

Arno Vale PE Curriculum Map 2023-24

Term	Year 3	Year 4	Year 5	Year 6
Autumn 1	Lesson 1: Football Skills (Coach led)	Lesson 1: Football Skills (Coach led)	Lesson 1: TAG Rugby Skills (Coach led)	Lesson 1: TAG Rugby Skills (Coach led)
	Lesson 2: Multi Skills – Playground Games (Teacher Led)	Lesson 2: Multi Skills – Playground Games (Teacher Led)	Lesson 2: Multi Skills – Team Building (Teacher Led)	Lesson 2: Multi Skills - Playground Ambassador Training (Teacher led)
Autumn 2	Lesson 1: Hockey Skills (Coach led)	Lesson 1: Hockey Skills (Coach led)	Lesson 1: Sports Hall Athletics & Cross Country Skills (Coach led)	Lesson 1: Sports Hall Athletics & Cross Country Skills (Coach led)
	Lesson 2: Indoor Throwing and Catching Skills (Teacher led)	Lesson 2: Dodgeball Skills (Teacher led)	Lesson 2: Benchball & Dodgeball Skills (Teacher led)	Lesson 2: Indoor Ball Games (Teacher led)
Spring 1	Lesson 1: Sports Hall Athletics & Cross Country Skills (Coach Led)	Lesson 1: Sports Hall Athletics & Cross Country Skills (Coach led)	Lesson 1: Basketball Skills (Coach led)	Lesson 1: Basketball Skills (Coach led)
	Lesson 2: Gymnastics Skills (Teacher led)	Lesson 2: Gymnastics Skills (Teacher led)	Lesson 2: Dance (Teacher led)	Lesson 2: Fitness (Teacher led)
Spring 2	Lesson 1: High Five Skills (Coach led)	Lesson 1: Handball Skills (Coach led)	Lesson 1: Lacrosse Skills (Coach led)	Lesson 1: Lacrosse Skills (Coach led)
	Lesson 2: Dance (Teacher led)	Lesson 2: Fitness (Teacher led)	Lesson 2: Orienteering Skills (Teacher led)	Lesson 2: NFL or Netball (Teacher led)
Summer 1	Lesson 1: Striking and Fielding Skills - Scatterball (Coach led)	Lesson 1: Tennis Skills (Coach led)	Lesson 1: Golf Skills (Coach led)	Lesson 1: Tennis Skills (Coach led)
	Lesson 2: Tennis (Teacher led)	Lesson 2: Ultimate Frisbee (Teacher led)	Lesson 2: Handball Skills (Teacher led)	Lesson 2: Golf Skills (Teacher led)
Summer 2	Lesson 1: Orienteering Skills (Coach led)	Lesson 1: Striking and Fielding Skills – Cricket (Coach led)	Lesson 1: Striking and Fielding Skills – Rounders (Coach led)	Lesson 1: Pupil’s Choice (Coach Led)
	Lesson 2: Multi Skills - Sports Day Preparation (Teacher led)	Lesson 2: Multi Skills - Sports Day Preparation (Teacher led)	Lesson 2: Multi Skills - Sports Day Preparation (Teacher led)	Lesson 2: Striking and Fielding Skills – Scatterball/ Cricket/ Rounders (Teacher led)