



# Arnside National C of E School

## *Aspire Believe Achieve*

### Arnside National School Physical Education and Sport Curriculum Map 2023-2024

Key: Red- Mr Hoare (Sport and PE Specialist Teacher) Blue (Class Teacher- Getset4PE Scheme) Green (External Specialist Coach)

Fitness to be incorporated into the beginning of all lessons

Yoga sessions to be taught during National Sports Week and Health Week

Term	Nursery/Reception (EYFS)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	After school clubs 3.15-4.15pm
<b>Autumn 1</b>	Ball Skills  Introduction to PE- Unit 1  Fitness	Ball Skills  Fundamentals  Fitness	Ball Skills  Fundamentals  Fitness	Netball/ Basketball  Fundamentals  Fitness	Netball/Basketball  Fundamentals (Year 3/4) Football (Year 4/5)  Fitness	Netball/Basketball  Football  Fitness	Netball/Basketball  Football  Fitness	KS2 High5 Netball/KS2 Football (3 weeks for each)
<b>Autumn 2</b>	Gymnastics  Dance- Unit 1  Fitness	Gymnastics  Dance  Fitness	Gymnastics  Dance  Fitness	Gymnastics  Dance  Fitness	Gymnastics  Dance  Fitness	Gymnastics  Dance  Fitness	Gymnastics  Dance  Fitness	KS2 Cross Country



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<b>Spring 1</b>	Fundamental Skills  Fundamentals- Unit 1  Fitness	Fundamental Skills  Invasion  Fitness	Fundamental Skills  Invasion  Fitness	Indoor Athletics/ Hockey (weather dependent)  Dodgeball  Fitness	Indoor Athletics/ Hockey (weather dependent)  Dodgeball  Fitness	Indoor Athletics/ Hockey (weather dependent)  Dodgeball  Fitness	Indoor Athletics/ Hockey (weather dependent)  Dodgeball  Fitness	All year Gymnastics (Key Steps)
<b>Spring 2</b>	Fundamental Skills  Ball skills- Unit 1  Fitness	Target Games  Striking and fielding  Fitness	Target Games  Striking and fielding  Fitness	<b>Invasion</b> Tag Rugby  Cricket  Fitness	<b>Invasion</b> Tag Rugby  Cricket  Fitness	<b>Invasion</b> Tag Rugby  Cricket  Fitness	<b>Invasion</b> Tag Rugby  Cricket  Fitness	KS1 Multi-skills
<b>Summer 1</b>	Fundamental Skills  Games- Unit 1  Fitness	Net and Wall/Sending and Receiving  Athletics  Fitness	Net and Wall/Sending and Receiving  Athletics  Fitness	Tennis  Athletics  Fitness  Swimming	Tennis  Athletics  Fitness	Tennis  Athletics  Fitness	Tennis  Athletics  Fitness	KS2 Rounders



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<b>Summer 2</b>	Orienteering  Sports Day Activities/Team building  Fitness	Orienteering  Sports Day Activities/Team building  Fitness	Orienteering  Sports Day Activities/Team building  Fitness	Orienteering  Sports Day Activities/Tri-golf  Fitness	Orienteering  Sports Day Activities/Tri-golf  Fitness	Orienteering  Sports Day Activities/Tri-golf  Fitness	Orienteering  Sports Day Activities/Rounders  Fitness	KS1 Games
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