

Whole School PE & Games Curriculum Map 2021 - 2022

PE National Curriculum KS1 & KS2

Purpose of study:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way that supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Attainment targets By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Subject content

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

	Area	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Outdoor	Games Unit 1 <i>Focus on using beanbags</i>	Games Unit 2 <i>Focus on using a ball</i>	Games Unit 3 <i>Focus on using hoops and quoits</i>	Games Unit 4 <i>Focus on using ropes, bats and balls</i>	Athletics	Athletics
Year 1	Indoor	Gymnastics D <i>Flight - Bouncing, Jumping & Landing</i>	Dance Unit 1 <i>16 - Streamers 17 - Conkers 18 - Playing With A Ball</i>	Gymnastics E <i>Points & Patches</i>	Gymnastics F <i>Rocking & rolling</i>	Dance Unit 4 <i>24 - The Rainbow Fish 25 - We're Going On A Bear Hunt</i>	Gymnastics G <i>Wide - Narrow - Curled</i>
	Outdoor	Games Unit 1 - <i>Focus On Ball Skills & Games</i>	Games Unit 2 - <i>Throwing & Catching - Aiming Games</i>	Games Unit 3 - <i>Bat/Ball skills & Games - Skipping</i>	Games Unit 4 - <i>Developing Partnerwork</i>	Athletics Unit 1	Athletics Unit 2
Year 2	Indoor	Gymnastics H <i>Parts High & Parts Low</i>	Gymnastics I <i>Pathways, Straight, Zig-zag & Curving</i>	Dance Unit 1 <i>26 - The Cat 27 - Balloons 28 - Reach For The Stars</i>	Gymnastics J <i>Turning - Spinning - Twisting</i>	Dance Unit 3 <i>32 - Words & Word Messages 33 - The Three Little Pigs</i>	Gymnastics K <i>Linking Movements Together</i>
	Outdoor	Athletics Unit 1	Games Unit 2 - <i>Making Up A</i>	Games Unit 3 - <i>Dribbling,</i>	Games Unit 4 - <i>Group Games</i>	Athletics Unit 2	Games Unit 1 - <i>Throwing &</i>

			Game	Kicking & Hitting	& Inventing Rules		Catching - Inventing Games
Year 3	Indoor	Gymnastics L <i>Stretching, Curling and Arching</i>	Dance Unit 1 <i>1 - Who Am I? 2 - The Language of Dance</i>	Gymnastics M <i>Symmetry & Asymmetry</i>	Dance Unit 2 <i>3 - The Explorers 4 - The Hornpipe</i>	Gymnastics N <i>Pathways</i>	Gymnastics O <i>Travelling With A Change Of Front & Change Of Direction</i>
	Outdoor	Athletics Unit 1	Games Unit 2 - <i>Creative Games Making</i>	Games Unit 1 - <i>Ball Skills - Invasion Focus</i>	Games Unit 3 - <i>Net/Court/ Wall Games</i>	Athletics Unit 2	Games Unit 4 - <i>Striking/ Fielding Games</i>
Year 4	Indoor	Gymnastics P <i>Balance</i>	Dance Unit 1 <i>8 - These Shoes Are Made For Walking 9 - Giraffes Can't Dance 10 - Incognito</i>	Gymnastics Q <i>Receiving Body Weight</i>	Dance Unit 4 <i>14 - Wimbledon 15 - Musical Statues</i>	Gymnastics R <i>Balance Leading into Change of Front Direction</i>	Gymnastics S <i>Rolling</i>
	Outdoor	Games Unit 2 - <i>Problem Solving & Inventing Games</i>	OAA <i>Trails / Problem-Solving / Team -Building / Orienteering / Extra Activities</i>	Games Unit 3 - <i>Invasion Games</i>	Games Unit 1 - <i>Net/Court/ Wall Games</i>	Athletics Unit 1	Games Unit 4 - <i>Striking/ Fielding Games</i>

Year 5	Indoor	Gymnastics T <i>Bridges</i>	Dance Unit 1 <i>16 - Rubbish</i>	Gymnastics U <i>Flight</i>	Gymnastics V <i>Functional Use of the limbs</i>	Dance Unit 4 <i>21 - Volcanoes 22 - Punch & Wrestle</i>	Gymnastics W <i>Spinning & Turning</i>
	Outdoor	Games Unit 2 - <i>Invasion & Target (Ball Handling)</i>	Athletics Unit 1	Games Unit 3 - <i>Invasion Games (Implement & Kicking)</i>	Games Unit 1 - <i>Net/Court/Wall Games</i>	Athletics Unit 2	Games Unit 4 - <i>Striking/Fielding Games</i>
	External	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year 6	Indoor	Gymnastics X <i>Working together - Matching, Mirroring & Contrasting</i>	Gymnastics Y <i>Working Together - Synchronisation & Canon</i>	Dance Unit 3 <i>27 - The Rainforest 28 - Hunting In Unknown Territory</i>	Gymnastics Z <i>Working Together - Holes & Barriers</i>	Dance Unit <i>29 - Flight From Danger</i>	Gymnastics A* <i>Counter Balance & Counter Tension</i>
	Outdoor	Athletics Unit 1	Games Unit 2 - <i>Net/Court/Wall Games (Volleyball & Tennis)</i>	Games Unit 1 - <i>Invasion Games, Implement & Kicking Hockey & Soccer)</i>	Games Unit 4 - <i>Invasion Games (Ball Handling) (Netball, Basketball, Rugby)</i>	Athletics Unit 2	Games Unit 3 - <i>Striking/Fielding Games</i>