

Whale Hill PE Curriculum Map 2019-20

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Activity	Core Stability	Core Stability	Creative Movement	Creative Movement	FMS	FMS
	Learning Focus	Listening & Follow Instructions. Body Management and Awareness	Listening & Follow Instructions. Body Management and Awareness	Exploring Locomotion through Music	Exploring Locomotion through Music	Running, Jumping and Throwing	Running, Jumping and Throwing
	Core Activity	Early Learning Goals	Early Learning Goals	Early Learning Goals	Early Learning Goals	Early Learning Goals	Early Learning Goals
Year 1	Activity	Dance	FMS - Manipulation	Gym	Games	Games	Super Movers
	Learning Focus	Explore Basic Actions & Short Dances Based on Themes	Throwing and Catching	Basic Gymnastic Actions on the Floor and Apparatus. Create Simple Sequences.	Throwing and Catching - Small Sided Games - 1v1 & 2v2	Throwing, Catching, Hitting and Retrieving. Small Sided Games	Running, Jumping and Throwing
	Core Activity						
Year 2	Activity	Dance	FMS - Manipulation	Gym	Games	Games	Super Movers
	Learning Focus	Create and Perform Short Routines Exploring Moods & Feelings	Throwing and Catching. Spatial Awareness. Play Games using Simple Decisions	Develop Gymnastic Actions on the Floor and Apparatus. Create Short Sequences.	Throwing and Catching. Engaging in Cooperative Physical Activities	Hitting a Moving Ball. Scoring Points. Working as a Team.	Running, Jumping and Throwing
	Core Activity						

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		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Activity	Invasion Games	Dance	Gym	Net/Wall Games	Striking/Fielding Games	Athletic Activities
	Learning Focus	<p style="text-align: center;">On The Move</p> <p>Small Sided Team Games. Follow Simple Rules. Finding Space to Evade Opposition.</p>	<p style="text-align: center;">On The Move</p> <p>Working in Pairs or Small Groups to Create and Link a Range of Dance Movements</p>	<p style="text-align: center;">Swimming</p> <p>Create and Perform a Sequence. Extension in Balance and Flow when Transferring Weight.</p>	<p style="text-align: center;">Swimming</p> <p>Direct Ball into Target Area and Away from Opposition.</p>	<p style="text-align: center;">On The Move</p> <p>Hitting a Ball into Spaces. Throw Accurately.</p>	<p style="text-align: center;">On The Move</p> <p>Experiment With Different Ways to Run, Jump and Throw. Increase Awareness of Speed and Distance</p>
	Core Activity						
Year 4	Activity	Invasion Games	Dance	Gym	Net/Wall Games	Striking/Fielding Games	Athletic Activities
	Learning Focus	<p style="text-align: center;">On The Move</p> <p>Simple Attacking Tactics. Start to Organise Defence. Use Range of Equipment and Skills</p>	<p style="text-align: center;">On The Move</p> <p>Link a Range of Dance Movements. Create Character and Narrative Through Movement and Gesture.</p>	<p style="text-align: center;">Swimming</p> <p>Create Sequences that Include Change of Level and Speed. Focus on Body Shapes in Small Groups.</p>	<p style="text-align: center;">Swimming</p> <p>Direct Ball Towards a Partner to Create a Rally. Judge Power, Speed and Distance.</p>	<p style="text-align: center;">On The Move</p> <p>Work as a Team When Fielding. Create Strategies and Tactics to Field.</p>	<p style="text-align: center;">On The Move</p> <p>Develop Good Technique for Running, Jumping and Throwing. Develop Determination and Endurance</p>
	Core Activity						

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		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Activity	Invasion Games	Gym	Dance	Net/Wall Games	Striking/Fielding Games	Athletic Activities
	Learning Focus	Swimming Develop Skilful Attacking and Team Play. Explore Different Ways to Defend	Swimming Develop a Wider Range of Actions and Movements. Create Extended Sequences to Perform	On The Move Create a Group Routine Following a Theme and Certain Genre of Dance	On The Move Play Games to Develop Skills. Use a Range of Equipment and Contexts.	 Develop Skills and Understanding Relating to Different Roles within Games.	 Develop Technical Understanding of Athletic Activities. Set Own Targets and Improve Personal Performance
Resource:							
Year 6	Activity	Invasion Games	Gym	Dance	Net/Wall Games	Striking/Fielding Games Swimming (FG)	Athletic Activities
	Learning Focus	Improve Attacking and Defending Team Play. Play Small Sided Games	Develop Sequences that Repond to a Theme and Music. Reflect Different Levels, Speeds and Complexity, Using Different Gymnastic Skills	Focus on Dance from Different Eras. Use Contrast in Dynamic and Rhythmic Dancing	Play Games to Develop Skills. Use a Range of Equipment and Contexts	Organise Own Small Sided Games and Manage Rules of Play Independently (Self Manage)	Develop Technical Understanding of Athletic Activities. Set Own Targets and Improve Personal Performance when Competing Against Others
Core Activity							

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		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Extra Curricular	Monday						
	Tuesday						
	Wednesday						
	Thursday						
	Friday						
Cluster Festivals and Competitions	Week 1						
	Week 2						
	Week 3						
	Week 4						
	Week 5						
	Week 6						
	Week 7						
	Week 8						
Partnership Events and Competitions	Week 1						
	Week 2						
	Week 3						
	Week 4						
	Week 5						
	Week 6						
	Week 7						
	Week 8						