

PE CURRICULUM MAP FOR ST. WINIFRED'S CATHOLIC PRIMARY SCHOOL KS1 AND KS2 2020-2021



YR 1 PE	<p>National Curriculum Requirements 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.</p>	Focus
Autumn	<p>participate in team games, developing simple tactics for attacking and defending</p> <p>perform dances using simple movement patterns.</p> <p>Perform Daily Mile</p>	<p>Ball Games Bal-a-vis-x</p> <p>Dance/Games</p>
Spring	<p>participate in team games, developing simple tactics for attacking and defending such as positioning.</p> <p>perform dances using simple movement patterns.</p> <p>Perform Daily Mile</p>	<p>Gymnastics</p> <p>Dance/Gymnastics</p>
Summer	<p>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</p> <p>Perform Daily Mile</p>	<p>Athletics/ Tennis / bat and ball / Bal-a-vis-x Sports' day preparation</p>



Y2 PE	National Curriculum Requirements 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.	Focus
Autumn	<ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching. • 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. • The daily mile 	Gymnastics / Games Bal-a-vis-x Dance /Games
Spring	<ul style="list-style-type: none"> • 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. • The daily mile 	Gymnastics Dance /Games Bal-a-vis-x
Summer	<ul style="list-style-type: none"> • 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 • The daily mile • participate in team games, developing simple tactics for attacking and defending 	Athletics / Tennis Sports' day preparation

Y3 PE	National Curriculum Requirements 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.	Focus
Autumn	<ul style="list-style-type: none"> § use running, jumping, throwing and catching in isolation and in combination and daily mile. § play competitive games, modified where appropriate - basketball, dodgeball, football, hockey, and apply basic principles suitable for attacking and defending § develop flexibility, strength, technique, control and balance for example, through gymnastics/yoga § 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. 	Invasion Games Bal-a-vis-x Dodgeball Hockey Dance
Spring	<ul style="list-style-type: none"> § Develop flexibility, strength, technique, control and balance, through gymnastics, sequenced floor and apparatus work. § Perform dances using a range of movement patterns. § Take part in outdoor and adventurous activity challenges both individually and within a team, as well as daily mile. § Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	Gymnastics Cross country Dance
Summer	<ul style="list-style-type: none"> § Use running, jumping, throwing and catching in isolation and in combination § Play competitive games, modified where appropriate basketball, volleyball, cricket, rounders and tennis], and apply basic principles suitable for attacking and defending § develop flexibility, strength, technique, control and balance through track and field, daily mile and Bal-a-vis-x. § take part in outdoor and adventurous activity challenges both individually and within a team (i.e., relay race). § compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	Games Athletics – track and field, preparation for Sports’ day events.

Y4 PE	National Curriculum Requirements 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.	Focus
	<ul style="list-style-type: none"> ● Use running, jumping, throwing and catching in isolation and in combination ● Daily mile ● play competitive games, modified where appropriate e.g. football, hockey, netball and tennis], and apply basic principles suitable for attacking and defending. ● Develop flexibility, strength, technique, control and balance [for example through stretching and simple yoga] ● 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. 	Invasion games Bal-a-vis-x Dance
	<ul style="list-style-type: none"> ● Use running, jumping, throwing and catching in isolation and in combination ● Develop flexibility, strength, technique, control and balance through sequence, floor and apparatus work. ● Perform dances using a range of movement patterns ● Take part in outdoor and adventurous activity challenges both individually and within a team and daily mile ● Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	Gymnastics Dance
	<ul style="list-style-type: none"> ● play competitive games, modified where appropriate [for example, cricket, netball, rounders and tennis, and apply basic principles suitable for attacking and defending ● develop flexibility, strength+, technique, control and balance through athletics track and field. ● 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. 	Cricket Tennis Athletics

Y5 PE	National Curriculum Requirements 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.	Focus
Autumn	<ul style="list-style-type: none"> • 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] • Use running, jumping, throwing and catching in isolation and in combination with daily mile stamina work. • Play competitive games, modified where appropriate [e.g. basketball, football, hockey, netball, dodgeball, and apply basic principles suitable for attacking and defending • 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 Cross-country Games Dance
Spring	<ul style="list-style-type: none"> • 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] • Use running, jumping, throwing and catching in isolation and in combination with daily mile speed work. • Develop flexibility, strength, technique, control and balance through Bal-a-vis-x and Val Sabin Gymnastics • 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 Gymnastics
Summer	<ul style="list-style-type: none"> • 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] • Use running, jumping, throwing and catching in isolation and in combination for Athletic track and field. • Play competitive games, modified where appropriate e.g.: cricket, tennis and rounders. and apply growing skill set to principles suitable for attacking and defending effectively. • Develop flexibility, strength, technique, control and balance through Bal-a-vis-x and Yoga. • 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 Games Athletics Preparation for Sports' day events.

Y6 PE	National Curriculum Requirements 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 which 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. 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.	Focus
Autumn	<ul style="list-style-type: none"> 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] Play competitive games, modified where appropriate – e.g. basketball, football, hockey, netball, dodgeball and apply increasingly tactical principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance through Bal-a-vis-x and Yoga Perform dances using a range of movement patterns Take part in outdoor activity challenges both individually and within a team including daily mile. compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	Swimming Invasion Games Bal-a-vis-x Cross country Dance
Spring	<ul style="list-style-type: none"> 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] Use running, jumping, throwing and catching in isolation and in combination with daily mile Develop flexibility, strength, technique, control and balance through complex gymnastics sequencing. 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 Gymnastics Dance
Summer	<ul style="list-style-type: none"> 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] Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate - cricket, football, hockey, netball, rounders and tennis, applying tactical principles suitable for strong attacking and defending Develop flexibility, strength, technique, control and balance through Bal-a-vis-x and Yoga Take part in outdoor and adventurous activity challenges both individually and within a team Take part in daily mile sessions. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Organise and run Sports Day for the rest of the school in role of Young Sports' Leaders. 	Swimming Games Athletics Leading