



Seven Stars PE Curriculum Map 2022-2023

Outline:

The following document is the provisional curriculum map for the 2022-2023 academic year. This map may change as the KS1 year groups complete their baseline assessments. This may also change depending on the needs of the individual class each year.

The plan has used the templates provided in the Lancashire Physical Education Scheme of Work Progression Document 2020 as a guide which has then been modified and amended where appropriate.

Character values have been also been included in the plan that have been taken from the Lancashire Physical Education Scheme of Work 2020. These have been included to try use sport and physical education to support the personal and social development of the pupils as well as their physical development.

Design:

The curriculum map has been designed with number of reasons. Firstly, we have considered the time of year and typical weather conditions. This has effected the positioning of particular game types on the curriculum map for example, striking and fielding units have been left until later in the year where weather is generally warmer as these activities may require large numbers of the class to be stood still (fielding). Secondly, we have considered when inter-school events typically fall. This has been done so that we pupils are able to attend these events not only to take part, but to compete and achieve against other schools.

Covid-19:

The map may be subject to change due to continued restrictions and guidance from the government regarding the delivery of PE and sport. This will be done to ensure the safety of the pupils and staff involved in the delivery of lessons. Limited equipment may cause the map to be rearranged so that there are not multiple classes using the same resources.

KS1 Curriculum Map - Year 1

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson1	Baseline Assessment – lost and found	Gymnastics – Jack and the Beanstalk	FMS – Rolling	FMS – Throwing Underarm	FMS – Bouncing & Catching	Ks1 – Year 1 athletics
Character Values	<i>Self-Belief, Courage</i>	<i>Self-Belief, Determination</i>	<i>Concentration, Cooperation, Self-Belief</i>	<i>Determination, Concentration</i>	<i>Determination, Cooperation, Self-Belief</i>	<i>Cooperation, Encouragement, Honesty, Self-Belief</i>
Aims of Unit	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create short movement phrases of 'like' linked actions (e.g. 2 jumps or 2 roll).	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of traveling, throwing and jumping.
Lesson 2	Baseline Assessment (continued)	Gymnastics – Jack and the Beanstalk (continued)	Dance – Robots	Dance – Toy story	FMS – Throwing Overarm	Gymnastics Year 1 activities
Character Values	<i>Self-Belief, Courage</i>	<i>Self-Belief, Determination</i>	<i>Imagination, Self-Belief</i>	<i>Imagination, Self-Belief</i>	<i>Determination, Concentration, Cooperation</i>	<i>Cooperation, Encouragement, Honesty, Self-Belief</i>
Aims of Unit	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create short movement phrases of 'like' linked actions (e.g. two jumps or two roll).	Children will explore basic body actions (e.g. jumping and turning) and use different parts of their body to create and repeat short dances.	Children will explore basic body actions (e.g. jumping and turning) and use different parts of their body to create and repeat short dances.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of traveling, throwing and jumping.

KS1 Curriculum Map - Year 2

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson1	KS1 FMS - Supertato	Year 2 gymnastics	Games – Net & Wall	Dance – Moving Along	Games – Striking & Fielding	Invasion Games – Bounce Ball
Character Values	<i>Cooperation, Honesty, Self-Belief</i>	<i>Courage, Concentration, Self-Belief</i>	<i>Concentration, Self-Belief</i>	<i>Self-Belief, Empathy</i>	<i>Communication, Self-Belief</i>	<i>Self-Belief, Courage</i>
Aims of Unit	Children will improve and apply their basic FMS is games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will focus on increasing their range of basic gymnastic skills. They create simple sequences of 'unlike' actions on the floor (e.g., a roll, jump and a shape). They then transfer what they learn on the floor to apparatus.	Children will improve and apply their basic FMS is games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will focus on creating and performing short dances that communicate different moods, feelings and ideas. A range of subjects, including some based on different times and cultures can be used.	Children will improve and apply their basic FMS is games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will perform 10 FMS skills running, and take part in simple challenges.
Lesson 2	Games – Piggy in the Middle	Year 2 gymnastics (continued)	Dance – Explorers	OAA – The Great Outdoors	Year 2 - Athletics	End of Ks1 assessment super tato (Fundamental skills)
Character Values	<i>Cooperation, Honesty, Self-Belief</i>	<i>Courage, Concentration, Self-Belief</i>	<i>Curiosity, Courage</i>	<i>Responsibility, Trust, Cooperation</i>	<i>Resilience, Self-Belief</i>	<i>Self-Belief, Courage</i>
Aims of Unit	Children will improve and apply their basic FMS is games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will focus on increasing their range of basic gymnastic skills. They create simple sequences of 'unlike' actions on the floor (e.g., a roll, jump and a shape). They then transfer what they learn on the floor to apparatus.	Children will focus on creating and performing short dances that communicate different moods, feelings and ideas. A range of subjects, including some based on different times and cultures can be used.	Children will explore the Great Outdoors and take part in trails and simple team building exercises.	Children will explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of traveling, throwing and jumping.	Children will perform 10 FMS skills running, and take part in simple challenges.

KS2 Curriculum Map - Year 3

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson1	Invasion Games – Handball	Year 3 gymnastics activities	Net & Wall – Tennis (CT1)	OAA – Trust and Trails	Striking & Fielding – Rounders	Striking & Fielding – Cricket
Character Values	<i>Honesty, Evaluation</i>	<i>Trust, Courage, Evaluation</i>	<i>Decision-Making, Evaluation</i>	<i>Communication, Trust, Self-Discipline</i>	<i>Communication, Evaluation</i>	<i>Communication, Evaluation</i>
Aims of Unit	Children will learn to apply their understanding and skills from Key Stage 1. Children will improve their accuracy in throwing and catching, and will learn new invasion game sport specific techniques.	Children will focus on improving the quality of their movement. They will learn how to plan and perform actions and sequences, and develop flow by linking actions smoothly.	Children will learn to develop the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent.	Children will take part in a range of trust and trail activities. The tasks they will tackle will require trust, cooperation and self-discipline.	Children will learn how to hit or strike the ball into different spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down.	Children will learn how to hit or strike the ball into different spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down.
Lesson 2	Invasion Games – Handball (continued)	Year 4 Gymnastics – activities 2 (continued)	Dance – Superheroes	Dance – Rock and Roll	Invasion Games – Tag Rugby (League)	Athletics Activities
Character Values	<i>Honesty, Evaluation</i>	<i>Trust, Courage, Evaluation</i>	<i>Communication, Empathy</i>	<i>Cooperation, Evaluation</i>	<i>Honesty, Evaluation</i>	<i>Resilience, Evaluation</i>
Aims of Unit	Children will learn to apply their understanding and skills from Key Stage 1. Children will improve their accuracy in throwing and catching, and will learn new invasion game sport specific techniques.	Children will focus on improving the quality of their movement. They will learn how to plan and perform actions and sequences, and develop flow by linking actions smoothly.	Children perform dances, focusing on creating, adapting and linking a range of dance actions. These are inspired by a variety of subjects, including some traditional, social and/or historical dances.	Children perform dances, focusing on creating, adapting and linking a range of dance actions. These are inspired by a variety of subjects, including some traditional, social and/or historical dances.	Children will learn to apply their understanding and skills from Key Stage 1. Children will improve their accuracy in throwing and catching, and will learn new invasion game sport specific techniques.	Children should concentrate on developing good basic running, jumping and throwing techniques. Children will develop their technical understanding across all areas of athletics.

KS2 Curriculum Map - Year 4

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson1	Invasion Games – Handball	Dance – Myths and Legends	Net & Wall – Tennis (CT2)	OAA –Team work and Problem Solving	Target Games – Dodgeball	Striking & Fielding – Cricket
Character Values	<i>Determination, Evaluation</i>	<i>Encouragement, Reflection</i>	<i>Decision-Making, Evaluation</i>	<i>Communication, Problem-Solving</i>	<i>Self-Discipline, Respect</i>	<i>Communication, Evaluation</i>
Aims of Unit	Children continue to learn simple attacking tactics using a range of equipment and sport specific skills. Develop attacking skills in a 4V2 invasion game. “On the attack”	Children gain inspiration from English work and work in pairs/small groups. Children concentrate on combining and linking phrases of movement fluently and with control.	Children will learn to develop the skills they need for net/wall games and on how they use these skills more difficult for their opponent.	Children will take part in a range of problem solving activities. The tasks they will tackle will require teamwork, with clearly defines roles and responsibilities.	Children will continue to learn simple attacking tactics through playing a target game.	Children will learn how to hit or strike a ball into spaces, so that they can score runs in different ways. When fielding, they learn how to keep the batters scores down.
Lesson 2	Invasion Games – Handball	Year 4 gymnastics activities 1	Year 4 gymnastics activities 2	Swimming	Swimming	Athletics
Character Values	<i>Determination, Evaluation</i>	<i>Motivation, Evaluation</i>	<i>Problem-Solving, Evaluation</i>	<i>Determination, Evaluation, Encouragement</i>	<i>Self-Belief, Determination, Responsibility</i>	<i>Self-Belief, Determination, Responsibility</i>
Aims of Unit	Children continue to learn simple attacking tactics using a range of equipment and sport specific skills. Develop attacking skills in a 4V2 invasion game. “On the attack”	Children will learn to develop their skills with control and precision, and combine them to create a sequence. They will extend their range of actions, working on more difficult combinations.	Children will learn to develop their skills with control and precision, and combine them to create a sequence. They will extend their range of actions, working on more difficult combinations.	Children continue to learn simple attacking tactics using a range of equipment and sport specific skills. Develop attacking skills in a 4V2 invasion game. “On the attack”	Children will learn to swim competently and confidently over a minimum distance of 25 metres, using a range of strokes effectively. They will learn how to perform safe self-rescue in different water-based situations.	Children will learn to swim competently and confidently over a minimum distance of 25 metres, using a range of strokes effectively. They will learn how to perform safe self-rescue in different water-based situations..

KS2 Curriculum Map - Year 6

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Invasion Games – Netball	Dance highway man	Creative Games – Calling the Shots	OAA – team building	Net & Wall – Tennis	Striking & Fielding – Rounders
Character Values	<i>Decision-Making, Evaluation</i>	<i>Resourcefulness, Responsibility, Evaluation</i>	<i>Decision-Making, Problem-Solving, Cooperation, Evaluation</i>	<i>Problem-Solving, Communication, Decision-Making</i>	<i>Decision-Making, Evaluation</i>	<i>Encouragement, Motivation, Decision-Making, Evaluation</i>
Aims of Unit	Children will learn how to work well as a team and apply attacking and defending skills through modified versions of 4V4 and 5V5 invasion games. Children will also learn a wider range of sport specific techniques	Children will focus on using different starting points for composing, performing and watching dance. They will extend the range of movements they use and develop new skills in working with a partner.	Children will apply their knowledge and understanding of invasion games to create their own game which follows the principles of invasion games.	Children will take part in more complex orienteering events and teamwork challenges. They will learn to read maps more accurately and to adapt their skills to meet challenges set in new environments.	Children will learn to develop the range and quality of their skills when playing games using their rackets. They also learn specific tactics and skills for net/wall type games.	Children will develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, backstop, fielder and batter.
Lesson 2	Swimming	Swimming	Swimming	Gymnastics	Dance - earthlings	Swimming
Character Values	<i>Self-Belief, Determination, Responsibility</i>	<i>Self-Belief, Determination, Responsibility</i>	<i>Self-Belief, Determination, Responsibility</i>	<i>Self-Belief, Determination, Responsibility</i>	<i>Empathy, Self-Discipline</i>	<i>Motivation, Determination</i>
Aims of Unit	Children will learn to swim competently and confidently over a minimum distance of 25 metres, using a range of strokes effectively. They will learn how to perform safe self-rescue in different water-based situations.	Children will learn to swim competently and confidently over a minimum distance of 25 metres, using a range of strokes effectively. They will learn how to perform safe self-rescue in different water-based situations.	Children will learn to swim competently and confidently over a minimum distance of 25 metres, using a range of strokes effectively. They will learn how to perform safe self-rescue in different water-based situations.	Children use their knowledge of compositional principles to develop sequences that show an awareness of their audience. Children will plan and perform a sequence with a partner.	Children will learn to swim competently and confidently over a minimum distance of 25 metres, using a range of strokes effectively. They will learn how to perform safe self-rescue in different water-based situations.	Children will learn to swim competently and confidently over a minimum distance of 25 metres, using a range of strokes effectively. They will learn how to perform safe self-rescue in different water-based situations.

SEN unit Curriculum Map – Galaxy class Year 3 & 4

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson1	Baseline unit – Supertato	Year 1 gymnastics activities	Year 1 FMS – throwing a ball under arm	Year 1 FMS – catching and bouncing a ball	KS1 FMS kicking unit	Year 2 games-striking and fielding
Character Values	<i>Self-Belief, Courage</i>	<i>Self-Belief, Determination</i>	<i>Determination, Cooperation, Self-Belief</i>	<i>Concentration, Cooperation, Self-Belief</i>	<i>Determination, Cooperation, Self-Belief</i>	<i>Self-Belief, Courage</i>
Aims of Unit	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create short movement phrases of 'like' linked actions (e.g. two jumps or two roll).	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.
Lesson 2	Baseline unit – Supertato continued	Ks1 FMS – Zog	KS1 – Year 1 – dance – Toy story	Ks1 Year 1 – Gymnastics activities 2 -	Ks1 – Year 2 dance – Wind in the willows	Ks1 – Year 2 – FMS unit – Bounce a ball
Character Values	<i>Self-Belief, Courage</i>	<i>Concentration, Cooperation, Self-Belief</i>	<i>Imagination, Self-Belief</i>	<i>Self-Belief, Determination</i>	<i>Imagination, Self-Belief</i>	<i>Determination, Cooperation, Self-Belief</i>
Aims of Unit	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will explore basic body actions (e.g. jumping and turning) and use different parts of their body to create and repeat short dances.	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create short movement phrases of 'like' linked actions (e.g. two jumps or two roll).	Children will explore basic body actions (e.g. jumping and turning) and use different parts of their body to create and repeat short dances.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.