

# Nene Valley Primary School

## PHYSICAL EDUCATION CURRICULUM MAP

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	Phase 1/2		Phase 3/4 (each class swims for 1 term)		Phase 5/6	
	Cycle A	Cycle B	Cycle A	Cycle B	Cycle A	Cycle B
Autumn	<b>Multi Skills:</b> <i>Agility/balance/coordination</i> <b>Gymnastics:</b> <i>Pathway, spinning, turning, twisting</i>	<b>FMS:</b> <i>Agility, balance and Coordination</i> <b>Dance:</b> <i>Movement/travel patterns.</i> <i>Actions/level/speed/shape.</i>	<b>Invasion:</b> <i>Attack/defend tactics (Hockey)</i> <b>Gymnastics:</b> <i>Patterns/ pathways</i>	<b>Invasion Games</b> <i>(Football/ Netball)</i> <b>Dance:</b> <i>Developing motifs and stories</i>	<b>Multi Skills</b> <b>Invasion Games:</b> <i>(Hockey)</i>	<b>Dance:</b> <i>Synchronisation and canon</i> <b>Invasion Games:</b> <i>(Rugby/ Basketball)</i>
	<b>Games:</b> <i>Communication skills: team games (Netball)</i> <b>Dance:</b> <i>Movement/travel patterns.</i>	<b>Invasion:</b> <i>Teamwork to attack/defend (football)</i> <b>Gymnastics:</b> <i>Spinning, turning and twisting.</i>	<b>Multi skills:</b> <i>Agility/balance</i> <b>Dance:</b> <i>Developing motifs and stories</i>	<b>Non – Traditional:</b> <i>Health and Fitness</i> <b>Gymnastics:</b> <i>Travelling</i>	<b>Gymnastics:</b> <i>Spinning and turning</i> <b>Non-Traditional:</b> <i>Team Challenge</i>	<b>Non – Traditional:</b> <i>Tri Golf</i> <b>Multi Skills:</b> <i>Agility – Co – ordination</i>
Spring	<b>Athletics:</b> <i>Simple running and jumping skills</i> <b>Non-Traditional:</b> <i>Health and Fitness</i>	<b>Games:</b> <i>Communication skills: team games (Basketball)</i> <b>Invictus:</b> <i>Team work and problem-solving games</i>	<b>Games:</b> <i>Partner/ group work</i> <b>Gymnastics:</b> <i>Balance</i>	<b>Games:</b> <i>Net/Wall (Badminton/tennis)</i> <b>Multi Skills:</b> <i>Throwing, catching and shooting skills</i>	<b>Dance:</b> - <i>The Highwayman</i> <b>Non-Traditional:</b> <i>Tri - Golf</i>	<b>Athletics:</b> <i>Mini athletics event (focus on running/jumping)</i> <b>Gymnastics:</b> <i>Balances</i>
	<b>Multi Skills:</b> <i>Agility/balance/coordination</i> <b>Dance:</b> <i>DDMIX, Gestures and different forms</i>	<b>Athletics:</b> <i>Simple running and jumping skills</i> <b>Dance:</b> <i>Sequences of movements together</i>	<b>Dance:</b> <i>Rugby and the Haka</i> <b>Athletics:</b> <i>Short distance sprinting and over obstacles</i>	<b>Invasion Games:</b> <i>Co – operation (Tag Rugby)</i> <b>OAA:</b> <i>Team building and problem solving</i>	<b>Invasion Games:</b> <i>Competition and Co-operation Rugby</i> <b>Non-Traditional:</b> <i>Health and Fitness</i>	<b>OAA:</b> <i>Competitive opportunities</i> <b>Non-Traditional:</b> <i>Health and fitness circuits</i>
Summer	<b>Games:</b> <i>Simple fielding skills. Simple throwing and catching (Rounders/cricket)</i> <b>Gymnastics:</b> <i>Rocking and rolling</i>	<b>Games:</b> <i>Striking games (Rounders)</i> <b>Non – traditional:</b> <i>Circus skills</i>	<b>Games:</b> <i>Striking and fielding; cricket</i> <b>OAA:</b> <i>Co-operating with others</i>	<b>Athletics:</b> <i>Over obstacles</i> <b>Gymnastics:</b> <i>Sequences and floor work/ apparatus work</i>	<b>Games:</b> <i>Striking and fielding softball</i> <b>Athletic Skills:</b> <i>Long/standing jump Competition.</i>	<b>Games:</b> <i>Striking and fielding Mini games</i> <b>Dance:</b> <i>DDMIX</i>
	<b>Athletics:</b> <i>Sports day practice with focus on throwing skills</i> <b>Games:</b> <i>Simple striking skills. (Mini tennis)</i>	<b>Athletics:</b> <i>Sports day practice</i> <b>Gymnastics:</b> <i>Apparatus/ floor work and body positions</i>	<b>Non – Traditional:</b> <i>Health and Fitness</i> <b>Athletics:</b> <i>Refining throwing Javelin/ discuss/ shot putt</i>	<b>OAA:</b> <i>Reading maps/problem solving</i> <b>Dance:</b> <i>DDMIX</i>	<b>Athletics:</b> <i>Javelin/ discus/ shot put</i> <b>OAA:</b> <i>Competitive Opportunities</i>	<b>Athletics:</b> <i>Mini Athletic events (focus on throwing)</i> <b>Gymnastics:</b> <i>Sequences</i>