

Ellen Wilkinson School:

Reception Curriculum Map for Physical Education

	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
Time	6 Weeks	7 Weeks	6 Weeks	6 Weeks	5 Weeks	7 Weeks
	Running and movement	Throwing techniques and catching	Games & Circuits	Passing, sending and receiving a ball	Ball Skills (Rolling & Throwing, striking/fielding)	Fundamental Skills Games (Parachute games/ team acts)
Rec	<p>End of year expectations</p> <p>ELG 04 Moving and handling:</p> <ul style="list-style-type: none"> Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. <p>ELG 05 Health and self-care:</p> <ul style="list-style-type: none"> Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently. 					

Key Stage 1 Curriculum Map for Physical Education

	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
Time	6 Weeks	7 Weeks	6 Weeks	6 Weeks	5 Weeks	7 Weeks
	Gymnastics	Gymnastics	Dance	Dance		
Year 1	<p>End of year expectations</p> <p>Show control and coordination when moving or standing still. Perform basic sequences, using space</p>		<p>End of year expectations</p> <p>Create simple movement patterns, showing awareness of rhythm.</p>			

Ellen Wilkinson School:

	safely and recognising simple technical words (e.g. roll, travel and balance.)					
	Running & Movement	Throwing techniques and catching	Games & Circuits	Passing, sending and receiving a ball	Ball Skills (Rolling & Throwing, striking/fielding)	Fundamental Skills Games (Parachute games/ team acts)
	End of year expectations run at different speeds, recognising the difference between walking, jogging and sprinting; move along a wide range of different pathways; jump as high and as far as possible using correct technique; use different ways of jumping; land safely with control; create a sequence of jumps and show it to a partner.	End of year expectations roll a ball along a line or to a target, track it and pick it up as it slows down; use a simple overarm throw; use an underarm sling throw.	End of year expectations travel forwards, backwards and sideways; change direction while travelling; travel with a ball using their feet and hands; change direction while travelling with a ball; use their feet to pass a ball to another player; use their hands to pass a ball to another player.	End of year expectations pass a ball to another player; pass a ball accurately to another player; pass a ball quickly to another player while in a game situation; travel with and pass a ball to another player to score points in a game.	End of year expectations catch a ball thrown by a partner, with two hands; throw a ball into a hoop; say how we could warm our bodies up before exercising; run, walk, jog, hop, skip, leap, gallop or jump in different directions with a ball, including sideways and along a diagonal or curved projection.	End of year expectations stay in a 'zone' during a game. decide where the best place to be is during a game. use one tactic in a game. I can follow rules Making choices to improve performance and behaviour Communicating effectively with others
Gymnastics	Gymnastics			Dance	Dance	
Year 2	End of year expectations Balance and move over, under and through apparatus, creating a variety of shapes with the body and distinguishing a well-performed move.				End of year expectations Perform movements to express ideas, emotions or feelings and repeat dance phrases.	
	Running and movement	Throwing techniques and catching	Games & Circuits	Passing, sending and receiving a ball	Ball Skills (Rolling & Throwing, striking/fielding)	Simple Invasion Games
	End of year expectations run at different speeds, recognising	End of year expectations stop a rolling ball with two hands;	End of year expectations recognise and describe how the body	End of year expectations Stop or catch a projectile, such as a	End of year expectations	End of year expectations recognise and describe how the body

Ellen Wilkinson School:

	<p>the difference between walking, jogging and sprinting; move along a wide range of different pathways; jump as high and as far as possible using correct technique; use different ways of jumping; land safely with control; create a sequence of jumps and show it to a partner.</p>	<p>bounce a ball whilst moving; use an opposition overarm throw; pitch a quoit sideways; jump to catch a ball; get into position to catch a ball; say how their bodies feel different after exercising; walk along a line; keep their balance when pushed.</p>	<p>feels during and after physical activity; begin to use and understand the terms attacking and defending; throw and catch a ball with a partner using different techniques and begin to choose the best pass to make in a game; kick a ball, using the correct technique whilst moving, with some control and fluency; pass a ball in different ways, using the correct technique, with some control and accuracy; use throwing, catching and kicking skills in a game with increasing confidence and success; begin to apply a range of attacking and defending skills in a game successfully, including dodging and marking;</p>	<p>bean bag, or ball, and hit with a bat or racket. stop a rolling ball with two hands; bounce a ball whilst moving; use an opposition overarm throw; pitch a quoit sideways; jump to catch a ball; get into position to catch a ball; say how their bodies feel different after exercising; walk along a line; keep their balance when pushed; dodge.</p>	<p>Pass a ball, bean bag or tag in a team game, working collaboratively. bounce a ball whilst moving; use an opposition overarm throw; pitch a quoit sideways; jump to catch a ball; get into position to catch a ball; say how their bodies feel different after exercising; walk along a line; keep their balance when pushed; dodge.</p>	<p>feels during and after physical activity; begin to use and understand the terms attacking and defending; throw and catch a ball with a partner using different techniques and begin to choose the best pass to make in a game; kick a ball, using the correct technique whilst moving, with some control and fluency; pass a ball in different ways, using the correct technique, with some control and accuracy; use throwing, catching and kicking skills in a game with increasing confidence and success; begin to apply a range of attacking and defending skills in a game successfully, including dodging and marking;</p>
--	--	---	--	---	--	--

Ellen Wilkinson School:

Key Stage 2 Curriculum Map for Physical Education

Key Stage 2 Curriculum Map for Physical Education						
	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
Time	6 Weeks	7 Weeks	6 Weeks	6 Weeks	5 Weeks	7 Weeks
Year 3			Gymnastics	Gymnastics	Dance	Dance
			End of year expectations Vary height and speed in a sequence of gymnastic movements.		End of year expectations Compare, develop and adapt movements and motifs to create movement patterns.	
	Invasion Games Kwiksticks (Hockey)	Invasion Games Basketball	Invasion Games Tag Rugby	Invasion Games Football	Athletics	Net/wall/racket games Tennis
	End of year expectations <ul style="list-style-type: none"> know some of the basic principles of invasion games; recognise and begin to apply basic attacking skills such as dodging, with some success; recognise and begin to apply basic defending skills such as marking and intercepting, with some success; pass, receive and travel with a ball in a variety of ways with increasing control and accuracy; identify and use tactics to help themselves and their team keep possession of the ball; use space well to pass and receive a ball. 				End of year expectations Demonstrate a range of throwing techniques, using accuracy and power and perform a range of jumps, sometimes with run ups. apply and try to improve existing running, throwing and jumping skills; demonstrate increasing control and coordination when running and	End of year expectations Begin to understand the principle rules of tennis Strike a ball with one hand Strike a bounced ball play games using modified courts and a small range of throwing skills; play games with limited continuity, stopping the ball and catching it occasionally; hit a ball with reasonable consistency when practising; use bigger target areas to aim for;

Ellen Wilkinson School:

performing a jump or throw;
identify and demonstrate how different running techniques can affect their performance and focus on improving their sprinting technique.
demonstrate some rhythm and technique when running over obstacles;
perform the standing long jump using the correct technique to achieve the furthest possible distance;
perform the underarm, overarm and push throws with control and accuracy and develop their technique;
follow step-by-step instructions and copy actions to learn new techniques with some accuracy, control and fluency;
perform learnt skills and techniques with increasing success, control and confidence when participating in running, jumping and throwing activities and games;
compete against self and others in a controlled manner and demonstrate

use a small range of tactics; use simple rules fairly; know when their heart beats faster; with help, identify practices to help them improve

Ellen Wilkinson School:

				noticeable improvements to achieve their personal best; watch, describe and evaluate the effectiveness of a performance.	
Year 4	Swimming ½ year of swimming lessons at Newham Leisure Centre				
	By the end of key stage 2 children should have been taught to:				
	-Swim competently, confidently and proficiently over a distance of at least 25 metres				
	- Use a range of strokes effectively e.g. front crawl, backstroke.				
	- Perform safe self-rescue in different water- based situations.				
		Dance	Dance	Gymnastics	Gymnastic
		End of year expectations Improvise and move with precision, control and fluency in response to a range of stimuli.		End of year expectations Combine movements, actions and balances individually or collaboratively, to create a fluid routine.	
Invasion Games Kwiksticks (Hockey)	Invasion Games Basketball	Invasion Games Tag Rugby	Invasion Games Football	Athletics	Net/wall/racket games Tennis
End of year expectations				End of year expectations	End of year expectations
<ul style="list-style-type: none"> • show knowledge and understanding of the reasons for warming up and cooling down; • move in multiple directions at speed and with some success in a game situation; • change direction quickly (dodge) and feint a move, using a low body position, and apply this with some success in a game situation; • dribble with the ball using different techniques, demonstrating control and speed; • look up when dribbling while keeping good control of the ball; • pass the ball with control and accuracy over a range of distances; 				Run with pace over longer distances and for more extended periods, identifying the difference between this and sprinting. recognise and name a variety of different	Become more competent using a racquet to strike the ball Develop hitting a bounced ball with increasing accuracy Follow rules Show sportsmanship

Ellen Wilkinson School:

					<p>athletic events and techniques; apply and try to improve existing running, throwing and jumping skills; show increasing control and co-ordination when running and performing a jump or throw; follow step-by-step instructions, copy actions and learn new techniques with some accuracy, control and fluency; combine and apply new skills and techniques with increasing success, control and fluency when participating in running, jumping and throwing activities and games; identify aspects of how a skill or technique has been performed and suggest ways to improve performance; work effectively as part of a team.</p>	<p>keep up a continuous game, using a range of throwing and catching skills and techniques; use a small range of basic racket skills; choose and use a range of simple tactics for sending the ball in different ways to make it difficult for their opponent; choose and use a range of simple tactics for defending their own court; adapt and refine rules; make up their own net games; understand the point of the game; keep rules effectively and fairly; recognise how net games make the body work; talk about what they do well and recognise things they could do better</p>
<p>Year 5</p>	<p>Dance</p>	<p>Dance</p>	<p>Gymnastics</p>	<p>Gymnastics</p>		
	<p>End of year expectations</p>		<p>End of year expectations Create and perform more complex sequences, including change of direction, travelling, speed</p>			

Ellen Wilkinson School:

Vary dynamics of a movement or dance, developing actions in time to music, with a partner or as part of a group.		and height, showing good stability and core strength.			
Invasion Games Kwiksticks (Hockey)	Invasion Games Basketball	Invasion Games Tag Rugby	Invasion Games Football	Athletics	Net/wall/racket Tennis
<p style="text-align: center;">End of year expectations</p> <ul style="list-style-type: none"> • give reasons for warming up and cooling down, showing knowledge and understanding of why it's important; • pass, receive and dribble with the ball in different ways with increasing control and accuracy, including two- touch passing; • use space well to pass and receive a ball; • apply some skills and techniques consistently and with success in more than one type of invasion game; • explain the effect that using a particular skill or technique has had on their performance; • begin to choose the best techniques and tactics for attacking in a game situation, such as when to pass and when to dribble to help keep possession; • begin to choose the best techniques and tactics for defending in a game situation, such as when to tackle and man-to-man marking; • follow rules in more complex invasion games and contribute towards the success of their team; • begin to choose and use criteria to evaluate their own and others' performance. 				<p style="text-align: center;">End of year expectations</p> <p>Understand how power and stamina is developed and how it improves performance. Identify and know about a variety of athletic events and techniques; apply and develop existing running, throwing and jumping skills; practise and improve reaction times and identify an effective sprint start; demonstrate a sound technique for a sprint start to improve the acceleration phase; develop and improve their running technique for sprinting, showing good coordination and control; demonstrate stamina in order to maintain a sustained run; show good control, coordination and power when performing the standing vertical jump and measure the height jumped with accuracy;</p>	<p style="text-align: center;">End of year expectations</p> <p>Learn ready position Increasing confidence in rules of game Begin to understand the scoring process play games with help, <i>eg someone to catch the ball when it is hit, someone to feed them</i>; use a small range of basic shots on both sides of the body; with help, get games to flow; apply some of the basic tactics; recognise the need to warm up and carry out exercises safely; recognise when they and others are playing well and identify why, with help</p>

Ellen Wilkinson School:

Year 6	Dance	Dance			Gymnastics	Gymnastics
	End of year expectations Move in time to music, creating movements that express the meaning and mood of the piece.				End of year expectations Combine and perform gymnastic actions, using whole body, adapting movements and balances to a routine so that they fit into a sequence.	
	Invasion Games Kwiksticks (Hockey)	Invasion Games Basketball	Invasion Games Tag Rugby	Invasion Games Football	Athletics	Net/wall/racket Tennis
	End of year expectations				End of year expectations	End of year expectations
<ul style="list-style-type: none"> • lead and take part in warm-ups and cool-downs safely and effectively; • move with the ball using the correct technique in at least two invasion games with speed and control, including changing direction; • pass and receive the ball in a variety of ways using the correct technique in at least two invasion games with control and accuracy; • link dribbling and passing skills together with success and fluency; • use space well to pass and receive a ball; • follow complicated rules to play a new game successfully; • create a new game to include certain criteria and explain it to others successfully; • begin to choose and apply appropriate skills and techniques for attacking and defending in a range of invasion games; • evaluate their own and others' work, suggesting appropriate improvements. 				<p>Demonstrate a high level of control, speed and stamina when running, jumping and throwing and suggest ways to improve their performance.</p>		<p>Starting to consider tactics Shows increased hand-eye coordination Improve length of rallies use forehand, backhand and overhead shots increasingly well in the games they play; use the volley in games where it is important; use the skills they prefer with competence and consistency; understand the need for tactics; start to choose and use some tactics effectively; play cooperatively with a partner; apply rules consistently and fairly; identify appropriate exercises and activities for warming up; recognise how these</p>

Ellen Wilkinson School:

			games make their bodies work; pick out what they and others do well and suggest ideas for practices
--	--	--	---

Invasion Games: Football
Hockey (Kwiksticks)
Tag Rugby
High 5 Netball
Basketball

Striking & Fielding: Cricket
Rounders
Kick Rounders
Scatterball