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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** |  | Twinkl  Best of balls unit | Fundamentals of movement  Unit 1 | Daily mile  **Gymnastics** | Daily mile  **Fundamentals**  **Unit 2** | Daily mile  **Field Games/Parachute play** | Daily mile  **Field Games** |
| Forest School  Yoga/Dance | Forest School  Yoga/Dance | Forest School  Yoga/Dance | Forest School  Yoga/Dance | Forest School  Yoga/Dance | Forest School  Yoga/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 mile  Gymnastics floor work | Daily mile  Dance/Yoga  Starry skies Twinkl | Orienteering | Catching /Throwing  *twinkl* | Field/track events  Athletics |
| Fundamentals of movement  unit 1 | Gymnastics low level apparatus | Fundamentals  Unit 2 | Invasion games  Tag games and football skills | Tennis  LTA (Lawn Tennis Association) scheme of work | -Sports day  All-star cricket |
| **Year 2**  **S.S**  **C.H** | Disney all stars | Fundamental unit 2 | Daily mile  Gymnastics floor  Twinkl Under the sea | Years 1-6 Virtual Dance Festival Thurs 7 Apr  Skipping S.S  Parachute play | KS1 All Stars Cricket Festival Weds 18 May  Athletics  Run and jump | 3 ball rounders |
| Fundamentals Unit 1  A.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 mile  Archery? TBC  Or Tag rugby | Yrs. 3&4 Tag Rugby Skills Festival Weds 23 Mar  Years 1-6 Virtual Dance Festival Thurs 7 Apr  Daily mile  Gymnastics  Floor and Yoga | Dance  BBC sounds  Parachute games | Daily mile  Striking Fielding Games Lesson (1-6) 86 |
| Fundamentals of Athletic R>J>T /  Sportshall indoor athletics  CSoW challenges | Multi sports festival 23rd Nov  Netball / dodge/bench ball S.P | Orienteering/tag games  S.P | Yrs. 3&4 Key Steps Gymnastics 16th March  Yrs. 3&4 Mixed Football Festival Thurs 31 Mar  Daily mile  Gymnastics apparatus with S.P | Tri golf S.P  Sports day games | Cricket/Rounder S.P |
| **Year**  **4** | Ball on the ground  CsoW S.S/S.K | Sportshall  Athletics | Arrows  TBC  Tennis | Gymnastics  Apparatus | Swimming | Swimming |
| **S.S**  **S.K** | 5 v5 football  Twinkl games | Dance  BBC sounds | Tag rugby | Gymnastics  Scheme of work  Yoga | Sports day  activities | Cricket/rounders |
| **Year 5**  **S.P**  **S.S** | U11 Boys/Mixed 7v7 Football Weds 6/12 Oct  Cricket | Basketball  S.S | U11 Swimming Gala Tues 15 Feb  Arrows or tennis | Years 1-6 Virtual Dance Festival Thurs 7 Apr  Netball | U11 Orienteering Thurs 5 May  Daily mile  Dance | U11 Boys / Mixed Kwik Cricket Tues 7 Jun  Daily mile  Field and track events  Rounders |
| 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 Nov  Hockey | Daily mile  Tag rugby | Daily mile  Gymnastics apparatus | U11 BEE Netball Tues 24 May  Swimming | U11 Quad Kids Athletics Tues 28 Jun  Swimming |
| **Year 6**  **S.P**  **V.K** | **P.G.L**  **Tennis V.K** | Daily mile  Tag Rugby  CSoW pg99 | Arrows  Football | Gymnastics | U11 BEE Netball Tues 24 May  Daily mile  Netball | U11 Boys / Mixed Kwik Cricket Tues 7 Jun  Cricket |
| X country/  Orienteering.  O/A | Hockey  CSoW | Ball games  Bench/dodge/hand/basketball | Dance | U11 Orienteering Thurs 5 May  Daily mile  Athletics  Quad kids | U11 Quad Kids Athletics Tues 28 Jun  Outdoor adventures and challenges  CSowW |

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.**