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|  |  | **Reception Curriculum Map for Physical Education** |
|  |  | **Term 1 (1) Sept-Oct** | **Term 1 (2) Nov-Dec** | **Term 2 (3) Jan-Feb** | **Term 2 (4) Feb-April** | **Term 3 (5) April-May** | **Term 3(6) June-July** |
| **Time** |  | 7 Weeks | 7 Weeks( -xmas wk.) | 5 week 2 days | 6 Weeks  |  6 Weeks  | 7 Weeks ( |
| **Year R****S.P** |  | TwinklBest of balls unit | Fundamentals of movementUnit 1  | Daily mile**Gymnastics** | Daily mile**Fundamentals** **Unit 2** | Daily mile**Field Games/Parachute play** | Daily mile**Field Games** |
| Forest SchoolYoga/Dance | Forest SchoolYoga/Dance | Forest SchoolYoga/Dance | Forest SchoolYoga/Dance | Forest SchoolYoga/Dance | Forest SchoolYoga/Dance |

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|  |  **Key Stage 1 Curriculum Map for Physical Education** |
|  | **Term 1 (1)** | **Term 1 (2)** | **Term 2 (3)** | **Term 2 (4)** | **Term 3 (5)** | **Term 3 (6)** |
| **Time** | 7 Weeks | 7 Weeks( -xmas wk.) | 5 weeks  | 6 Weeks  | 6 Weeks  | 7 Weeks |
| **Year 1****S.P****S.S** | Ball skills | Daily mileGymnastics floor work | Daily mileDance/YogaStarry skies Twinkl | Orienteering  | Catching /Throwing*twinkl* | Field/track eventsAthletics |
| Fundamentals of movement  unit 1 | Gymnastics low level apparatus | Fundamentals Unit 2 | Invasion gamesTag games and football skills | Tennis LTA (Lawn Tennis Association) scheme of work | -Sports dayAll-star cricket |
| **Year 2****S.S****C.H** | Disney all stars | Fundamental unit 2 | Daily mileGymnastics floorTwinkl Under the sea | Years 1-6 Virtual Dance Festival Thurs 7 AprSkipping S.SParachute play | KS1 All Stars Cricket Festival Weds 18 MayAthletics Run and jump | 3 ball rounders  |
| Fundamentals Unit 1A.B.C | Dance | Gymnastics low level apparatus | All stars cricket | Field Games-sports day activities | Tennis |

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|  | **Long Term Curriculum Map for Physical Education** |
|  | **Term 1 (1)** | **Term 1 (2)** | **Term 2 (3)** | **Term 2 (4)** | **Term 3 (5)** | **Term 3 (6)** |
| **Year 3****(S.P****Wed p.m)** **S.G** | Tennis LTA plans | Ball Handling Skills Lesson (1-6) 72 | Daily mileArchery? TBC Or Tag rugby | Yrs. 3&4 Tag Rugby Skills Festival Weds 23 MarYears 1-6 Virtual Dance Festival Thurs 7 AprDaily mileGymnastics Floor and Yoga | Dance BBC soundsParachute games | Daily mileStriking Fielding Games Lesson (1-6) 86 |
|  Fundamentals of Athletic R>J>T /Sportshall indoor athleticsCSoW challenges  | Multi sports festival 23rd NovNetball / dodge/bench ball S.P | Orienteering/tag gamesS.P | Yrs. 3&4 Key Steps Gymnastics 16th MarchYrs. 3&4 Mixed Football Festival Thurs 31 MarDaily mileGymnastics apparatus with S.P | Tri golf S.PSports day games | Cricket/Rounder S.P |
| **Year****4**  | Ball on the groundCsoW S.S/S.K | SportshallAthletics | Arrows TBCTennis | GymnasticsApparatus | Swimming | Swimming |
| **S.S****S.K** | 5 v5 football Twinkl games | Dance BBC sounds | Tag rugby  | GymnasticsScheme of workYoga | Sports day activities | Cricket/rounders |
| **Year 5****S.P****S.S** | U11 Boys/Mixed 7v7 Football Weds 6/12 Oct Cricket | BasketballS.S | U11 Swimming Gala Tues 15 FebArrows or tennis  | Years 1-6 Virtual Dance Festival Thurs 7 AprNetball | U11 Orienteering Thurs 5 MayDaily mileDance | U11 Boys / Mixed Kwik Cricket Tues 7 JunDaily mileField and track eventsRounders |
| U11 X country Thurs 30 Sep U11 Girls 7v7 Football Festival Thurs 21 Oct X country/Orienteering.O/A | U11 Quick sticks Hockey Competition Thurs 11th NovHockey | Daily mileTag rugby | Daily mileGymnastics apparatus | U11 BEE Netball Tues 24 MaySwimming | U11 Quad Kids Athletics Tues 28 JunSwimming |
| **Year 6****S.P****V.K** | **P.G.L****Tennis V.K** | Daily mileTag RugbyCSoW pg99 | ArrowsFootball | Gymnastics | U11 BEE Netball Tues 24 MayDaily mileNetball | U11 Boys / Mixed Kwik Cricket Tues 7 JunCricket |
| X country/Orienteering.O/A | HockeyCSoW | Ball gamesBench/dodge/hand/basketball | Dance | U11 Orienteering Thurs 5 MayDaily mileAthleticsQuad kids | U11 Quad Kids Athletics Tues 28 JunOutdoor adventures and challengesCSowW |

Competition programme

Years 1-6 Virtual Cross Country SEP-DEC - school site

Residential trip year 6 26th-28th Sept

U11 Boys/Mixed 7v7 Football Oct 14: Wed 5th Oct 2.30-18:00 Great Heath

Year 3/ 4 /Mixed 7v7 Football Festival 11th Oct 2.30-6.00

U11 Girls 7v7 Football Festival

U11 Quick sticks Hockey Competition

Years 3&4 Multi Sports Festival

Yrs. 5&6 Sportshall Athletics (x2)

Yrs. 3&4 Sportshall Athletics Festival (x2)

U11 Swimming Gala

Yrs. 3&4 Tag Rugby Skills Festival

 Yrs. 3&4 Mixed Football Festival

Years 1-6 Virtual Dance Festival

Years 1-6 Virtual Skipping Challenge APR-JUL - school site

U11 Orienteering 15:30-17:00 Great Heath

 KS1 All Stars Cricket Festival

U11 BEE Netball 14:00-18:00 Nmkt Academy

U11 Boys / Mixed Kwik Cricket 13:00-17:00 Mildenhall CC Chippenham Primary School Games Thurs 23 Jun 9:30-12:00 Nmkt Academy

U11 Quad Kids Athletics Jun 15:00-18:00 Nmkt Academy

**Physical education programmes of study: key stages 1 and 2**

**National curriculum in England**

**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 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.**

**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.**

**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. 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.**

**Physical education – key stages 1 and 2**

**Swimming and water safety**

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

**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.**