

**Duke Street Primary School**  
**PE Curriculum Map 2021 – 22- KS2**

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

**Duke Street Primary School**  
**PE Curriculum Map 2021 – 22- KS2**

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

**Duke Street Primary School**  
**PE Curriculum Map 2021 – 22- KS2**

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