

Duke Street Primary School
PE Curriculum Map 2021 - 22

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
(Y3) Lesson 1	<p>FMS Bounce a ball Bouncing a ball (static and moving), pass, catch, simple game.</p> <p>UNIT – Y3 FMS skills catch up Y2 bounce a ball and others as needed.</p>	<p>Dance Link to Class Topic</p> <p>UNIT – year 3 dance – Ironman</p>	<p>Gymnastics Hands and feet travel, balance on small body parts, rolling, balancing, using apparatus.</p> <p>Core task- Balancing Act</p>	<p>Striking and Fielding Games through Rounders Bowl, catch, field, strike a ball, tactics</p> <p>Core task –Run the Loop-Rounders</p>	<p>Athletics Push and pull throws, relays with a baton, run over hurdles, sprint, long distance, jumping and landing safely.</p>	<p>Net/Wall Games through tennis Underarm throw, side gallop, holding a racquet, ready position, strike a ball</p>
Lesson 2	<p>Playground games (FMS) and FMS assessment Throw at target, move into space, dodge, hop, underarm throw, tactics</p> <p>UNIT – Y3 FMS skills catch up Y2 Playground Games</p>	<p>Fitness Unit Warm up and cool down, physical, mental and social benefits, Cardiovascular fitness, continuous training, circuit training.</p>	<p>Gymnastics Travel, pencil, egg, forward rolls, balance on small body parts, jump and land safely, sequence of at least 6 moves.</p> <p>UNIT – Year 3 gymnastics activity 1. Core task – Balancing Act</p>	<p>Creative Games Travelling, dodging, aiming skills, teamwork, co-operation. Play target games, send objects accurately.</p> <p>UNIT – Year 3 creative games – tag and target</p>	<p>Invasion Games Chest pass, move into space, bounce pass, feint, dodge, tactics, basic rules.</p> <p>UNIT – Y3 Invasion Games Netball Core task – Three touch ball</p>	<p>Athletics and FMS assessment Push and pull throws, sprint and long distance running, relays with a baton, jump for distance and land safely</p> <p>UNIT – Year 3 / 4 athletics Core task – Furthest Five</p>
(Y3/4) Lesson 1	<p>Invasion Games Through Rugby Throw and catch, travel with a ball, use attacking principles.</p> <p>Core task- On the attack</p>	<p>Dance Link to Class Topic</p>	<p>Gymnastics Travelling, turning, balances (large and small body parts), matching and mirroring, work with a partner to create a routine.</p> <p>UNIT – Year 4 gymnastics activity 1 Core task - Partner Work</p>	<p>Target Games Sending an object accurately, rolling a ball, follow the rules of a game</p> <p>UNIT – Year 4 target games - boccea</p>	<p>OAA Problem solving with a partner, journey on school site, mark a control card, set and orientate a map.</p> <p>UNIT – Year 3 / 4 Trusts and Trails</p>	<p>Striking and Fielding Games Underarm throw, overarm throw, roll, catch, run around bases, fielding, strike a ball.</p> <p>UNIT – year 3 – striking and fielding – rounders Core task Run the Loop</p>
Y5	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Lesson 2	<p>Invasion Games and FMS assessment Invasion game - Handball</p>	<p>Fitness Unit Warm up and cool down, physical, mental and social benefits,</p>	<p>Gymnastics Travelling, turning, balances large and small body parts), matching and</p>	<p>Net and Wall Games Different throwing actions, catching, striking</p>	<p>Invasion Games Swing pass, catch, run with a rugby ball, move</p>	<p>Athletics and FMS assessment Push and pull throws, sprint and long distance</p>

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	1 hand pass, move into space, dribble, catch, shoot, tactics UNIT – Y4 invasion games Handball	Cardiovascular fitness, continuous training, circuit training.	mirroring, work with a partner to create a routine. UNIT – Year 4 gymnastics activity 1 Core task - Partner Work	a ball, ready position, devise a game UNIT – year 3 /4 - net and wall unit core task 1	into space, tactics and dodging UNIT – Year 4 – invasion games – rugby Core task – On the attack	running, relays with a baton, jump for distance and land safely UNIT – Year 3 /4 athletics Core task – Furthest Five
(Y5) Lesson 1	Invasion Games Netball Chest, bounce and shoulder pass, shooting, attacking tactics (dodge and move into space), defending the player with the ball. UNIT – Y5/6 Invasion Games Netball	Dance Link to Class Topic UNIT – Y5 Dance - Earthlings	Gymnastics Skills from all 4 families of actions, partner balance, matching mirroring, counter balance, counter tension, partner sequences UNIT Y5 - Gymnastics activities 1 Core task – Acrobatic Gymnastics	Net and Wall Games Different throwing actions, catching, striking a ball, ready position, accuracy and direction, scoring points UNIT – year 3 /4 - net and wall unit core task 2	OAA Set and orientate a map whilst moving, plan a route, 8 points of a compass, mark control cards, score event UNIT – Y5 OAA	Striking and Fielding Games Bowling, strike a ball, catching, overarm throw, fielding, run around bases, scoring rounders. UNIT – Y5/6 striking and fielding games – Rounders Core task – Level 1 School Games competition
Lesson 2	FMS development and assessment Run fast and change direction, jump, catch, bounce, roll, underarm throw, overarm throw, hop, skip, side gallop, dodge, kick a ball	Health and fitness Unit Lead warm up in small groups, muscular strength and endurance, repetitions, body weight exercises circuit training relaxation and sleep.	Gymnastics Four families of actions, partner balance, matching mirroring, counter balance, counter tension, partner sequences UNIT Y5 - Gymnastics activities 1 Core task – Acrobatic Gymnastics	Target Games Aim at a target, 1 hand throw, catching, dodging, fair play, following the rules, umpiring. UNIT Y4 Target games Dodgeball	Invasion Games Carry the ball, swing pass, catch, decision making and tactics, attacking (dodge), defend (tags) UNIT – Y5/6 Rugby 1 Core task – Calling the shots	Athletics and FMS assessment Short and long distance running, push, pull and sling throw, standing long jump, triple jump, relays with a baton UNIT – Y5/6 Athletics Core task – Three jump, run and throw challenges
(Y5/6) Lesson 1	Invasion Games - Hockey Holding a stick, push pass, receive, dribble, shoot, attacking tactics UNIT – Y5/6 Hockey	Dance Link to Class Topic UNIT – Y5 Dance Food, Glorious Food	Gymnastics Four families of actions, partner balance, counter balance, counter tension canon, partner sequences to include apparatus. UNIT Y5 - Gymnastics activities 2 Core task – Acrobatic Gymnastics	Creative Games Dribbling, pass and catch, tactics, design a unique invasion game including positions and rules UNIT– Y5/6 Creative Games	OAA Communication, team work, problem solving, record information, roles within teams. UNIT – Y5/6 OAA	Striking and Fielding Games Bowling, strike a ball, catching, overarm throw, fielding, run around bases, scoring rounders. UNIT – Y5/6 striking and fielding games – Rounders Core task – Level 1 School Games competition

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<p>Lesson 2</p>	<p>FMS development and assessment Run fast and change direction, jump, catch, bounce, roll, underarm throw, overarm throw, hop, skip, side gallop, dodge, kick a ball</p>	<p>Health and fitness Unit Lead warm up in small groups, muscular strength and endurance, repetitions, body weight exercises circuit training relaxation and sleep.</p>	<p>Gymnastics Skills from all 4 families of actions, partner balance, counter balance, counter tension canon, partner sequences to include apparatus. UNIT Y5 - Gymnastics activities 2 Core task – Acrobatic Gymnastics</p>	<p>Net and Wall Games Forehand and backhand , cooperative rally, tactics to score points Unit- Y5/6 Net and Wall Tennis</p>	<p>Invasion Games Carry the ball, swing pass, catch, decision making and tactics, attacking (dodge), defend (tags) UNIT – Y5/6 Rugby 1 Core task – Calling the shots</p>	<p>Athletics and FMS assessment Short and long distance running, push, pull and sling throw, standing long jump, triple jump, relays with a baton UNIT – Y5/6 Athletics Core task – Three jump, run and throw challenges</p>
<p>(Y6) Lesson 1</p>	<p>Invasion Games RA – Football</p>	<p>Dance Link to Class Topic UNIT – Y6 Dance Heroes and Villains</p>	<p>Gymnastics Skills from all 4 families of actions, counter balance, counter tension in pairs and in groups, unison and canon, group sequences. UNIT Y6 - Gymnastics activities 1 Core task – Group Dynamics</p>	<p>Creative Games Dribbling, pass and catch, tactics, design a unique invasion game including positions and rules UNIT– Y5/6 Creative Games</p>	<p>OAA Trust, generate and share ideas, communication, team work, problem solving, record information, roles within teams. UNIT – Y5/6 OAA – Team Building</p>	<p>Striking and fielding games – Cricket Bowling, underarm throw, catching, fielding a ball, strike a ball, tactics, decision making, scoring runs. UNIT – Y5/6 Striking and Fielding – Cricket Core task – Pairs cricket</p>
<p>Lesson 2</p>	<p>FMS development and assessment Run fast and change direction, jump, catch, bounce, roll, underarm throw, overarm throw, hop, skip, side gallop, dodge, kick a ball</p>	<p>Health and fitness Unit Lead warm up in small groups, cardiovascular fitness, measuring hear rate, muscular strength and endurance, repetitions, body weight exercises circuit training relaxation and sleep.</p>	<p>Gymnastics Skills from all 4 families of actions, counter balance, counter tension in pairs and in groups, unison and canon, group sequences. UNIT Y6 - Gymnastics activities 1 Core task – Group Dynamics</p>	<p>Net and Wall Games Forehand and backhand, serve, cooperative rally, tactics to score points UNIT- Y5/6 Net and Wall Tennis or Badminton</p>	<p>Invasion Games - Hockey Holding a stick, push pass, receive, dribble, shoot, attacking and defending tactics UNIT – Y5/6 Hockey Core task Quicksticks</p>	<p>Athletics and FMS assessment Short and long distance running, push, pull and sling throw, standing long jump, triple jump, relays with a baton UNIT – Y5/6 Athletics Core task Jump, throw and run challenge event</p>