

George Fentham Subject Leader Curriculum Map

Subject: Physical Education

Run, Jump, Throw & Catch	Balance, Agility, Flexibility & Technique	Team (Competitive) Games	Dance	Outdoor & Adventurous Activities	Performance/Personal Best	Swimming
PE 2021/22	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
<p>Outdoor play area & games used to develop EYFS Goals: Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Use ride-on toys including scooter and balance bike and 3 wheeled pedal trike. Work and play cooperatively and take turns with others; Show sensitivity to their own and to others' needs; Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p>						
<p>Nursery</p> <p>Focus: Coordination & gross motor skills</p> <p>Competition: Teacher led</p>	<p><u>Ready Set Move.</u></p> <p>UNIT: School led- adapted to children's need.</p> <p>Begin to develop control of large body movements</p> <ul style="list-style-type: none"> · Explore different ways of travelling · Display a positive attitude and curiosity 	<p><u>I Can Explore!</u></p> <p>UNIT: School led- adapted to children's need.</p> <ul style="list-style-type: none"> · Continue to develop control when using equipment, understanding how to use it safely · Activities to develop hand-eye co-ordination and fine motor control · Begin to develop an awareness of space · Interact appropriately with other children 	<p><u>Watch Me Go!</u></p> <p>UNIT: School led- adapted to children's need.</p> <ul style="list-style-type: none"> · Develop fundamental movement and balancing skills · Develop basic ball skills - rolling, bouncing, kicking · Continue to develop hand-eye co-ordination and fine motor control · Devise a meaningful target and work towards achieving it 	<p><u>I can balance!</u></p> <p>UNIT: School led- adapted to children's need.</p> <ul style="list-style-type: none"> · Develop gross motor control to stretch bend, turn, roll, jump, hop and balance. · Further develop sharing and collaboration skills 	<p><u>I can dance!</u></p> <p>UNIT: School led- adapted to children's need.</p> <ul style="list-style-type: none"> · Develop gross motor control and respond to music with movement · Remember short sequences of movements · Develop balance and co-ordination skills 	<p><u>Let's Get Ready for Sports Day!</u></p> <p>UNIT: School led- adapted to children's need.</p> <ul style="list-style-type: none"> · Take part in races requiring speed and agility. · Begin to work as a team (simple relay-style games/to move large equipment) <p>Competition: Sports Day</p>
<p>Reception</p> <p>Focus: To develop confidence in fundamental movement skills. (Balance, Locomotor & Ball skills)</p> <p>Competition: Teacher led/class spirit scoring</p>	<p><u>Ready Set Move.</u></p> <p>UNIT: Body Management 1 (PE HUB -Rec Unit 1/2 - Lessons adapted to meet children's need)</p>	<p><u>I Can Explore!</u></p> <p>UNIT: Manipulation & Coordination (PE HUB -Rec Unit 1/2 - Lessons adapted to meet children's need)</p>	<p><u>Watch Me Go!</u></p> <p>UNIT: Speed Agility Travel (PE HUB -Rec Unit 1/2- Lessons adapted to meet children's need)</p>	<p><u>I Can Balance!</u></p> <p>UNIT: Gymnastics (PE HUB -Rec Unit 1/2- Lessons adapted to meet children's need)</p>	<p><u>I Can Dance!</u></p> <p>UNIT: Dance-move to the music (PE HUB -Rec Unit 1/2)</p>	<p><u>Let's get ready for Sports Day!</u></p> <p>UNIT: Athletics (School led)</p> <ul style="list-style-type: none"> · Take part in races requiring speed and agility. · Begin to work as a team (simple relay-style games/to move large equipment) <p>Competition: Sports Day</p>

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Year 1 Competition: Small sided games. Class/small group spirit scoring	UNIT: Dance- Jungle Book (PE HUB -Yr. 1 Unit 1) Focus: Changing direction, levels, speed	UNIT: Dance - Rhyme Time (PE HUB -Yr. 1 Unit 2) Focus: Keep in time-canon & rounds	UNIT: Gymnastics 1 (PE HUB -Yr. 1 Unit 1) Focus: Actions & shapes	UNIT: Gymnastics 2 (PE HUB -Yr. 1 Unit 2) Focus: Rock & roll	UNIT: Run Jump Throw (PE HUB -Yr.1 Unit 1) Focus: Running-pathways & speed	UNIT: Run Jump Throw 2 (PE HUB -Yr.1 Unit 2) Focus: Obstacle courses & throwing for accuracy Competition: Class/small group spirit scoring & Sports Day
	UNIT: Attack Defend Shoot 1 (PE HUB -Yr. 1 Unit 1) Focus: Rolling, throwing & catching	UNIT: Attack Defend Shoot (PE HUB -Yr. 1 Unit 2) Focus: cooperation & invasion strategies	UNIT: Send & Return (PE HUB -Yr. 1 Unit 1) Focus: Hitting with hand or bat	UNIT: Send & Return 2 (PE HUB -Yr. 1 Unit 2) Focus: Intercept, block or return	UNIT: Hit Catch Run (PE HUB -Yr.1 Unit 1) Focus: Track, retrieve & catch	UNIT: Hit Catch Run 2 (PE HUB -Yr.1 Unit 2) Focus: developing the roles of batters & fielders
Year 2 Competition: Small sided games. Class/small group spirit scoring	UNIT: Gymnastics 1 (PE HUB -Yr. 2 Unit 1) Focus: Perform recognised gymnastic elements-strength & flexibility	UNIT: Gymnastics 2 (PE HUB -Yr. 2 Unit 2) Focus: link recognised gymnastic elements	UNIT: Dance- Penguins (PE HUB -Yr. 2 Unit 1) Focus: Transition & link shapes	UNIT: Dance - Get Expressive (PE HUB -Yr. 2 Unit 2) Focus: Exploring different dance formations.	UNIT: Run Jump Throw (PE HUB -Yr2 Unit 1) Focus: Running, relays & obstacles courses.	UNIT: Run Jump Throw 2 (PE HUB -Yr.2 Unit 2) Focus: Running & jumping Games value: Self-belief & improving Competition: Class/small group spirit scoring & Sports Day
	UNIT: Attack Defend Shoot 1 (PE HUB -Yr. 2 Unit 1) Focus: send & receive a ball using feet.	UNIT: Attack Defend Shoot (PE HUB -Yr. 2 Unit 2) Focus: simple tactics	UNIT: Send & Return (PE HUB -Yr. 2 Unit 1) Focus: Hit & return a ball using a racket	UNIT: Send & Return 2 (PE HUB -Yr. 2 Unit 2) Focus: Developing an understanding of court gameplay.	UNIT: Tri Golf (SSP Led) Focus: Hitting skills (Bat/Baton/Club) Competition: Class/small group spirit scoring & SSP Tournament	UNIT: Hit Catch Run 2 (PE HUB -Yr.2 Unit 2) Focus: Fielding, Backstop/Wicket Keeping Games value: Self-belief & improving

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<p>Year 3</p> <p>Competition: Small sided games with results. Personal best celebrations & spirit scoring</p>	<p>UNIT: SWIMMING (Solihull Council Led)</p> <p>Skill Focus: Swim 25m & Stroke development.</p> <p>Competition: Swim awards</p>					<p>UNIT: Dance -Oceans (PE HUB -Yr.3 Unit 2)</p> <p>Focus: exploring a theme or topic to bring it to life through dance</p> <p>Games value: Self-belief & Improving</p>										
	<p>UNIT: OAA (PE HUB -Yr. 3)</p> <p>Focus: To lead and be led.</p>	<p>UNIT: Gymnastics (PE HUB -Yr. 3 Unit 1)</p> <p>Focus: Balances & rolling</p>	<p>UNIT: Personal Best (SSP Led)</p> <p>Focus: The Great 8 Fundamental Movement Skills</p> <p>Competition: Class spirit scoring, PB & SSP Festival</p>	<p>UNIT: Football (PE HUB -Yr. 3)</p> <p>Focus: Send and Receive a ball, maintain possession & basic rules</p>	<p>UNIT: Tennis (PE HUB -Yr. 3)</p> <p>Focus: Forehand hitting, serve, & basic rules</p>	<p>UNIT: Athletics (PE HUB -Yr.3)</p> <p>Focus: Hurdles, Javelin & Skipping.</p> <p>Competition: Spirit scoring, PB & Sports Day</p>										
<p>Year 4</p> <p>Competition: Team games with results. Spirit scoring Introduction to interschool tournaments.</p>	<p>UNIT: Cheerleading (SSP Led)</p> <p>Focus: Changing formation, Unison & Canon, Starting cheer.</p> <p>Competition: Class/group spirit scoring & SSP Festival</p>	<p>UNIT: Dance - The Serpent (PE HUB -Yr.4 Unit 2)</p> <p>Focus: Interpretation of a theme. New moves -the meander, the hood & the wrap</p>	<p>UNIT: Gymnastics (PE HUB -Yr. 4 Unit 1)</p> <p>Focus: Sequencing, changes in height, speed & direction - cart wheels</p>	<p>UNIT: Gymnastics (PE HUB -Yr. 4 Unit 2)</p> <p>Focus: Core balances & taking weight on a variety of body part, shoulder stands</p>	<p>UNIT: Cricket (Chance 2 Shine Led)</p> <p>Focus: Long barrier fielding, striking the ball & underarm bowling. Basic rules.</p> <p>Competition: Team games with results & spirit scoring WCB Chance 2 Shine Team Tournament</p>											
	<p>UNIT: Football (PE HUB -Yr.4)</p> <p>Focus: Dribbling, passing for distance & defending</p>	<p>UNIT: Dodgeball (British Dodgeball Scheme)</p> <p>Focus: Introduce core dodgeball skills of throwing, catching, dodging & Blocking. Counter attack</p>	<p>UNIT: Netball (PE HUB -Yr. 3)</p> <p>Focus: Chest pass, bounce pass and shoulder pass.</p>	<p>UNIT: OAA (PE HUB -Yr.4)</p> <p>Focus: Problem solving & using maps.</p>	<p>UNIT: Tennis (PE HUB -Yr. 4)</p> <p>Focus: Backhand hitting, return the serve, & doubles</p>	<p>UNIT: Athletics (PE HUB -Yr.4)</p> <p>Focus: Relay, discus & long jump.</p> <p>Games value: Self-belief & Improving</p>										

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<p style="text-align: center;">Year 5</p> <p>Competition: Team games & inter school tournaments. Spirit scoring & personal bests.</p>	<p>UNIT: Dance - Heroes & Villains (PE HUB -Yr. 5 Unit 2) Focus: Core balances & taking weight on a variety of body part-shoulder stands</p>	<p>UNIT: Gymnastics (PE HUB -Yr. 5 Unit 1) Focus: Symmetrical & asymmetrical shapes, counter balances, smooth transitions.</p>	<p>UNIT: Sports Hall Athletics (SSP) Focus: Triple/vertical jump, chest push & javelin. Competition: Spirit scoring, PB & SSP Competition</p>	<p>UNIT: Gymnastics (PE HUB -Yr. 5Unit 2) Focus: Complex sequences, round off & bridge</p>	<p>UNIT: Cricket (Chance 2 Shine Led) Focus: Batting in pairs & calling run. Batting to direct the ball, wicket keeping and fielding to stump players out, catching high balls & overarm bowling. Competition: Team results & spirit scoring WCB Chance 2 Shine Team Tournament</p>		
	<p>UNIT: Football (PE HUB -Yr.5) Focus: Close control ball skills, tackling & goal side marking.</p>	<p>UNIT: Dodgeball (British Dodgeball Scheme) Focus: Develop core skills - throwing, catching, dodging & blocking. Communication & tactics. Competition: Spirit scoring. SSP Tournament</p>	<p>UNIT: Tag Rugby (PE HUB - Mix Yr3 & Yr.4/SSP) Focus: Passing the ball, running with the ball. Scoring over a line and wall defence.</p>	<p>UNIT: Netball (PE HUB -Yr. 4) Focus: Shooting techniques, marking & footwork. High 5 rules.</p>	<p>UNIT: Tennis (PE HUB -Yr. 5) Focus: Backhand hitting, return the serve, & doubles</p>	<p>UNIT: OAA (PE HUB -Yr.5) Focus: Problem solving under pressure. Communication & Morse code</p>	
	<p style="text-align: center;">Year 6</p> <p>Competition: Team games & inter school tournaments. Spirit scoring & personal bests (swimming awards)</p>						
<p>UNIT: Gymnastics (SSP/PE HUB -Yr. 6 Unit 1&2) Focus: Vaulting, Large apparatus, Complex sequences within groups.</p>	<p>UNIT: Bollywood Dance (SSP/Yr5 Unit 1/Yr.6 Unit 1) Focus: Explore dance form different cultures, Use space, rhythm & expression. Work collaboratively to include more complex compositional ideas</p>		<p>UNIT: Rounders (PE HUB -Yr. 4/5/6) Focus: Basic rules, Hitting for direction,.</p>	<p>UNIT: SWIMMING (Solihull Council Led) Skill Focus: Safe Self Rescue Competition: Swim awards</p>			
<p>UNIT: Football (PE HUB -Yr.6) Focus: Close control ball skills, tackling & goal side marking.</p>	<p>UNIT: Netball (PE HUB -Yr. 5) Focus: Dodging, pivoting & finding space. High 5 rules.</p>	<p>UNIT: Tag Rugby (PE HUB - Mix Yr5 & Yr.6/SSP) Focus: Develop running & accurate passing. Pop pass, Magic diamond attack, Using attacking & defending tactics. Competition: Team games. Spirit scoring. SSP Tournament</p>		<p>UNIT: Tennis (PE HUB -Yr. 6) Focus: The Lob, Tennis scoring & tactics</p>	<p>UNIT: Athletics (PE HUB -Yr.6) Focus: Relay, discus & long jump. Competition: Spirit scoring, PB & Sports Day</p>		
<p style="text-align: center;"><i>The School Games Values of honesty, determination, teamwork, self-belief, passion and respect underpin our curriculum offering. Within each unit of work the children will develop their understanding of a key value and use the values to participate in positive competitive experiences against themselves and others.</i></p>							
<p>Enrichment</p>						<p style="text-align: right;">Residential Trip (OAA)</p>	