

Corpus Christi PE Curriculum Map

PE	Autumn	Spring	Summer
EYFS/Key Stage 1			
	<p><u>Invasion Games</u></p> <p>Students learn to master basic fundamental movement skills and engage in physical activity by working with large balls both individually and with others in a small sided game (SSG), learning to send and receive a large ball while also understanding simple tactics of attacking and defending.</p>	<p><u>Gymnastics & Athletics</u></p> <p>Students begin to apply basic movement skills through Gymnastics and Athletics, developing Agility, Balance and Coordination (ABC) through floor work on mats and on basic equipment and engage in cooperative physical activities. Master basic movements including running, jumping, twisting and turning, changing direction.</p>	<p><u>Striking & Fielding</u></p> <p>Students access a broad range of skills using striking and fielding equipment learning to send and receive a small ball. Students engage in competitive physical activity in SSG participating and leading up to summer activities such as Athletics and sports days.</p>
EYFS	<p>Sports: Football, netball, basketball & tag rugby</p> <p>Ballet: Perform dances using simple movement patterns.</p>	<p>Gymnastics: Functional movement using small and large points of the body, body shapes, rolling, flight & jumping, sideways rolling, controlling body weight on apparatus, balancing, curled and stretched rolls.</p> <p>Athletics: Speed, spatial awareness, underarm target throwing, movement & reaction, starts and stops.</p> <p>Ballet: Perform dances using simple movement patterns.</p>	<p>Sports: Cricket, tennis & rounders.</p> <p>Ballet: Perform dances using simple movement patterns.</p>
Year 1	<p>Sports: Rugby, football, basketball, dodgeball & handball.</p>	<p>Gymnastics: Travelling, hopping, linking movements, functional movements: rock and roll, forward rolls.</p> <p>Athletics: Developing ABC and speed, circuits, target throwing, direction changes, small ball work, team relays, mastering movement and reaction.</p>	<p>Sports: Cricket, tennis & rounders.</p>
Year 2	<p>Sports: Rugby, football, dodgeball, basketball & handball.</p>	<p>Gymnastics: Travelling using small points, hopping, linking movements, forward rolls, creating shapes, rocking & rolling, animal actions, shapes & balances.</p> <p>Athletics: Developing ABC and speed, multidirectional movement, throwing for distance/target, hurdles, relays and team games.</p>	<p>Sports: Cricket, tennis & rounders.</p>

PE	Autumn	Spring	Summer
Lower Key Stage 2			
	<p><u>Invasion Games</u></p> <p>Students continue to apply and develop a broader range of skills. Learning how to link technique and skills together in an SSG. Apply basic principles of attacking and defending across basic large ball games while enjoying competing with others and developing positive mental skills for sport.</p>	<p><u>Gymnastics & Athletics</u></p> <p>Students learn how to use skills in different ways and link them to make actions and sequence of movement through Gymnastics and athletic movement. Developing flexibility, strength, technique, control and balance. Develop an understanding of how to improve your body in different ways through building physical health while creating a positive competitive learning environment.</p>	<p><u>Striking & Fielding</u></p> <p>Begin to apply basic movements in a range of striking and fielding activities. Engaging in competitive physical activity in SSG participating and leading up to summer activities such as Athletics and sports days. Playing in competitive games and applying basic principles suitable for attacking and defending.</p>
Year 3	<p>Sports: Rugby, football and netball.</p> <p>Dance Workout: Use dynamic, rhythmic and expressive dance moves. Understand the importance of warming up and cooling down.</p>	<p>Gymnastics: Apparatus, linking actions, conditioning, balance, coordination, flight, jumping & rolling.</p> <p>Dance Workout: Build stamina and body strength with a range of cardio dance exercises. Repeat, remember and perform dance routines.</p> <p>Athletics: Power walking, SAQ circuits, jumping, de/acceleration, reaction, relays, physical conditioning & throwing.</p> <p>Swimming: Swim between 10 and 20 metres unaided in shallow water.</p>	<p>Sports: Athletics, cricket, tennis and rounders.</p> <p>Dance Workout: Create dance phrases and talk about movements. Evaluate dance performances and work as a team to build choreography using established cardio exercises.</p>
Year 4	<p>Sports: Rugby, football and netball.</p> <p>Dance Workout: Perform cardio dances clearly and fluently. Show a clear idea of how to warm-up and cool down.</p>	<p>Gymnastics: conditioning using small points, flight, forward rolls w/extension, spring boards & roll to balance.</p> <p>Circuit Training: Combine cardio dance with fitness training. Develop skills of travelling, changing travel, ball control skills, balance and coordination. Improve cardio output, stamina and body strength.</p> <p>Athletics: SAQ circuits, power walking, competitions, jumping, speed, reaction, de/acceleration & throwing for distance.</p>	<p>Sports: Athletics, cricket, tennis and rounders.</p> <p>Swimming: Swim between 10 and 25 metres, use different strokes and swimming skills for different outcomes.</p> <p>HIIT Workout: To develop body strength, coordination and stamina through a variety of HIIT moves. To be clear of the importance of warming up, cooling down and stretching. To develop a choreography of HIIT moves in teams and pairs.</p>

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Upper Key Stage 2			
Year 5	<p>Sports: Netball, rugby, football and basketball.</p> <p>Dance: Introduction to specific styles of Zumba moves, such as jumping, dancing, shaking, swinging, and moving freely. To develop memory and coordination when learning new choreography.</p>	<p>Gymnastics: core conditioning, apparatus use, upper body, squats, linking balancing shapes to equipment, jumping extensions onto and from apparatus.</p> <p>Dance: Develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.</p> <p>Athletics: SAQ circuits, developing endurance through walking and running, hurdles, vertical jump test, speed, reaction, sprinting technique for competition, relays, shot put & javelin.</p>	<p>Sports: Athletics, cricket, tennis and rounders.</p> <p>Dance: Organise own warm up and cool downs. Adapt and refine the way they use weight, space, rhythm in their dances to express themselves in the style of zumba. Make choices about the choreography they appreciate and incorporate into their dance.</p>
Year 6	<p>Sports: Rugby, netball, football and basketball.</p> <p>Fitness Workouts: Learn about exercise guidelines and consider the benefits of different types of exercises on their mental and physical wellbeing. Develop cardio output and muscular strength through aerobic and floor exercises. Use equipment safely and with the correct technique, to maximise performance. Improve on a range of exercises such as burpees, squats, star jumps, skaters, frog squats, etc using a step or mat. Set personal targets for overall fitness levels and explorer role models of healthy lifestyles..</p>	<p>Gymnastics: core conditioning, lateral hops, apparatus use, rocking and rolling actions, squat on, backward rolls, mirroring sequences, taking body weight onto hands and flight using spring boards.</p> <p>Fitness Workouts: Build upon a range of HIIT moves to increase performance, body strength, coordination and stamina. Know the importance of warm ups, cool downs and stretching on flexibility and muscle repair. Explore a range of HIIT sequences through aerobic dance and circuit training. Learn about different muscle groups and the benefits of exercise over time.</p> <p>Athletics: SAQ circuits, racing at different speeds for running events, hurdles, vertical jump test, speed, reaction, sprinting technique for competition, oval relays, shot put, javelin and mini games.</p>	<p>Sports: Athletics, cricket, tennis and rounders.</p> <p>Fitness Workouts: Apply their knowledge of physical fitness to design own workouts, using a variety of movies that develop different areas of the body. Be able to explain why they have chosen their exercise routines and have a sound understanding of safety. Reflect on personal targets and how these will be developed over their lifetime.</p>