

PHYSICAL EDUCATION KEY STAGE 1 CURRICULUM MAP

CURRICULUM

PE 1 - Master basic fundamental movements including agility, balance and co-ordination
PE 2 - Participate in team games, developing simple tactics for attacking and defending
PE 3 - Perform dances using simple movement patterns
PE 4 - Swim competently for at least 25m, use range of strokes, perform self-rescue
 (Note: Swimming is taught over a three week period across the whole school)

ASSESSMENT

AS 1 - Agility, balance and co-ordination
AS 2 - Physical confidence
AS 3 - Competes with self
AS 4 - Co-operates with others
AS 5 - Competes with others
AS 6 - Fundamental movement skills

Physical

Social/Emotional

Thinking

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Lesson 1	FMS AGILITY (Chasing games) PE 1 AS 2, AS 6	FMS CO-ORDINATION (Object manipulation) PE 1 AS 1, AS 3	DANCE (Movement) PE 3 AS 2, AS 4	FMS BALANCING (Static, dynamic) PE 1 AS 4, AS 6	FMS LOCOMOTOR (Athletic actions) PE 1 AS 3, AS 5	TEAM GAMES (Catch, throw) PE 2 AS 3, AS 5
	Lesson 2	FMS LOCOMOTOR (Travelling) PE 1 AS 1, AS 6	FMS AGILITY (Dodging) PE 1 AS 4, AS 6	DANCE (Movement) PE 3 AS 2, AS 4	FMS BALANCING (Gymnastic actions) PE 1 AS 4, AS 6	FMS CO-ORDINATION (Target) PE 2 AS 1, AS 2	TEAM GAMES (Strike, retrieve) PE 2 AS 3, AS 5
Year 2	Lesson 1	FMS CO-ORDINATION (Object manipulation) PE 1 AS 1, AS 3	TEAM GAMES (Attack, defend) PE 1 AS 5, AS 6	FMS BALANCING (Gymnastics) PE 1 AS 2, AS 4	DANCE (Themed) PE 4 AS 2, AS 4	FMS LOCOMOTOR (Athletic actions) PE 1 AS 3, AS 5	TEAM GAMES (Net, hit and return) PE 1, PE 2 AS 4, AS 6
	Lesson 2	FMS AGILITY (Dodging) PE 1 AS 1, AS 2	TEAM GAMES (Attack, defend) PE 1 AS 5, AS 6	FMS BALANCING (Gymnastics) PE 1 AS 2, AS 4	DANCE (Themed) PE 4 AS 2, AS 4	FMS LOCOMOTOR (Athletic actions) PE 1 AS 3, AS 5	TEAM GAMES (Striking, fielding) PE 1, PE 2 AS 4, AS 6

PHYSICAL EDUCATION LOWER KEY STAGE 2 CURRICULUM MAP

CURRICULUM

PE 1 - Use running, jumping, throwing and catching in isolation and in combination
PE 2 - Play competitive games, apply basic attacking and defending principles
PE 3 - Develop flexibility, strength, technique, control and balance
PE 4 - Perform dances using a range of movement patterns
PE 5 - Take part in outdoor and adventurous activity challenges; individually and within a team
PE 6 - Compare performances to previous ones, show improvements to reach personal best
(Note- Swimming is taught over a three week period across the whole school)

ASSESSMENT

AS 1 - Apply skills in different ways
AS 2 - Link and sequence actions
AS 3 - Communication skills
AS 4 - Collaborates
AS 5 - Competes with self and others
AS 6 - Knows how to improve in activities
AS 7 - Can evaluate and recognise success

Physical

Social/Emotional

Thinking

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Lesson 1	GAMES (Throw, Catch, Kick) PE 1, PE 2 AS 1, AS 2	GAMES (Agility) PE 1, PE 2 AS 3, AS 4	GYMNASTICS PE 3, PE 6 AS 3, AS 6	DANCE PE 4 AS3, AS 4	ATHLETICS PE 1, PE 6 AS 5, AS 6	ATHLETICS PE 1, PE 6 AS 5, AS 7
	Lesson 2	GAMES (Throw, Catch, Kick) PE 1, PE 2 AS 1, AS 2	OAA PE 5 AS 3, AS 4	GYMNASTICS PE 3, PE 6 AS 6, AS 7	DANCE PE 4 AS 3, AS 4	GAMES (Target, hit, receive) PE 2, PE 3 AS 1, AS 2	GAMES (Striking, fielding) PE 1, PE 2 AS 1, AS 2
Year 4	Lesson 1	GAMES (Ball games) PE 1, PE 2 AS 1, AS 2	GAMES (Attack, defend) PE 1, PE 2 AS 1, AS 2	GYMNASTICS PE 3, PE 6 AS 3, AS 4	DANCE PE 4 AS 3, AS 4	GAMES (Target, hit receive) PE 2, PE 3	GAMES (Striking, fielding) PE 1, PE 2 AS 1, AS 7
	Lesson 2	OAA PE 5 AS 3, AS 4	GAMES (Attack, defend) PE 1, PE 2 AS 1, AS 2	GYMNASTICS PE 3, PE 6 AS 4, AS 7	ATHLETICS PE 1, PE 6 AS 5, AS 6	ATHLETICS PE 1, PE 6 AS 5, AS 6	GAMES (Striking, fielding) PE 1, PE 2 AS 2, AS 6

PHYSICAL EDUCATION UPPER KEY STAGE 2 CURRICULUM MAP

CURRICULUM

PE 1 - Use running, jumping, throwing and catching in isolation and in combination
 PE 2 - Play competitive games, apply basic attacking and defending principles
 PE 3 - Develop flexibility, strength, technique, control and balance
 PE 4 - Perform dances using a range of movement patterns
 PE 5 - Take part in outdoor and adventurous activity challenges; individually and within a team
 PE 6 - Compare performances to previous ones, show improvements to reach personal best
 (Note- Swimming is taught over a three week period across the whole school)

ASSESSMENT

AS 1 - Apply skills in different ways
 AS 2 - Link and sequence actions
 AS 3 - Communication skills
 AS 4 - Collaborates
 AS 5 - Competes with self and others
 AS 6 - Knows how to improve in activities
 AS 7 - Can evaluate and recognise success

Physical

Social/Emotional

Thinking

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Lesson 1	GAMES (Basketball) PE 1, PE 5 AS 1, AS 7	GAMES (Football/Tag Rugby) PE 1, PE 5 AS 1, AS 6	GYMNASTICS PE 3, PE 6 AS 3, AS 4	DANCE PE 4 AS 2, AS 4	GAMES (Tennis) PE 2, PE 3 AS 2, AS 7	GAMES (Cricket/Rounders) PE 1, PE 2 AS 2, AS 7
	Lesson 2	GAMES (Netball) PE 1, PE 5 AS 1, AS 7	OAA PE 5 AS 4, AS 6	GYMNASTICS PE 3, PE 6 AS 3, AS 4	ATHLETICS PE 1, PE 6 AS2, AS 5	GAMES (Tennis) PE 2, PE 3 AS 2, AS 7	GAMES (Cricket/Rounders) PE 1, PE 2 AS 2, AS 7
Year 6	Lesson 1	GAMES (Netball/Basketball) PE 1, PE 2 AS 1, AS 7	GAMES (Tag Rugby) PE 1, PE 2 AS 1, AS 7	GYMNASTICS PE 3, PE 6 AS 3, AS 4	DANCE PE 4 AS 2, AS 4	GAMES (Tennis) PE 2, PE 3 AS 2, AS 7	GAMES (Cricket) PE 5, PE 6 AS 2, AS 7
	Lesson 2	GAMES (Netball/Basketball) PE 1, PE 2 AS 1, AS 7	GAMES (Football) PE 1, PE 2 AS 1, AS 7	GYMNASTICS PE 3, PE 6 AS 3, AS 4	ATHLETICS PE 1, PE 6 AS 2, AS 5	OAA PE 5 AS 4, AS 6	GAMES (Rounders) PE 5, PE 6 AS 2, AS 7