

PE Curriculum Map

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Introduction to PE	Travel	Dance	Coordination using balls/ equipment	Sports day practice	Athletics
KS1	<u>Agility/Balance/Coordination</u> Week 1: Balancing on one leg. Jumps landing on one leg – Rotations & landing Week 2: Fast Reactions. Ball drop and catch – fast feet catch and reset. Week 3: Spatial Awareness. Pass and move tag game. Week 4: Fast feet. Split step, Ladder work, Transfer of weight, explosive sprint. Week 5: Change of direction. Getting away from Defender Week 6: Match play – Tag Teams	<u>Football</u> Week 1: Passing (short distance) Week 2: Passing and movement with the ball Week 3: Shooting Week 4: Dribbling Week 5: Spatial Awareness Week 6: Game play	<u>Benchball</u> Week 1: Chest pass & how to catch Week 2: Shoulder pass Week 3: Catching on the move Week 4: Change of direction Week 5: Shooting & Defence Week 6: Game play/ tournament	<u>Hockey</u> Week 1: Moving with the ball/ stick control Week2: Short passing Week 3: Long passing and stopping the ball Week4: Turning and dribbling with the ball Week 5: Shooting Week6: Game play	<u>Tennis</u> Week 1: How to hold the racket. Stance and forehand. Week 2: Split step & forehand Week 3: Backhand Week 4: Footwork – choice of f/hand b/hand Week 5: Volley Week 6: Underarm serve Week 7: Matches	<u>Athletics</u> Week 1: Throwing a tennis ball / Javelin Week 2: Week 3: Static Jump. Running jump. Triple Jump Week 4: Sprinting with high knees and arms Week 5: Long Distance Running – Pace Setting Week 6: Orienteering – basic map reading Week 7: Competition

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KS2	<u>Rugby</u>	<u>Football</u>	<u>Netball</u>	<u>Hockey</u>	<u>Tennis</u>	<u>Kwik Cricket</u>
	Week 1: Passing (short distance) Week 2: Introduction to tagging Week 3: Passing backwards Week 4: Support play attack and defence Week 5: Defensive line & backup Week 6: Dodge & change of direction Week 7: Game play	Week 1: Passing (short distance) Week 2: Movement with the ball Week 3: Shooting from different angles Week 4: Heading the ball Week 5: Power and accuracy Week 6: Game play/ tournament	Week 1: Chest pass. How to catch & positions on court Week 2: Bounce pass and Shoulder pass Week 3: Footwork rule & Shooting Week 4: Change of direction Week 5: Catching on the move. Landing on outside foot Week 6: Game play/ tournament	Week 1: Moving with the ball/ stick control. Feint & dodge to beat a player Week 2: Short passing. Movement off the ball Week 3: Long passing and stopping the ball Week 4: Turning and dribbling with the ball. Defending Week 5: Shooting – attacking options Week 6: Game play	Week 1: Stance, grip and forehand Week 2: Split step and footwork Week 3: Backhand Week 4: Volley Week 5: Serving Week 6: Tactics – choice of shot Week 7: Match play	Week 1: Throwing & catching Week 2: Fielding – Long Barrier & Run Round Week 3: Bowling Overarm Week 4: Batting - Defence Week 5: Batting - attack Week 6: Batting footwork Week 7: Match play

Games will be taught during PPA by Mrs Lansley & Mr McKell.

Dance will be taught in PPA by Mrs Mackey.