



Subject content - 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.

All Games unit reinforce the British Values: -The rule of law / Individual liberty / Mutual respect

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	<p>Gym (Introductory Unit)</p> <p>Games (Focus on using beanbags)</p>	<p>Dance (Stars / Rabbits / Follow my feet / Hickory Dickory Dock / Autumn Leaves)</p> <p>Games (Focus on using medium sized balls)</p>	<p>Gym (Travelling)</p> <p>Games (Focus on using hoops and quoits)</p>	<p>Dance (Icicles and Water / Mr Jelly and Mr Strong / Wriggling William / Angry Elephant)</p> <p>Games (Focus on ropes, bat, and small ball)</p>	<p>Gym (Stretching and Curling)</p> <p>Games (Athletics – Unit 1 (Year 1))</p>	<p>Dance (Blowing Bubbles / Dinosaurs / The Shaking Puppet)</p> <p>Games (Athletics – Unit 2 (Year 1))</p>
Year 1	<p>Dance (Streamers / Conkers / Playing with a ball)</p> <p>Games (Large ball skills and games)</p>	<p>Gym (Flight, Bouncing, Jumping, Landing)</p> <p>Games (Throwing and Catching – Aiming Games) Hot Potato</p>	<p>Dance (March, march, march / Jack and the Beanstalk)</p> <p>Games (Bat and Ball Skills and Games - Skipping) Skip and Tennis skills</p>	<p>Gym (Points and Patches)</p> <p>Games (Developing Partner work) Throw/catch – kick dribble</p>	<p>Dance (Fog and Sunshine / Washing Day / Handa's Surprise)</p> <p>Games (Athletics – Unit 1)</p>	<p>Gym (Rocking and Rolling)</p> <p>Games (Athletics – Unit 2)</p>
Year 2	<p>Gym (Parts high and parts low)</p> <p>Games (Throwing and Catching – Inventing Individual Games)</p>	<p>Dance (The Cat / Balloons / Reach for the Stars)</p> <p>Games (Making up games with a partner) – Aiming, Hitting, Kicking</p>	<p>Gym (Pathways – Straight – Zig –Zag - Curving)</p> <p>Games (Dribbling, Kicking and Hitting) Football</p>	<p>Dance (Friends / Bubbles / Shadows)</p> <p>Games (Group games and inventing rules) Minor Ball Games</p>	<p>Gym (Spinning – Turning – Twisting)</p> <p>Games (Athletics – Unit 1)</p>	<p>Dance (Words and Word Messages / The Three Little Pigs)</p> <p>Games (Athletics – Unit 2)</p>



St Helen's Catholic Primary School
Physical Education Curriculum Map 2017 – 2018

Subject content – Lower 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.

Swimming and water safety

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

In particular, 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.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p style="text-align: center;">Dance (Travelling with change of front and direction)</p> <p style="text-align: center;">Games - Handball (Ball Skills Invasion Focus) Swimming</p>	<p style="text-align: center;">Gym (Stretching, curling and arching)</p> <p style="text-align: center;">Games - Scatterball (Creative Games Making) Swimming</p>	<p style="text-align: center;">Dance (Who am I / The language of Dance)</p> <p style="text-align: center;">Games - Dodgeball (Net/Court/Wall Games) Swimming</p>	<p style="text-align: center;">Gym (Symmetry and Asymmetry)</p> <p style="text-align: center;">Games - Rounders (Striking and Fielding Games) Swimming</p>	<p style="text-align: center;">Dance (The Explorers)</p> <p style="text-align: center;">Games (Athletics – Unit 1) Swimming</p>	<p style="text-align: center;">Gym (Pathways)</p> <p style="text-align: center;">Games (Athletics – Unit 2) Swimming</p>
Year 4	<p style="text-align: center;">Gym (Receiving body weight)</p> <p style="text-align: center;">Games - tennis (Net / Court / Wall Games)</p>	<p style="text-align: center;">Dance (These shoes are made walking / Giraffes can't dance / Incognito)</p> <p style="text-align: center;">Games (Problem Solving and inventing Games)</p>	<p style="text-align: center;">Gym (Balance leading into change of front and direction)</p> <p style="text-align: center;">Games (Invasion Games)</p>	<p style="text-align: center;">Dance (Electricity) Cricket</p> <p style="text-align: center;">Games (Striking and Fielding Games)</p>	<p style="text-align: center;">Gym (Rolling)</p> <p style="text-align: center;">Games (Athletics – Unit 1)</p>	<p style="text-align: center;">Dance (Snooker Championship / Record and Remember)</p> <p style="text-align: center;">Games (Athletics – Unit 2)</p>

Subject Leader: David Aanonson



St Helen's Catholic Primary School
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Subject content – Upper 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.

Swimming and water safety

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

In particular, 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.

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Year 5	<p style="text-align: center;">Dance (Rubbish)</p> <p style="text-align: center;">Games - Basketball (Net / Court / Wall Games) G&T Swimming</p>	<p style="text-align: center;">Gym (Bridges)</p> <p style="text-align: center;">Games – Handball (Invasion and Target (Ball Handling Games)) G&T Swimming</p>	<p style="text-align: center;">Dance (What a Card / Word Power)</p> <p style="text-align: center;">Games - Hockey (Invasion Games (Implement and Kicking)) G&T Swimming</p>	<p style="text-align: center;">Gym (Flight)</p> <p style="text-align: center;">Games - Rounders (Striking and Fielding Games) G&T Swimming</p>	<p style="text-align: center;">Dance (City Life / Pleased to see you)</p> <p style="text-align: center;">Games (Athletics – Unit 1) G&T Swimming</p>	<p style="text-align: center;">Gym (Functional use of the limbs)</p> <p style="text-align: center;">Games (Athletics – Unit 2) G&T Swimming</p>
Year 6	<p style="text-align: center;">Gym (Partner work / Matching and Mirroring)</p> <p style="text-align: center;">Games (Invasion Games – Hockey and Soccer) G&T Swimming</p>	<p style="text-align: center;">Dance (The World of Sport / Mix and Match)</p> <p style="text-align: center;">Games (Net / Court / Wall Games) G&T Swimming</p>	<p style="text-align: center;">Gym (Partner work / Synchronisation and Canon)</p> <p style="text-align: center;">Games - Cricket (Striking and Fielding Games) G&T Swimming</p>	<p style="text-align: center;">Dance (Thesus and the Minotaur)</p> <p style="text-align: center;">Games - Tag (Invasion Games (Ball Handling)) G&T Swimming</p>	<p style="text-align: center;">Gym (Holes and Barriers)</p> <p style="text-align: center;">Games (Athletics – Unit 1) G&T Swimming</p>	<p style="text-align: center;">Dance (The Rainforest)</p> <p style="text-align: center;">Games (Athletics – Unit 2) G&T Swimming Outdoor activities (Isle of Wight)</p>

Subject Leader: David Anonson