

Stivichall Primary School – Curriculum Map –Long Term PE 2021-22



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.

Outdoor Adventurous - Green

Gymnastics- Purple

Dance- Red

Games- Blue

Athletics/mag 7/ multi skills- black

When to run in-house competition- yellow

Real PE- Black

Term	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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Autumn 1	<p>Do you want to be friends? Core fundamental skills</p> <p>Real PE unit 5</p>	<p>Memory Box</p> <p>Outdoor Adventurous- following simple maps/Real PE unit 5</p> <p>Dance- movements to music Introduce body awareness, matching movements to music, exploring basic actions to travel, jump, turn, gesture and stillness using a variety of rhythms and stimuli.</p>	<p>Towers, Turrets & Tunnels</p> <p>Real PE Unit 1</p> <p>Gymnastics – rolls (forwards roll & backwards roll), jumps (pencil, star, tuck) and balances (1 and 2 point). Apparatus.</p>	<p>Tribal Tales</p> <p>Outdoor Adventurous- symbols/Real PE Unit 1</p> <p>Dance– sequencing movements, tell a story through dance.</p>	<p>Blue Abyss</p> <p>Swimming</p> <p>Gymnastics – balance (1, 2, 3 & 4 point) and counter balances partner work.</p>	<p>Pharaohs</p> <p>Real PE unit 1 x 3 weeks</p> <p>Outdoor Adventurous X3 weeks- visiting controls using a map, navigate between controls successfully.</p> <p>Indoor Athletics- develop running (sprinting and longer distances), jumping and throwing techniques. Passing a baton in relays, hurdles, speed bounce, vertical jump, triple jump, standing long jump, javelin & chest push. Quick reaction games. Personal best score cards. Timed sprinting. Relay races in 2's and 4's, 1 lap, 2 lap and 6 lap using the Reversa boards. (See NM for planning).</p>	<p>Hola Mexico</p> <p>Dance- using existing forms to create own dances to a stimuli- picture, scene or character from a story. Perform and evaluate.</p> <p>Indoor Athletics – repeat and build on the work from year 5. Children to improve techniques using peer support and technology. Personal best cards to be used to demonstrate progress. (See NM for planning).</p>
Autumn 2	<p>Why do squirrels hide their nuts?</p> <p>Real PE Unit 6</p> <p>Sammy Squirrel and his rolling nuts- Ball skills.</p>	<p>Paws, Claws & Whiskers</p> <p>Real PE unit 6</p> <p>Gymnastics * – travelling, body shapes, simple roll (forwards) & balances (1 point).</p>	<p>Moon Zoom</p> <p>Real PE unit 2</p> <p>Dance-match movements to music responding with contrast of speed, shape, direction and level.</p>	<p>Mighty Metals</p> <p>Real PE Unit 2</p> <p>Invasion Games- Basketball- passing and catching apply skills to small games. Play competitive games in house teams.</p>	<p>Burps, Bottom Burps</p> <p>Real PE Unit 2</p> <p>Invasion Games-Play competitive games in house teams./</p> <p>Outdoor Adventurous- follow a route map, visiting and returning from controls.</p>	<p>Stargazers</p> <p>Swimming</p> <p>Gymnastics- creating sequences and performing a routine.</p>	<p>A Child's War</p> <p>Real PE Unit 3</p> <p>Outdoor adventurous- navigate between controls as a competition.</p>

Spring 1	Do cows drink milk? Real PE Unit 2 Journey to the blue planet	Splendid Skies Real PE Unit 2 <i>Invasion Games – Football- sending, travelling and receiving a ball e.g. Simple ball control, passing & kicking on target. Play competitive games in house teams during warm ups.</i>	Land Ahoy! Real PE Unit 3 Magnificent 7	Gods and Mortals Real PE Unit 3 <i>Gymnastics – apparatus/jumps (star, tuck, pike).</i>	Playlist-Production Real PE Unit 3 <i>Dance- develop responding to music to express feelings.</i>	Traders and Raiders Magnificent 7 <i>Dance-creating and adapting motifs.</i>	Frozen Kingdom Real PE Unit 4 <i>Invasion games- Netball</i>
Spring 2	Why do ladybirds have spots? Real PE Unit 4- clowning around	Enchanted Woodland Real PE unit 3 <i>Invasion Games- Hockey- introduce hand eye co-ordination, pushing and dribbling a ball with a stick with increasing control.</i>	Street Detectives Real PE Unit 4 <i>Outdoor Adventurous- follow and design own maps</i>	Tremors Real PE Unit 4 <i>Invasion Games – Netball- footwork & various passing. Throw and catch effectively. Play competitive games in house teams.</i>	Misty mountain, winding river Real PE Unit 4 <i>Cricket – Chance 2 Shine</i>	Playlist-production Real PE Unit 2 <i>Cricket – Chance 2 Shine</i>	Darwin’s Delights <i>Invasion Games- Rounders Play competitive games in house teams.</i> <i>Gymnastics- linking previous learning to rhythmic (choose between ribbons, rope and hoops).</i>
Summer 1	Will you read me a story? Real PE Unit 1- birthday bike surprise	Bright Lights, Big City Real PE Unit 1 Indoor Athletics- develop running, jumping and throwing techniques. Passing a beanbag in relays, speed bounce, standing long jump, one leg balance, beanbag over arm throw & vertical jump. (See NM for planning).	Beat Band Boogie Real PE Unit 5 Indoor Athletics- develop running, jumping and throwing techniques. Passing a beanbag in relays, speed bounce, standing long jump, one leg balance, javelin throw & vertical jump. (See NM for planning).	Urban Pioneers Real PE Unit 5 Sports day practice/ Athletics- running skills- sprint short distance, relay races passing a baton & long distance runs learning about stamina.	Rainforests Real PE Unit 5 Magnificent 7	Alchemy Island Real PE Unit 5 Tag Rugby-develop passing back, running forwards & spacing within small games, tactics for attacking and defending.	Blood Heart Real PE Unit 5 <i>Invasion Games- cricket Play competitive games in house teams.</i>

Summer 2	Are we there yet?	Bright Lights, Big City	Wriggle and Crawl	Scrumdiddlyumptious	I am warrior	Beast Creator	Gallery Rebels
	Real PE Unit 3 Tilly the trains big day.	Real PE Unit 4 Invasion Games- tag rugby- carrying the ball, running with the ball, passing the ball.	Real PE Unit 6 Games-Tennis- introduce hand eye co-ordination skills, hitting the ball with a racket, returning a ball with a partner.	Real PE Unit 6 Invasion Games- football	Real PE unit 6 Athletics- running skills, short and long distance.	Real PE Unit 6 Invasion Games – Netball- footwork & various passing. Throw and catch effectively and apply these skills in small games. Play competitive games in house teams.	Real PE Unit 6 Sports day prep/swimming top ups

Subject content- At Stivichall, we aim to provide our children with high quality physical education that offers a broad and balanced range of sports to develop skills and maintain health and fitness, at all levels. Children are offered opportunities to participate in competitions and encouraged to pursue their own talents and interests in sports. We aspire children to live a sustained healthy and active lifestyle. **Reception follow the Real PE planning with one lesson a week. From years 1-6 each year group should cover 1 outdoor adventurous, 1 gymnastics, 1 dance, 1 athletics and 1 games unit over the course of the year. These will make one lesson a week. Some year groups will teach magnificent 7 and have coaches in for cricket or tag rugby. Year 3 swim and year 6 have the opportunity for top up sessions. Real PE will be taught for the second lesson.**

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 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.

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