



St Edmund's and St Thomas' Catholic Primary School



Curriculum Map – PE 2016-17

Subject content - Key Stage 1

Pupils will develop: fundamental movement skills (FMS), become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will 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 will 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.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nur/ Rec	FMS Object manipulation/ sending and receiving	FMS -Object manipulation/ sending and receiving FSD- (dance focus)	FMS (gymnastic focus)	FMS -Object manipulation/ sending and receiving FDS- (dance focus)	FMS (athletics focus)	FMS (athletics focus)
Year 1	Games Invasion (Multi Sports focus)	Games Invasion (Multi sports focus)	Gymnastics	Dance	Games – Strike + Field	Athletics
Year 2	Games Invasion (Multi sports focus)	Games Invasion (Multi sports focus)	Gymnastics	Dance	Games – Strike + Field	Athletics

Subject content – Key Stage 2

Pupils will 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 will 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.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Games Cross Country/ Hockey	Games Lacrosse/ American Flag Football	Games Badminton/ Gymnastics	Games Rounders/ Baseball	Games- Basketball/ Cricket	Games Tennis/ Athletics
Year 4	Games Cross Country/ Hockey	Games Lacrosse/ American Flag Football	Games Badminton/ Gymnastics	Games Rounders/ Baseball	Games- Basketball/ Cricket	Games Tennis/ Athletics

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Games Cross Country/ Hockey	Games Lacrosse/ American Flag Football	Games Badminton/ Gymnastics	Games Rounders/ Baseball	Games- Basketball/ Cricket	Games Tennis/ Athletics
Year 6	Games Cross Country/ Hockey	Games Lacrosse/ American Flag Football	Games Badminton/ Gymnastics	Games Rounders/ Baseball	Games- Basketball/ Cricket	Games Tennis/ Athletics