



Small Schools Partnership

Physical Education

Curriculum Map Document

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Birdsedge



BEST

1. Statement of Intent

In our Small Schools Partnership we value Physical Education and Sport and see this as such an integral part of a child's curriculum and school life. We understand that through this children can become more physically confident and competent but we also strongly believe that regular physical activity can support children to be healthy and happy both in their bodies and minds.

As set out by the National Curriculum, we know that

'A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect'

Because of this, we stay committed to aspiring to the three hour offer of Physical Activity every week for all children and offer a range of opportunities to move, be active and explore a wide range to reach and inspire all children. We provide children with 2 hours of focused PE lessons every week, access to play leaders games and activities during every lunch time and a focused sports club led by a sports coach every lunch time.

We work closely with our Sports Pyramid, committing to their offer annually and providing opportunities to compete in a variety of competitions across schools locally. Through this we hope that children will develop greater confidence, team work skills and grow in their sportsmanship.

Through all of the above we also hope to create aspiring sporting leaders. Our opportunities to complete Playleader training every year at Year 5 and Year 6 and through our School House system we provide opportunities for children to learn, develop and apply their sports leadership skills as well as the importance of good communication, organisation, resilience and respect. All key experiences that we hope will continue to serve children long after they leave our schools.



2. PE in the Small Schools Partnership an Overview

Our three hour offer of Physical Activity is provided through the following for all children:



3 Movement and Dance Sessions



Daily Lunch Time Sports Club



2 hours Weekly PE sessions following 'Power of PE' scheme



Daily Pupil Playleader lunchtime Activities



An Outdoor Curriculum with Weekly dedicated outdoor sessions



Access to Extra Curricular Sports and Dance After School Clubs



Annual Sports Day



Access to Interschool events and Competitions

3. Whole School Long Term Plan Grange Moor

Cycle 1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec Year 1 Year 2	Year 1 Gymnastics Unit 1	Year 2 Gymnastics Unit 1	Year 1 Dance Unit 1	Year 2 Dance Unit 1	Multiskills (striking and fielding) Year 1 Hit, Catch, Run Unit 1	Multiskills (striking and fielding) Year 2 Hit, Catch, Run Unit 1
	Multi-Skills (jump, run, throw) Year 1 Run, Jump, Throw Unit 1	Multi-Skills (jump, run, throw) Year 2 Run, Jump and Thrown Unit 1	Invasion Skills (throwing, catching, dribbling, finding space) Year 1 Attack, Defend Shoot Unit 1	Invasion Skills (throwing, catching, dribbling, finding space) Year 2 Attack, Defend, Shoot Unit 1	Net/Wall Games Year 1 Send and Return Unit 1	Athletics – Sports Day Prep
Year 3 Year 4	Year 3 Gymnastics Unit 1	Year 4 Gymnastics Unit 1	Year 3 Dance Unit 1	Year 4 Dance Unit 1	Multiskills (striking and fielding) Year 3 Cricket	Striking/Fielding Games Year 3 Rounders
	Multi-Skills (Sports Hall Athletics) Year 3 Athletics	Multi-Skills (Sports Hall Athletics) Year 4 Athletics	Invasion Games (football, tag rugby, netball, hockey) Year 3 Handball	Invasion Games (football, tag rugby, netball, hockey) Year 4 Basket Ball	Net/Wall Games Year 3 Tennis	Athletics – Sports Day Prep
Year 5 Year 6	Year 5 Gymnastics Unit 1	Year 6 Gymnastics Unit 1	Year 5 Dance Unit 1	Year 6 Dance Unit 1	Multiskills (striking and fielding) Year 5 Cricket	Striking/Fielding Games Year 5 Rounders
	Multi-Skills (Sports Hall Athletics) Year 5 Athletics	Multi-Skills (Sports Hall Athletics) Year 6 Athletics	Invasion Games (football, tag rugby, netball, hockey) Year 5 Football	Invasion Games (football, tag rugby, netball, hockey) Year 6 Football	Net/Wall Games Year 5 Volleyball	Athletics – Sports Day Prep

Cycle 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec Year 1 Year 2	Year 1 Gymnastics Unit 2	Year 2 Gymnastics Unit 2	Year 1 Dance Unit 2	Year 2 Dance Unit 2	Multiskills (striking and fielding) Year 1 Hit, Catch, Run Unit 2	Multiskills (striking and fielding) Year 2 Hit, Catch, Run Unit 2
	Multi-Skills (jump, run, throw) Year 1 Run, Jump, Throw Unit 2	Multi-Skills (jump, run, throw) Year 2 Run, Jump and Thrown Unit 2	Invasion Skills (throwing, catching, dribbling, finding space) Year 1 Attack, Defend Shoot Unit 2	Invasion Skills (throwing, catching, dribbling, finding space) Year 2 Attack, Defend, Shoot Unit 2	Net/Wall Games Year 1 Send and Return Unit 2	Athletics – Sports Day Prep
Year 3 Year 4	Year 3 Gymnastics Unit 2	Year 4 Gymnastics Unit 2	Year 3 Dance Unit 2	Year 4 Dance Unit 2	Multiskills (striking and fielding) Year 3 Cricket	Striking/Fielding Games Year 4 Rounders
	Multi-Skills (Sports Hall Athletics) Year 3 Athletics	Multi-Skills (Sports Hall Athletics) Year 4 Athletics	Invasion Games (football, tag rugby, netball, hockey) Year 3 Netball	Invasion Games (football, tag rugby, netball, hockey) Year 4 Tag Rugby	Net/Wall Games Year 3 Tennis	Athletics – Sports Day Prep
Year 5 Year 6	Year 5 Gymnastics Unit 2	Year 6 Gymnastics Unit 2	Year 5 Dance Unit 2	Year 6 Dance Unit 2	Multiskills (striking and fielding) Year 5 Cricket	Striking/Fielding Games Year 6 Rounders
	Multi-Skills (Sports Hall Athletics) Year 5 Athletics	Multi-Skills (Sports Hall Athletics) Year 6 Athletics	Invasion Games (football, tag rugby, netball, hockey) Year 5 Hockey	Invasion Games (football, tag rugby, netball, hockey) Year 6 Hockey	Net/Wall Games Year 5 Volleyball	Athletics – Sports Day Prep

Whole School Long Term Plan Birdseidge

Cycle 1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec Year 1	Rec Gymnastics Unit 1	Year 1 Gymnastics Unit 1	Rec Dance Unit 1	Year 1 Dance Unit 1	Multiskills (striking and fielding) Rec Manip & Coord Unit 1	Multiskills (striking and fielding) Year 1 Hit, Catch, Run Unit 1
	Multi-Skills (jump, run, throw) Rec Speed, Agility, Travel Unit 1	Multi-Skills (jump, run, throw) Year 1 Run, Jump and Thrown Unit 1	Invasion Skills (throwing, catching, dribbling, finding space) Rec Coop and Solve Pobs Unit 1	Invasion Skills (throwing, catching, dribbling, finding space) Year 1 Attack, Defend, Shoot Unit 1	Net/Wall Games Year 1 Send and Return Unit 1	Athletics – Sports Day Prep
Year 2 Year 3	Year 2 Gymnastics Unit 1	Year 3 Gymnastics Unit 1	Year 2 Dance Unit 1	Year 3 Dance Unit 1	Multiskills (striking and fielding) Year 2 Hit Catch Run Unit 1	Striking/Fielding Games Year 3 Cricket
	Multi-Skills (Sports Hall Athletics) Year 2 Run Jump Throw Unit 1	Multi-Skills (Sports Hall Athletics) Year 3 Athletics	Invasion Games (football, tag rugby, netball, hockey) Year 2 Attach Defend Shoot Unit 2	Invasion Games (football, tag rugby, netball, hockey) Year 3 Basket Ball	Net/Wall Games Year 2 Send and Return Unit 1	Athletics – Sports Day Prep
Year 4 Year 5	Year 4 Gymnastics Unit 1	Year 5 Gymnastics Unit 1	Year 4 Dance Unit 1	Year 5 Dance Unit 1	Multiskills (striking and fielding) Year 4 Cricket	Striking/Fielding Games Year 4 Rounders
	Multi-Skills (Sports Hall Athletics) Year 4 Athletics	Multi-Skills (Sports Hall Athletics) Year 5 Athletics	Invasion Games (football, tag rugby, netball, hockey) Year 4 Football	Invasion Games (football, tag rugby, netball, hockey) Year 5 Football	Net/Wall Games Year 4 Volleyball	Athletics – Sports Day Prep

Cycle 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec Year 1	Rec Gymnastics Unit 2	Year 1 Gymnastics Unit 2	Rec 1 Dance Unit 2	Year 1 Dance Unit 2	Multiskills (striking and fielding) Rec Manip & Coord Unit 2	Multiskills (striking and fielding) Year 1 Hit, Catch, Run Unit 2
	Multi-Skills (jump, run, throw) Rec Speed, Agility, Travel Unit 2	Multi-Skills (jump, run, throw) Year 1 Run, Jump and Thrown Unit 2	Invasion Skills (throwing, catching, dribbling, finding space) Rec Coop and Solve Pobs Unit 2	Invasion Skills (throwing, catching, dribbling, finding space) Year 1 Attack, Defend, Shoot Unit 2	Net/Wall Games Year 1 Send and Return Unit 2	Athletics – Sports Day Prep
Year 2 Year 3	Year 2 Gymnastics Unit 2	Year 3 Gymnastics Unit 2	Year 2 Dance Unit 2	Year 3 Dance Unit 2	Multiskills (striking and fielding) Year 2 Hit Catch Run Unit 2	Striking/Fielding Games Year 3 Rounders
	Multi-Skills (Sports Hall Athletics) Year 2 Run Jump Throw Unit 2	Multi-Skills (Sports Hall Athletics) Year 3 Athletics	Invasion Games (football, tag rugby, netball, hockey) Year 2 Send and Return Unit 2	Invasion Games (football, tag rugby, netball, hockey) Year 3 Netball	Net/Wall Games Year 3 Badminton	Athletics – Sports Day Prep
Year 4 Year 5	Year 4 Gymnastics Unit 2	Year 5 Gymnastics Unit 2	Year 4 Dance Unit 2	Year 5 Dance Unit 2	Multiskills (striking and fielding) Year 5 Cricket	Striking/Fielding Games Year 5 Rounders
	Multi-Skills (Sports Hall Athletics) Year 4 Athletics	Multi-Skills (Sports Hall Athletics) Year 5 Athletics	Invasion Games (football, tag rugby, netball, hockey) Year 4 Hockey	Invasion Games (football, tag rugby, netball, hockey) Year 5 Hockey	Net/Wall Games Year 5 Volleyball	Athletics – Sports Day Prep

4. Progression of Skills

We use the progression and skills documents from The PE hub right from Reception for all units taught in PE.

Progression – Reception				Progression – Athletic Activity			
Gymnastics - To develop confidence in fundamental movements - To experience jumping, sliding, rolling, moving over, under and on apparatus - To develop coordination and gross motor skills		Dance - Recognise actions can be performed to music - Copy, create, repeat and perform some basic actions to music - Use their body to recreate and symbolise people and actions with themes of 'transport' and 'people who help us'		Body Management - Explore balance and managing own body including manipulating small objects - Able to stretch, reach, extend in a variety of ways and positions - Able to control body and perform specific movements on command			
Skills Adapt instructions to physical actions. Develop take-off and landing position for jumps. Transferring and moving small equipment. Moving through and under apparatus. Copying and repeating		Skills Refines shapes and jumps to improve coordination. Experiment with egg & log roll. Recognise pathways and direction. Points and patches to develop body tension. Link basic movements and use		Skills Link colours to feelings. Explore animal movements and levels. Replicate actions in larger groups. Sequence work. Explore leader or follower work.		Skills Learning and repeating actions through circle dance. Perform to the count of 8. Copy and repeat 4 actions. Perform an African dance motif.	
Speed, Agility, Travel - Travel with some control and coordination - Change direction at speed through both choice and instructions - Stop, start, pause, prepare for and anticipate movement in a variety of situations		Manipulation and Coordination - Send and receive objects with different body parts. - Work with others to control objects in space. - Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways		Skills Play parachute games. Move small objects using dominant and non-dominant hand. Push, hit, dribble. Use a baton to steer objects. Roll, spin, rotate, throw and catch hoops.			
Skills Demo agility in variety of games. Recognise and follow instructions. Experiment with starting and stopping positions. Perform fast and slow movements. Show control to stop and perform		Skills Play games, take turns. Move by inching, crawling & jumping. Jump for speed and distance. Recognise cues in lyrics to change actions. Use strength to maintain a body shape.		Skills Coordinate limbs to carry out defined movements and actions. Replicate bilateral movements. Make contact with ball with legs and feet. Practice hop, step, jump sequence.			
Overview Year 1 - Pupils will begin to link running and jumping. - To learn and refine a range of running which includes varying pathways and speeds. - Develop throwing techniques to send objects over long distances. - Increase stamina and core strength needed to undertake athletics activities. - Take part in a broad range of opportunities to extend strength, balance, agility and coordination. - Cooperate with others to carry out more complex tasks.				Overview Year 2 - Develop power, agility, coordination and balance over a variety of activities. - Can throw and handle a variety of objects including quoits, beanbags, balls, hoops. - Can negotiate obstacles showing increased control of body and limbs. - Improve running and jumping movements, work for sustained periods of time. - Reflect on activities and make connections between a healthy active lifestyle. - Experience and improve on jumping for distance and height.			
Overview Year 3 - Control movements and body actions in response to specific instructions. - Demonstrate agility and speed. - Jump for height and distance with control and balance. - Throw with speed and power and apply appropriate force.				Overview Year 4 - Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities. - Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.			
Overview Year 5 - Sustain pace over short and longer distances such as running 100m and running for 2 minutes. - Able to run as part of a relay team working at their maximum speed. - Perform a range of jumps and throws demonstrating increasing power and accuracy.				Overview Year 6 - Become confident and expert in a range of techniques and recognise their success. - Apply strength and flexibility to a broad range of throwing, running and jumping activities. - Work in collaboration and demonstrate improvement when working with self and others. - Accurately and confidently measure and time keep for both track and field events.			
Skills Covered							
Skills - Year 1 Starting and stopping at speed. Show power in run, use arms. Take off on two feet. Use leading arm to throw. Compete in relay teams. Perform agile movements. Work for sustained periods of time. Negotiate obstacles. Jumping and bounding. Run from different starting positions.		Skills - Year 2 Aware of others when running in space. Create more power with legs and apply to agility test. Select best throw for conditioned games. Perform some static and dynamic balances. Explore their emotions around different challenges. Attempt more accuracy in throws. Perform under pressure. Explore		Skills - Year 3 Combination jumps. Recognising and performing different paced runs. Approaching hurdles. Pull action when throwing. Skipping technique. Recording scores accurately.		Skills - Year 4 Aiming at targets. Accelerating over short distances. Taking off from run with one foot to increase distance. Sling action when throwing. Perform baton exchanges.	
				Skills - Year 5 Prepare to run an individual leg. Develop further the principles of pace. Steeplechase and jump for distance. Push action when throwing. Baton exchange within restricted area. Run up for long jump		Skills - Year 6 Sprint start techniques. Developing the phases of triple jump to jump for distance. Use the heave throw technique. Assess own ability in running tasks. Scissor jump preparation for high jump. Quad track and field competition.	

Physical Education Progression of Skills Year One

Games - Children develop basic game-playing skills, in particular throwing and catching. They play games based on net games (like tennis) and games based on striking and fielding games (like rounders and cricket) - They have an opportunity to play competitive sports one against one, one against two and one against three - Children have the opportunity to be physically active for sustained periods of time	Dance - Children will focus on spatial awareness and being able to move confidently and safely in their own and general space whilst exploring basic agility, balance and coordination skills. - They create and repeat a variety of short dances inspired by a range of stimuli. They work individually, in pairs, small groups and as a whole class. - They will develop an awareness of different dances through a choice of themes.
Gym - Children investigate movement, stillness, and how to find and use space safely. - They explore basic gymnastic actions on the floor and basic vault apparatus. - They copy or create, remember and repeat, short movement phrases of 'like' linked actions, e.g. two jumps, or two rolls.	Athletics - Children explore running, jumping and throwing activities, and take part in simple challenges and competitions. - Children experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance. - Children will be practising field events and different race types, specific to Year 1 in preparation for Sports Day

Physical Education Progression of Skills Year Two

Games - Children improve and apply their basic skills in games. - Children play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points. - Children play competitive sports and activities in small teams.	Dance - To explore, remember, repeat and link a range of actions with coordination and control. Children compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings. - They work individually, in pairs, small groups and as a whole class. - They will develop an awareness of the historical and cultural origins of different dance through a choice of themes.
Gym - Children focus on increasing their range of basic gymnastic skills using floor, vault and apparatus. - They create simple sequences of 'unlike' actions on the floor, e.g. a roll, jump and a shape. - They incorporate basic skills learnt into rhythmic gymnastics.	Athletics - Children explore running, jumping and throwing activities, and take part in simple challenges and competitions. - Children experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance. - Children will be practising field events and different race types, specific to Year 2 in preparation for Sports Day

Physical Education Progression of Skills Year Three

Games - Children learn how to outwit their opponents and score when playing invasion games. - Children play competitive games, modified so appropriate for Year 3, for example tennis, netball and football. - They develop skills in finding and using space to keep the ball. - They play with the same basic court set-up and rules, but use a range of equipment and skills, including throwing, catching, kicking and striking skills.	Dance - Children perform dances focusing on creating, adapting and linking a range of dance actions. - They will begin to demonstrate an awareness of the expressive qualities of dance. These are inspired by a range of stimuli. - They work individually, in pairs, small groups and as a whole class.
Gym - Children focus on improving the quality of their movement, e.g. by stretching fingers and pointing toes, to help them produce tension and extension. - They plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed. - The children will learn more advanced moves including shoulder stand and arabesque.	Athletics - Children concentrate on developing good basic running, jumping and throwing techniques. - They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. - Children will be practising field events and different race types, specific to Year 3 in preparation for Sports Day.

Physical Education Progression of Skills Year Four

Games - Children learn simple attacking tactics using a range of equipment and skills, and start to think about how to organise themselves to defend their goals. - Children play competitive games, modified so appropriate for Year 4, for example, basketball netball and tag rugby. - They start by playing small, uneven-sided games and move on to even-sided	Dance - Children focus on creating characters and narrative through movement and gesture. - They gain inspiration from a range of stimuli. - Children will use movement to explore and communicate ideas and issues, and their own feelings and thoughts. - They will perform dances using a range of movement patterns.
Gym - Children create sequences that include changes of level and speed, and focus on using different body shapes clearly. - They work mostly individually or with a partner. - The children will learn more advanced moves including cartwheels and backward roll to stand.	Athletics - Children concentrate on developing good basic running, jumping and throwing techniques. - They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. - Children will be practising field events and different race types, specific to Year 4 in preparation for Sports Day.

Physical Education Progression of Skills Year Five

Games

- Children develop skilful attacking and team play.
- They learn how to work well as a team when attacking, and explore a range of ways to defend.
- Children have a good understanding of the rules played in each sport e.g. High 5 Netball, Tag rugby, Kwik Cricket and begin to apply tactics to outwit their opponents.
- Children demonstrate a greater awareness of good sportsmanship, fairness and respect whilst playing sport.

Swimming

- Swim a distance of 25m or beyond once achieved; swim for endurance
- Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.
- Perform safe self-rescue in different water-based situations.
- Take part in individual or relay team swimming races

Gym

- Children create longer sequences to perform for an audience.
- They learn a wider range of actions and explore more difficult ways to perform.
- The children will learn more advanced moves including Y Balance and backward roll to straddle stand.
- Children develop increasing flexibility, strength, technique, control and balance.

Athletics

- Children focus on developing their technical understanding of athletic activity.
- They learn how to set targets and improve their performance in a range of running, jumping and throwing activities.
- Children will be practising field events and different race types, specific to Year 5 in preparation for Sports Day

Vocabulary	Games	Gymnastics	Dance	Athletics	General A-Z
EYFS to KS1	Accuracy Agility Aim Balance Base Bat Bounce Catch Co-ordination Control Cushion Field Fluency Guide Movement Push Racket Rotate Score Strike Target Technique Throw Timing Transitions Travel	Along Apparatus Balance Direction Level Link Off Onto Over Points Posture Pull Push Roll Rolling Forward Sequence Shapes Straddle Straight Tension Travel	Beat Flow Gesture Movement Performance	Balance Direction Distance Hop Hurdle Jog Land Obstacle Power Relay Speed Sprint Take-off	Aerobic Anaerobic Agility Cardiovascular Circuits Cool down Co-ordination Cramp Endurance Exercise Expression Fatigue Form Hydration Intensity Intervals Motion Muscle Phase Pulse Reaction Relaxation Repetitions Resistance Set Space Stretch Tactics Technique Unison Warm-up Workout
KS2	Agility Aim Attack Balance Bounce Bowl Chest Collaborate Compete Contact	Analyse Arch Asymetry Bridging Canon Counterbalance Dynamic Evaluate Extend Movement	Agility Balance Beats Chasse Canon Choreograph Co-ordination Collaboration Control Direction	Baton Bend Control Effort Extend Handover Pace Position Start Stride	

	Control Court Defend Dodge Dribble Footwork Goal Handover High Intercept Land Long Low Marking Observation Opponent Passing Pivot Play Position Pressure Push Rally Receive Retrieve Rules Run Safety Send Signal Speed Step Support Tag Trap Travel Volley	Rotation Support Technique Unison	Dynamics Emotion Endurance Expression Fluency Formation Improvise Motif Phrasing Pivot Posture Rhythm Routine Sections Sequence Strut Tempo Timing Unison Variation	Technique Throw	
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5. Assessment

Through the PE Hub scheme we access the assessment tracking tool to monitor outcomes for classes. Assessment sheets are also used to inform smaller steps and planning lesson to lesson.

Assessments | The PE Hub

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