



Physical Education Curriculum Map Summer Term 2024

	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) 	<ul style="list-style-type: none"> - Water Confidence skills - Stroke development- front crawl, back stroke and breast stroke - Increasing distances 5m/8m/ 8m+ - Floating -safe entries- using the steps, swivel entries and jumping
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) 	<ul style="list-style-type: none"> -Water Confidence skills -Stroke development- front crawl, back stroke and breast stroke with emphasis on over arm recovery in front crawl and backstroke -Increasing distances 5m/8m/8m+ -Floating and submerging -Safe entries into the water- sitting/crouching dives
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) 	<ul style="list-style-type: none"> Water Confidence Skills -Stroke development- front crawl, back stroke, breast stroke -Aquatic breathing -Increasing distances 8m/ 20m -Preparation for competitive swimming -Safe entries into the water- diving
Year 3	Athletics <i>Develop fundamental track and field events of athletics. Focus on introducing safe and efficient technique.</i>	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 	<ul style="list-style-type: none"> - Water confidence - Pool safety and Review of 3 strokes and starts - Stroke development – Freestyle - Stroke development – Backstroke

	<ul style="list-style-type: none"> - Running technique (Short and long distances) - Jumping principles - Principles of throw (ball and javelin) - Pacing - Relays 	<ul style="list-style-type: none"> - 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"> - Stroke development – Breaststroke - Increasing distances 20m - Personal survival and assessment of skills - Preparation for house swimming gala
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"> - Water Confidence - Pool safety and Review of 3 strokes and starts - Stroke development – Freestyle - Stroke development – Backstroke - Stroke development – Breaststroke - Introduction to butterfly and dolphin kick - Personal survival and assessment of skills - Preparation for house swimming gala
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 - 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. 	<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 - Starts and turns

		- Combine speed movements with coordinated activities.	
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 - Increasing distances 40m - Starts and turns