- Curriculum Provision Mapping –

PHYSICAL EDUCATION

Year Gr	roup/Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1	YEAR 1	MULTI-SKILLS Master basic movements including running and jumping. Moving in different ways, along different pathways. Dodging, changing direction & stopping	TEAM GAMES Master basic movement and co – ordination to include throwing and catching. Carrying & stopping a ball in different ways. Playing simple relay games.	DANCE. Dance, movement and pattern. To understand how we use our body to travel. To perform basic skills in travelling using different parts of the body. To develop an awareness of different body parts and how they can be used differently.	GYMNASTICS Floor work and balance. Using low apparatus and sequencing a 2 step routine. Developing core strength, technique and control.	TEAM GAMES Developing simple tactics for defending and attacking. Racket/bat handling skills. Carrying and controlling a bat/racket. Racket relays and net type activity, throwing and aiming. 1 v 1 activity.	ATHLETICS Learn and develop new skills to perform basic movements to include: run, jump, hop, throw & skip.
	YEAR 2	TEAM GAMES Master basic skills in agility and movement to include throwing and catching. Develop throwing skills using range of apparatus (shapes, weight, texture). Throw, catch and bounce in different ways. Throwing and catching stationary and on the move. Make up games using throw, catch and bounce.	MULTI-SKILLS Master basic skills in agility and movement to include throwing and catching.	GYMNASTICS Using low/medium apparatus and sequencing 3 step routine. Developing core strength, technique and control. Floor work and balance. Moving from a standing position into a balance, spin, roll etc.	DANCE To explore movement imaginatively, to express emotion through movement. To recognise how our bodies communicate feelings to each other.	TEAM GAMES Developing simple tactics for defending and attacking Develop new skills specific to invasion games. Apply basic tactics and strategies for attacking play. Work co-operatively as a team using equipment e.g. bats/rackets. To observe and select information to evaluate others performance.	ATHLETICS Master basic movements to include: run, jump, hop, throw & skip. Children will be able to understand what is meant by changing pace or speed. Children will understand changes they make to their body and to movements in order to help increase or decrease speed and agility.

KS2 Lower	YEAR 3	MULTI-SKILLS To use running, jumping, throwing& catching in isolation and in combination To work collaboratively in pairs or teams as well as solo.	COMPETITIVE GAMES Quick cricket, tag rugby, football, hockey, rounders, netball and circle games. Accurately pass and receive ball with hands. Demonstrate control when passing dribbling and receiving with feet or hands. Signalling for ball and recognizing others signals, while passing and receiving. Recognise and explain why	DANCE Dance- performing for others. To be able to perform and create a solo piece with appropriate expression and contrasting dynamics. To create and perform a duet with complimentary element. Work with a group to refine and practise movement ideas.	GYMNASTICS Using low, medium and high apparatus in order to sequence a set of movements starting from a standing position then ending in a standing position. Developing strength, technique and control so floor work and apparatus work shows a good level of balance, confidence and skill.	SWIMMING Forest Hill Pool. Use a range of strokes effectively. Be able to swim a distance of at least 25m by the end of Year 6	SWIMMING Forest Hill Pools. Use a range of strokes effectively. Be able to swim a distance of at least 25m by the end of Year6
	YEAR 4	MULTI-SKILLS To use running, jumping, throwing & catching in isolation and in combination. To play with increased stamina as technical skills develop. To play as part of a pair, team or group following rules and observing others.	teams succeeded in activity. GYMNASTICS Using floor and midhigh apparatus to sequence a routine self-taught or by following others. Developing strength, technique and control Floor work and balance to show increasing agility and ability.	SWIMMING Forest Hill Pool. Use a range of strokes effectively. Be able to swim a distance of at least 25m by the end of Year 6	SWIMMING Forest Hill Pool. Use a range of strokes effectively. Be able to swim a distance of at least 25m by the end of Year 6	TEAM GAMES Including cricket, football, hockey, rounders, netball, tennis, rugby etc. To play with increased awareness of pace, skill and space. To play as part of a team or group in competitive games with a sense of good sportsmanship.	ATHLETICS To develop flexibility, strength, skill, technique, control, balance and begin to compete within organised competition rules.

TZCO	YEAR 5	SWIMMING	SWIMMING	GYMNASTICS	DANCE	TEAM GAMES	ATHLETICS
KS2	I LAK 5	Forest Hill Pool.	Forest Hill Pool.	Using floor and wall	Dance-performing for	Explore cricket,	To develop flexibility,
Upper		Use a range of	Use a range of	apparatus to	others. To understand	football, hockey,	strength, skill,
		strokes effectively.	strokes effectively.	sequence a routine	why dance is good for	rounders, netball,	technique, control,
		Be able to swim a	Be able to swim a	self-taught or by	their fitness, health	tennis, rugby etc.	balance and begin to
		distance of at least	distance of at least	following others.	and wellbeing. To	Control a ball.	compete within
		25m by the end of	25m by the end of	Developing strength,	explore, improvise and	Dribble and pass to	organised
		Year 6	Year 6	technique and	combine movement	partner. Understand	competition rules.
		Tear 0	Tear 0	control.	ideas fluently and	and show how	Explore all track and
				Floor work and	effectively	possession and	field events.
				balance to show	ejjectivety	possession and progression benefits	jieia evenis.
				increasing agility		• •	
						game. How to mark an	
				and ability.			
						opponent effectively and defend goal.	
						Work collaboratively	
						_	
						as part of a pair.	
	YEAD (MIUTICKIIC	COMPETITIVE	DANCE	GYMNASTICS	Team or group.	ATHLETICS
	YEAR 6	MULTI-SKILLS	COMPETITIVE			TEAM GAMES	
		To use running,	GAMES	Dance- performing	Using floor and wall	Explore cricket,	To develop flexibility,
		jumping, throwing &	Quick cricket, tag	for others. To	apparatus to sequence	football, hockey,	strength, skill,
		catching in isolation	rugby, football,	explore, improvise and combine	a routine self-taught or	rounders, netball,	technique, control,
		and in combination.	hockey, rounders,	movement ideas	by following others.	tennis, rugby etc. Control a ball.	balance and begin to
		To play with increased stamina as	netball and circle	fluently and	Developing strength, technique and control.	Dribble and pass to	compete within organised
		technical skills	games. Accurately	effectively. To	Floor work and	•	Ü
			pass and receive ball	understand how a		partner. Understand	competition rules.
		develop. To play as	with hands.		balance to show	and show how	Explore all track and
		part of a pair, team	Demonstrate control	dance is formed and	increasing agility and	possession and	field events.
		or group following	when passing	performed	ability.	progression benefits	
		rules and observing	dribbling and	To evaluate, refine		game.	
		others.	receiving with feet or	and develop their		How to mark an	
			hands. Signalling for	own and others'		opponent effectively	
			ball and recognizing	work.		and defend goal.	
			others signals, while			Work collaboratively	
			passing and			as part of a pair.	
			receiving. Recognise			Team or group.	
			and explain why				
			teams succeeded in				
			activity.				