



## Map of the PE Curriculum

### What are the Knowledge, Skills and Understanding we want our pupils to gain?

SM, Feb 2023

**Intent of our Physical Education Programme-** PE will be taught where we develop the child's flexibility, strength, technique, control and balance. This subject is ideal for supporting our Pillar of Wellbeing. We will aim to increase each child's resilience, their ability to reflect on both their own and their peers' work. We want them to know how to improve, to strive to achieve a personal best and to develop their competitiveness - as well as being gracious in both defeat and victory. We will help the children to develop a positive mind-set whilst taking part in multiple sporting competitions throughout the year, both within and outside the school.

To aid in our delivery of PE lessons, from January 2023 Pensford School has invested in GetSet4PE: an online resource with six weeks of lesson plans for each unit of PE for every Key Stage with videos and a wide array of other resources to help delivery high quality lessons.

Abbreviations:

FMS= Fundamental Movement Skills which consist of Agility, Balance and Co-ordination and will be taught both discretely and within the areas of P.E termly.

SSC= 1 PE lesson that week run by a Specialist Sports Coach

A minimum of 2 hours' PE must be taught each week.

## Year A

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
<b>EYFS</b>	<p><b>Gym-</b> balance, different forms of travel</p> <p>FMS focus is static and dynamic balancing</p>	<p><b>Fundamental Skills / Games (SSC)</b></p> <p>(focus on throwing catching games)</p> <p>FMS focus is coordination (ball skills)- moving ball/BB around body before progressing onto rolling, throwing at a target, as well as catching.</p>	<p><b>Dance</b></p> <p>FMS focus is agility- moving in various ways in different direction (sidesteps, forwards, backwards)</p> <p><b>Funs Festival-CVS</b></p>	<p><b>Games and multi-skills (SSC)</b></p> <p>FMS focus is on rolling and bowling</p> <p>Curling/boccia in the last 2 weeks of term</p>	<p><b>Gym</b></p> <p>FMS focus is agility and co- ordination through stretching, landing, rolling, twisting and moving in different directions</p> <p><b>Dance &amp; multi-skills-CVS</b></p>	<p><b>Athletics (SSC)</b></p> <p>FMS focus: Co-ordination travelling in different methods such as skipping galloping.</p> <p><b>Sports Day</b></p>
<b>Year 1/2</b>	<p><b>Team Building / Problem Solving (SSC)</b></p> <p><b>Games</b> (focus on throwing catching games) (SSC)</p> <p>FMS focus is coordination (ball</p>	<p><b>Dance</b></p> <p>FMS focus is agility- moving in various ways in different direction (sidesteps, forwards, backwards)</p>	<p><b>Boccia (SSC)</b></p> <p><b>Funs Festival-CVS</b></p>	<p><b>Gym</b></p> <p>FMS focus is agility and co- ordination through stretching, landing, rolling, twisting and moving in different directions</p> <p><b>Gymnastics competition-CVS</b></p>	<p><b>Athletics (SSC)</b></p> <p>FMS focus is dynamic balancing different jumps (taking off with 2 feet landing on 1 foot ) and revisit throwing and catching.</p>	<p><b>Games</b> (basic skills run, jump, throw catch in game situation)</p> <p>FMS focus: Co-ordination travelling in different methods such as skipping galloping. Striking a ball with</p>

	<p>skills)- moving ball/BB around body before progressing onto rolling, throwing at a target, as well as catching.</p> <p><b>Tag tails competition-CVS</b></p>	<p><b>Bench Ball competition-CVS</b></p>				<p>different equipment, catching.</p> <p><b>Striking and fielding festival-CVS</b></p> <p><b>Sports Day</b></p>
<b>Year 3/4</b>	<p><b>Team Building / Problem Solving (SSC)</b></p>	<p><b>Invasion games</b></p> <p>Tag-rugby</p> <ul style="list-style-type: none"> <li>-different types of passing</li> <li>-pass and movement</li> <li>-defending</li> <li>-shooting</li> <li>-footwork</li> </ul> <p><b>House Competition</b></p> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>-use a range of strokes effectively</li> </ul>	<p><b>Tri-golf (SSC)</b></p>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>-Perform dances using a range of movement patterns</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>-use a range of strokes effectively</li> </ul>	<p><b>Striking and fielding</b></p> <p>Tennis (SSC)</p> <ul style="list-style-type: none"> <li>-different types of throwing</li> <li>-catching from a short and long distance and from a height</li> <li>-different batting strokes</li> <li>-fielding</li> <li>-bowling (over and under arm)</li> </ul> <p><b>House Competition CVS competition</b></p>	<p><b>Athletics (SSC)</b></p> <ul style="list-style-type: none"> <li>-acceleration</li> <li>-throwing</li> <li>-jumping</li> <li>-reactions</li> </ul> <p><b>Sports Day</b></p> <p><b>Quad Kids athletics tournament</b></p> <p><b>Swimming (Gala preparation)</b></p> <p><b>Swimming Gala</b></p>

<p><b>Year 5/6</b></p>	<p><b>Invasion games</b> Tag rugby -passing -defending -sprinting -movement <b>House Competition</b></p> <p><b>Swimming</b> -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively</p>	<p><b>Gym (SSC)</b> -balance, different forms of travel and creating a routine <b>House Competition</b></p>	<p><b>Invasion games</b> Basketball and netball -different types of passing -pass and movement -defending -shooting -footwork</p> <p><b>House Competition B&amp;NES competition</b></p> <p><b>Swimming</b> -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively -perform safe self-rescue in different water-based situations</p>	<p><b>Fencing (SSC)</b></p>	<p><b>Striking and Fielding (Cricket)</b> -different types of throwing -catching from a short and long distance and from a height -different batting strokes -fielding -bowling (over and under arm)</p> <p><b>House Competition CVS competition B&amp;NES competition</b></p>	<p><b>Athletics and rounders (SSC)</b> -acceleration -throwing -jumping -reactions</p> <p><b>Sports Day</b> -striking -bowling -fielding -throwing</p> <p><b>House Competition Quad Kids athletics tournament</b></p> <p><b>Swimming (Gala preparation)</b></p> <p><b>Sports Gala</b></p>

## Year B

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
<b>EYFS</b>	<p><b>Gym-</b> balance, different forms of travel</p> <p>FMS focus is static and dynamic balancing</p>	<p><b>Fundamental Skills / Games (SSC)</b></p> <p>(focus on throwing catching games)</p> <p>FMS focus is coordination (ball skills)- moving ball/BB around body before progressing onto rolling, throwing at a target, as well as catching.</p>	<p><b>Dance</b></p> <p>FMS focus is agility- moving in various ways in different direction (sidesteps, forwards, backwards)</p> <p><b>Funs Festival-CVS</b></p>	<p><b>Games and multi-skills (SSC)</b></p> <p>FMS focus is on rolling and bowling</p>	<p><b>Gym</b></p> <p>FMS focus is agility and co- ordination through stretching, landing, rolling, twisting and moving in different directions</p> <p><b>Dance &amp; multi-skills-CVS</b></p>	<p><b>Athletics (SSC)</b></p> <p>FMS focus: Co-ordination travelling in different methods such as skipping galloping.</p> <p><b>Sports Day</b></p>
<b>Year 1/2</b>	<p><b>Fundamental Skills / Games (SSC)</b></p> <p>Throwing, Catching</p> <p>Fundamentals</p> <p><b>Tag tails competition-CVS</b></p>	<p><b>Dance</b></p> <p>FMS focus is agility- moving in various ways in different direction (sidesteps, forwards, backwards)</p> <p><b>Bench Ball competition-CVS</b></p>	<p><b>New Age Kurling (SSC)</b></p> <p>FMS focus is agility- moving in various ways in different direction (sidesteps, forwards, backwards)</p> <p><b>Funs Festival-CVS</b></p>	<p><b>Gym</b></p> <p>FMS focus is agility and co- ordination through stretching, landing, rolling, twisting and moving in different directions</p> <p><b>Gymnastics competition-CVS</b></p>	<p><b>Basic Striking and fielding games leading to sports (SSC)</b></p> <p>Striking a ball with a bat/racket</p> <p>Throwing, catching, retrieving.</p>	<p><b>Games (basic skills run, jump, throw catch in game situation)</b></p> <p>Leading to Athletics</p> <p>FMS focus: Co-ordination travelling in different methods such as skipping galloping.</p>

						Striking a ball with different equipment, catching.  <b>Striking and fielding festival- CVS</b>  <b>Sports Day</b>
<b>Year 3/4</b>	<b>Archery (SSC)</b>  <b>Fundamentals:</b> Movement Throwing Catching Aiming  Progress to team invasion sport. <b>House competition</b>	<b>Gym-</b> balance, different forms of travel and creating a routine <b>(SSC)</b>  <b>Swimming</b> -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively	<b>Badminton (SSC)</b>	<b>Invasion games</b> Netball and basketball  <b>Swimming</b> -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively	<b>Team Building / Orienteering (SSC)</b>	<b>Striking and Fielding &amp; athletics</b>  Rounders / baseball and scatter ball  Throwing, catching, stopping the ball, pressured decisions  Acceleration, throwing, jumping, reactions  Serving, forehand, back hand, volleys

						<p>Quad Kids athletics tournament</p> <p>Swimming (Gala preparation)</p>
Year 5/6	<p><b>Invasion games: Hockey</b></p> <p>Recap skills Balance dismounting top tips</p> <p>Using previously learned skills to create a routine</p> <p><b>House hockey competition</b></p> <p><b>CVS hockey competition</b></p> <p><b>Swimming</b> -swim competently, confidently and proficiently over a distance of at least 25 metres</p>	<p><b>Lacross (SSC)</b></p> <p><b>County tournaments</b></p>	<p><b>Striking</b></p> <p>Badminton</p> <p>Different types of strokes- forehand, back hand, drop shot, smash, lob.</p> <p>Footwork</p> <p><b>House badminton competition</b></p> <p><b>CVS football competition</b></p> <p><b>County tournaments</b></p> <p><b>Swimming</b> -swim competently, confidently and</p>	<p><b>Dance (SSC)</b></p> <p>-Perform dances using a range of movement patterns</p> <p><b>House Competition</b></p>	<p><b>Striking and Fielding</b></p> <p>Rounders / baseball and scatter ball</p> <p>Throwing, catching, stopping the ball, pressured decisions</p> <p><b>House tournament</b></p> <p><b>CVS rounders tournament</b></p>	<p><b>Outdoor adventure &amp; Orienteering (SSC)</b></p> <p>Acceleration, throwing, jumping, reactions</p> <p>Serving, forehand, back hand, volleys</p> <p><b>House tennis competition (on Pensford tennis courts)</b></p> <p><b>CVS tennis competition</b></p> <p><b>Quad Kids athletics tournament</b></p>

	-use a range of strokes effectively		proficiently over a distance of at least 25 metres -use a range of strokes effectively			<b>Swimming (Gala preparation)</b>
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