



Physical Education and Games Map:

P.E, Games and Swimming is taught in in Years 1,2,3,4,5 & 6.

In Years 1 and 2 the children are taught to:

- 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.

In Years 3,4,5 and 6 the children are taught to:

- 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]
- 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.

In addition to this children have at least 18 swimming lessons per year.



This is a summary of the units the children are taught in P.E and Games:

	Year A	Year B	Year A	Year B	Year A	Year B
	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Term One	Multiskills	Multiskills	Hockey	Football	Football	Rugby
	Throwing Striking kicking	Running, agility and catching	Basic skills, dribbling, passing, receiving, rules	Touch and control, Passing/moving and cooperation	Passing over distance, shooting, officiating	Rules of the game, officiating, principles of attack and defence
Term Two	Multigames	Multigames	HRF	Gymnastics	HRF/OAA	Hockey
	Benchball, different responsibilities in a game	How to avoid opponents, keep the ball and score points	Short and long term affects of exercise	Showing control of speed, working with a partner (unison)	Designing , evaluating and improving training programmes OAA- solving problems	Principles of attack and defence, reverse stick, modified games.
Term Three	HRF	Dance	Dance	HRF	Gymnastics	HRF/OAA
	Healthy Lifestyles , what happens to my body	Using sporting movements to develop routines	Robber Dance (Pink Panther) Whole Group Choreography	Types of fitness, how we measure them	Balance, partner balance, strength and flexibility	Goal Setting, pacing, evaluating performance OAA- improving our team work and leadership.



	Year A	Year B	Year A	Year B	Year A	Year B
	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Term Four	Gymnastics	Gymnastics	Netball	Hockey	Netball	Gymnastics
	Rythmic Gymnastics	Basic Balance	Throwing catching over varying distances, types of pass	Officiating, movement of the ball, team work.	Positions, responsibilities, advanced receiving, rules	Flight , technique and control using progressive apparatus
Term Five	Striking and Fielding	Striking and Fielding	Stoolball	Rounders	Cricket	Tennis
	Fetching and Retrieving	Striking and kicking into space	Batting, hand eye co-ordination, throwing/catching	Batting, team work, co-operation, fielding positions	Fielding positions, batting technique, rules	Hand and eye co-ordination. Serving and returning.
Term Six	Athletic skills	Athletic skills	Athletics	Athletics	Athletics	Athletics
	Running, competition, modified throwing competitions (strength)	Athletic competition, Jumping - running and technique	Sprinting, pacing, throwing of athletic equipment.	Competition, Jumping technique, stages of jump.	Athletic competition, measurement, officiating.	Athletic competition, evaluating, developing technique.