="list-style-type: none"> - Training cycles - Sport specific training - Planning own routines - Following own training programme with guidance - Assessment of training 	Sports Psychology & Nutrition <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