

PE Whole School Curriculum Map 2023-2024

Team Donaldson EYFS Physical Development	During continuous provision					
	Autumn		Spring		Summer	
EYFS	Fundamental Movement Skills	Dance	Games (Attacking & Defending)	Gymnastics	Athletics	Outdoor Adventurous activities
Donaldson yr 1	Basketball – focus on Fundamental Movement Skills & tactics	Gymnastics	Dance	Games- Tennis focus on Fundamental Movement	Games-cricket- fielding and striking simple tactics	Athletics
Team Dahl yr 1, 2	Invasion Games Netball	Gymnastics	Dance	Games- Cricket focus	Games- Rounders	Athletics
Team Cowell Yr 3, 4	Invasion Games Netball	Gymnastics Swimming- yr4	Dance	Games- Cricket	Games- Rounders	Athletics
Team Walliams yr 4, 5	Invasion Games Netball	Gymnastics Swimming- yr4	Dance	Games- Cricket	Games- Rounders	Athletics
Team Morpurgo Yr 5, 6	Invasion Games Netball	Gymnastics	Dance Swimming- yr6	Games- Cricket Swimming yr 5 +6	Games- Rounders Swimming yr 5 + 6	Athletics Swimming yr 5 + 6
Competitions/ Festivals	Netball (Year 5/6) Handball (Year 5/6)	Cross Country (Year 3-6) Kurling & Boccia (Year 1) Multiskills Festival (Year ½) Gymnastics (Year 1/6)	Sports Hall Athletics (Year 5/6) Dance (Rec- Year 6)	Badminton (Year 5/6) Girls Football (Year 4/5/6) Tennis (Year 3/4)	Tri- Golf (Year 3/4) Tri- Golf (Year 3/4) Grab a Grown-Up Festival EYFS	Athletics (Year 5/6) Rounders (Year 5/6) Ultimate Frisbee (KS2)

Key areas- Gymnastic skills Dance skills Games skills Athletics OAA Swimming and Water safety

**Swimming- KS2 children will receive sustained swimming sessions across the year until they achieve competence and confidence in swimming a minimum (of 25m and perform water safety self-rescue skills. *OAA- Done through Forest Schools sessions*

National Curriculum Physical Education

<p style="text-align: center;">Purpose of study</p> <p>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.</p>	<p style="text-align: center;">Aims</p> <p>The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> ♣ develop competence to excel in a broad range of physical activities ♣ are physically active for sustained periods of time ♣ engage in competitive sports and activities ♣ lead healthy, active lives. 	<p style="text-align: center;">Attainment targets</p> <p>By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study</p>
<p>Key stage 1 Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p style="text-align: center;">Pupils should be taught to:</p> <ul style="list-style-type: none"> ♣ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities ♣ participate in team games, developing simple tactics for attacking and defending ♣ perform dances using simple movement patterns. 	<p>Key stage 2 Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p style="text-align: center;">Pupils should be taught to:</p> <ul style="list-style-type: none"> ♣ use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending ♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <ul style="list-style-type: none"> ♣ perform dances using a range of movement patterns ♣ take part in outdoor and adventurous activity challenges both individually and within a team ♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best 	
<p style="text-align: center;">Swimming and water safety</p> <p style="text-align: center;">All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p>		

- ♣ swim competently, confidently and proficiently over a distance of at least 25 metres
- ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- ♣ perform safe self-rescue in different water-based situations.