



# Nene Valley Primary School

## PHYSICAL EDUCATION CURRICULUM MAP

	Phase 1/2		Phase 3/4		Phase 5/6	
	Cycle A	Cycle B	Cycle A	Cycle B	Cycle A	Cycle B
Autumn	<b>Dance:</b> Gestures and different forms (Moving words unit) <b>Moving:</b> Boing Stage 1/ Playblock 1: I feel happy moving in lots of different ways	<b>Gymnastics:</b> Ball, Tall and Wall Unit <b>Angles and Surfaces:</b> Boing Stage 1/ Playblock 7: I can tell you about the world around me	<b>Gymnastics:</b> Patterns and Pathways Unit <b>Moving:</b> Boing Stage 2/ Playblock 1: I can be creative and effective in the way I move	<b>Invasion Games:</b> Competitive games with attack/defend tactics (Football) <b>Angles and Surfaces:</b> Boing Stage 2/ Playblock 7: I know about different angles and surfaces	<b>Dance:</b> On the beach unit <b>Moving:</b> Boing Stage 3/Playblock 1: I can move creatively, confidently and fluently	<b>Non – Traditional:</b> Tri - Golf <b>Angles and Surfaces:</b> Boing Stage 3/Playblock 7: I can control and change the way things interact with the world around me
			<b>Swimming</b>	<b>Swimming</b>		
	<b>Games:</b> Simple fielding skills. Simple throwing and catching (Rounders) <b>Coordination:</b> Boing Stage 1/ Playblock 2: I can match my movements with other moving things	<b>Invasion Games:</b> Working in a team to attack/defend (football) <b>Spatial Awareness:</b> Boing Stage 1: Playblock 8: I feel confident moving through different spaces	<b>Invasion Games:</b> Competitive games with attack/defend tactics (Handball) <b>Coordination:</b> Boing Stage 2/ Playblock 2: I know the best ways for me to throw, catch and strike	<b>Gymnastics:</b> Sequences and floor work/ apparatus work (Principles of balance Unit) <b>Spatial Awareness:</b> Boing Stage 2: Playblock 8: I can create and use space	<b>Invasion Games:</b> Skill and tactical development (Hockey) <b>Coordination:</b> Boing Stage 3/ Playblock 2: I change the way I move based on the movements of other people and things around me	<b>Gymnastics:</b> Body Symmetry Unit <b>Spatial Awareness:</b> Boing Stage 3/ Playblock 8: I can think about different ways to create and use space effectively
			<b>Swimming</b>	<b>Swimming</b>		
Spring	<b>Multi-skills:</b> Agility/balance/coordination <b>Balance and Agility:</b> Boing Stage 1/ Playblock 3: I can stay balanced	<b>Athletics:</b> Develop throwing skills <b>Object Control:</b> Boing Stage 1/ Playblock 9: I can keep control of different objects	<b>Dance:</b> Developing motifs and stories (Solar Systems Unit) <b>Balance and Agility:</b> Boing Stage 2/ Playblock 3: I know what it feels like to be balanced	<b>Games:</b> Net/Wall/court (Basketball) <b>Object Control:</b> Boing Stage 2/ Playblock 9: I know what it feels like to be in control of different objects	<b>Games:</b> Net/wall/court (Tennis) <b>Balance and Agility:</b> Stage 3/ Playblock 3: I know the best ways for me to be balanced whilst moving	<b>Games:</b> Striking and Fielding (Rounders) <b>Object Control:</b> Boing Stage 3/ Playblock 9: I can work with other people to keep control of different objects
			<b>Swimming</b>	<b>Swimming</b>		
	<b>Gymnastics:</b> Jumping Jacks Unit <b>Negotiating Space:</b> Boing Stage 1: Playblock 4: I know how big I am	<b>Dance:</b> Magical Friendships Unit <b>Reaction and Readjustment:</b> Boing Stage 1/ Playblock 10: I can react to moving objects	<b>Multi- Skills:</b> Agility/Balance/ Coordination <b>Negotiating Space:</b> Boing Stage 2: Playblock 4: I can think of ways to make myself bigger or smaller	<b>Dance:</b> Cold Places Unit <b>Reaction and Readjustment:</b> Boing Stage 2/ Playblock 10: I can use all parts of me to react quickly to moving objects	<b>Gymnastics:</b> Pair Composition Unit <b>Negotiating space:</b> Stage 3/ Playblock 4: I can use things around me to help negotiate space	<b>Dance:</b> Football Unit <b>Reaction and Readjustment:</b> Stage 3/ Playblock 10: I can avoid contact with moving objects
			<b>Swimming</b>	<b>Swimming</b>		

Summer	<p><b>Orienteering:</b> Working with others</p> <p><b>Relating to others:</b> Boing Stage 1/ Playblock 5: I think of others</p>	<p><b>Team building:</b> co-operate and communicate effectively. Solve problems in a group. Work well with a partner.</p> <p><b>Invasion games:</b> moving towards a goal. Attack vs defence. Learning how to gain and maintain possession</p>	<p><b>Games:</b> Net/wall/court (Badminton)</p> <p><b>Relating to others:</b> Boing Stage 2/ Playblock 5: I can be kind and supportive to others</p>	<p><b>Rounders:</b> Develop a batting technique to know where to hit the ball. Develop a bowling technique. Begin to create tactics.</p> <p><b>Athletics:</b> To develop sprinting techniques. Develop jumping, taking off from a range of positions. Throw with accuracy.</p>	<p><b>OAA:</b> Competitive opportunities</p> <p><b>Relating to others:</b> Stage 3/ Playblock 5: I can be empathetic to other people</p>	<p><b>Cricket:</b> Develop throwing and catching under pressure. Bowl overarm. Develop a range of fielding techniques.</p> <p><b>Athletics:</b> Develop fluency when running with speed. To develop change overs. Throw with force and greater control.</p>
	<p><b>Athletics:</b> Sports day practice simple running and jumping skills</p> <p><b>Decision Making:</b> Boing Stage 1/ Playblock 6: I can make good decisions.</p>	<p><b>Athletics:</b> Develop balance co-ordination and moving at different speeds. Develop throwing with accuracy</p> <p><b>Team building:</b> Follow instructions. Solve challenges and solve problems as a group. Develop trust in others.</p>	<p><b>Athletics:</b> Throwing events with competition. Javelin/discus/shotpu</p> <p><b>Decision Making:</b> Boing Stage 2/ Playblock 6: I can make good decisions based on my strengths and weaknesses</p>	<p><b>Athletics:</b> To develop power, speed and pace when running. Develop techniques to throw from distance. To pull and throw with accuracy.</p> <p><b>Cricket:</b> Develop underarm bowling. Pick up ball using two hands. Begin to develop an arm technique.</p>	<p><b>Athletics:</b> Mini athletics event (focus on running/jumping)</p> <p><b>Decision making:</b> Stage 3/ Playblock 6: I can evaluate and change my decisions</p>	<p><b>Athletics:</b> To work with a partner to run at a steady pace. To develop a technique for the triple jump. To develop officiating skills.</p> <p><b>OAA:</b> Develop communication, trust and an awareness of safety. Work as a team to read maps and solve problems.</p>
			<b>Swimming</b>	<b>Swimming</b>		
			<b>Swimming</b>	<b>Swimming</b>		