

Physical Education Curriculum Map Summer Term 2021

	Summer 1	Summer 2	Swimming
Reception	Athletics <ul style="list-style-type: none"> - Throwing form (pull, push, twist) - Running (sprint and stamina) - Jump (high and long) 	Coordination and Accuracy <ul style="list-style-type: none"> - Racket skills - Cricket skills - Stopping a ball - Throwing at a target (moving and stationary) 	
Year 1	Athletics <ul style="list-style-type: none"> - Throwing form (pull, push, twist) - Running (sprint and stamina) - Jump (high and long) 	Coordination and Accuracy <ul style="list-style-type: none"> - Racket skills - Cricket skills - Stopping a ball - Throwing at a target (moving and stationary) 	
Year 2	Athletics <ul style="list-style-type: none"> - Throwing form (pull, push, twist) - Running (sprint and stamina) - Jump (high and long) 	Coordination and Accuracy <ul style="list-style-type: none"> - Racket skills - Cricket skills - Stopping a ball - Throwing at a target (moving and stationary) 	
Year 3	Athletics <i>Develop fundamental track and field events of athletics. Focus on introducing safe and efficient technique.</i> <ul style="list-style-type: none"> - Running technique (Short and long distances) - Jumping principles - Principles of throw (ball and javelin) 	Coordination and Accuracy <ul style="list-style-type: none"> - Hand-eye coordination development - Striking a ball which is moving and stationary - Striking a ball when stationary and moving - Footwork movements and positioning - Throwing at a moving and stationary target 	<ul style="list-style-type: none"> - Pool safety and Review of 3 strokes and starts - Stroke development – Freestyle - Stroke development – Backstroke - Stroke development – Breaststroke - Personal survival and assessment of skills

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

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