

## Physical Education Curriculum Map Summer Term 2022

	Summer 1	Summer 2	Swimming
Reception	<b>Athletics</b> <ul style="list-style-type: none"> <li>- Throwing form (pull, push, twist)</li> <li>- Running (sprint and stamina)</li> <li>- Jump (high and long)</li> </ul>	<b>Coordination and Accuracy</b> <ul style="list-style-type: none"> <li>- Racket skills</li> <li>- Cricket skills</li> <li>- Stopping a ball</li> <li>- Throwing at a target (moving and stationary)</li> </ul>	<ul style="list-style-type: none"> <li>- Water Confidence skills</li> <li>- Stroke development- front crawl, back stroke and breast stroke</li> <li>- Increasing distances 5m/8m/ 8m+</li> <li>- Floating</li> <li>-safe entries- using the steps, swivel entries and jumping</li> </ul>
Year 1	<b>Athletics</b> <ul style="list-style-type: none"> <li>- Throwing form (pull, push, twist)</li> <li>- Running (sprint and stamina)</li> <li>- Jump (high and long)</li> </ul>	<b>Coordination and Accuracy</b> <ul style="list-style-type: none"> <li>- Racket skills</li> <li>- Cricket skills</li> <li>- Stopping a ball</li> <li>- Throwing at a target (moving and stationary)</li> </ul>	<ul style="list-style-type: none"> <li>-Water Confidence skills</li> <li>-Stroke development- front crawl, back stroke and breast stroke with emphasis on over arm recovery in front crawl and backstroke</li> <li>-Increasing distances 5m/8m/8m+</li> <li>-Floating and submerging</li> <li>-Safe entries into the water- sitting/crouching dives</li> </ul>
Year 2	<b>Athletics</b> <ul style="list-style-type: none"> <li>- Throwing form (pull, push, twist)</li> <li>- Running (sprint and stamina)</li> <li>- Jump (high and long)</li> </ul>	<b>Coordination and Accuracy</b> <ul style="list-style-type: none"> <li>- Racket skills</li> <li>- Cricket skills</li> <li>- Stopping a ball</li> <li>- Throwing at a target (moving and stationary)</li> </ul>	<ul style="list-style-type: none"> <li>Water Confidence Skills</li> <li>-Stroke development- front crawl, back stroke, breast stroke</li> <li>-Aquatic breathing</li> <li>-Increasing distances 8m/ 20m</li> <li>-Preparation for competitive swimming</li> <li>-Safe entries into the water- diving</li> </ul>
Year 3	<b>Athletics</b> <i>Develop fundamental track and field events of athletics. Focus on introducing safe and efficient technique.</i>	<b>Coordination and Accuracy</b> <ul style="list-style-type: none"> <li>- Hand-eye coordination development</li> <li>- Striking a ball which is moving and stationary</li> <li>- Striking a ball when stationary and moving</li> </ul>	<ul style="list-style-type: none"> <li>- Water confidence</li> <li>- Pool safety and Review of 3 strokes and starts</li> <li>- Stroke development – Freestyle</li> <li>- Stroke development – Backstroke</li> </ul>

	<ul style="list-style-type: none"> <li>- Running technique (Short and long distances)</li> <li>- Jumping principles</li> <li>- Principles of throw (ball and javelin)</li> <li>- Pacing</li> <li>- Relays</li> </ul>	<ul style="list-style-type: none"> <li>- Footwork movements and positioning</li> <li>- Throwing at a moving and stationary target</li> <li>- Throwing when stationary and moving at various targets</li> <li>- Striking various balls using different equipment at set targets.</li> </ul>	<ul style="list-style-type: none"> <li>- Stroke development – Breaststroke</li> <li>- Increasing distances 20m</li> <li>- Personal survival and assessment of skills</li> <li>- Preparation for house swimming gala</li> </ul>
Year 4	<p><b>Athletics</b> <i>Develop fundamental track and field events of athletics. Focus on introducing safe and efficient technique.</i></p> <ul style="list-style-type: none"> <li>- Running technique (Short and long distances)</li> <li>- Long Jump</li> <li>- Introduction to high jump</li> <li>- Specific throw techniques dependent on object throwing</li> <li>- Relays Measured/Timed Events</li> </ul>	<p><b>Coordination and Accuracy</b></p> <ul style="list-style-type: none"> <li>- Hand-eye coordination development</li> <li>- Striking a ball which is moving and stationary</li> <li>- Striking a ball when stationary and moving</li> <li>- Footwork movements and positioning</li> <li>- Throwing at a moving and stationary target</li> <li>- Throwing when stationary and moving at various targets</li> <li>- Striking various balls using different equipment at set targets.</li> </ul>	<ul style="list-style-type: none"> <li>- Water Confidence</li> <li>- Pool safety and Review of 3 strokes and starts</li> <li>- Stroke development – Freestyle</li> <li>- Stroke development – Backstroke</li> <li>- Stroke development – Breaststroke</li> <li>- Introduction to butterfly and dolphin kick</li> <li>- Personal survival and assessment of skills</li> <li>- Preparation for house swimming gala</li> </ul>
Year 5	<p><b>Athletics</b> <i>Develop technicalities of events. Understand how mechanicals of each event affect outcome of performance.</i></p> <ul style="list-style-type: none"> <li>- Sprints starts and phases of sprints</li> <li>- Long Jump, high jump, introduction to triple jump</li> <li>- Principles of throw (discus, javelin, ball)</li> <li>- Pacing</li> <li>- Relays</li> </ul>	<p><b>Coordination and Accuracy</b></p> <ul style="list-style-type: none"> <li>- Hand-eye coordination development</li> <li>- Striking a ball which is moving and stationary</li> <li>- Striking a ball when stationary and moving</li> <li>- Footwork movements and positioning</li> <li>- Throwing at a moving and stationary target</li> <li>- Throwing when stationary and moving at various targets</li> <li>- Striking various balls using different equipment at set targets.</li> </ul>	<ul style="list-style-type: none"> <li>- Pool safety and Review of 4 strokes and starts</li> <li>- Stroke development – Freestyle</li> <li>- Stroke development – Backstroke</li> <li>- Stroke development – Breaststroke/Butterfly</li> <li>- Personal survival and assessment of skills</li> <li>- Preparation for house swimming gala</li> <li>- Starts and turns</li> </ul>

		- Combine speed movements with coordinated activities.	
Year 6	<p><b>Athletics</b>  <i>Develop technicalities of events. Understand how mechanicals of each event affect outcome of performance.</i></p> <ul style="list-style-type: none"> <li>- Sprints starts and phases of sprints</li> <li>- Long Jump, high jump, introduction to triple jump</li> <li>- Principles of throw (discus, javelin, ball)</li> <li>- Pacing</li> <li>- Relays</li> </ul>	<p><b>Coordination and Accuracy</b></p> <ul style="list-style-type: none"> <li>- Hand-eye coordination development</li> <li>- Striking a ball which is moving and stationary</li> <li>- Striking a ball when stationary and moving</li> <li>- Footwork movements and positioning</li> <li>- Throwing at a moving and stationary target</li> <li>- Throwing when stationary and moving at various targets</li> <li>- Striking various balls using different equipment at set targets.</li> <li>- Combine speed movements with coordinated activities.</li> </ul>	<ul style="list-style-type: none"> <li>- Pool safety and Review of 4 strokes and starts</li> <li>- Stroke development – Freestyle</li> <li>- Stroke development – Backstroke</li> <li>- Stroke development – Breaststroke/Butterfly</li> <li>- Personal survival and assessment of skills</li> <li>- Preparation for house swimming gala</li> <li>- Increasing distances 40m</li> <li>- Starts and turns</li> </ul>