



## Rotherhithe Primary- P.E Curriculum



	Autumn Term 1 <sup>st</sup> half	Autumn Term 2 <sup>nd</sup> half	Spring Term 1 <sup>st</sup> half	Spring Term 2 <sup>nd</sup> half	Summer Term 1 <sup>st</sup> half	Summer Term 2 <sup>nd</sup> half
<b>YEAR 1</b>	<u>Games- Totstars</u> Balance and building balance skills  <u>Dance</u> Celebration	<u>Games- Totstars</u> Agility and fundamental movement skills  <u>Dance</u> Ballet- The Nutcracker	<u>Gymnastics- Totstars</u> Participate in a team  <u>Dance</u> Space	<u>Games- Totstars</u> Football  <u>Dance</u> Space	<u>Games- Totstars</u> Tennis  <u>Dance</u> Russian	<u>Athletics- Totstars</u> Team, sports day practise  <u>Dance</u> New Zealand- Hakka
<b>YEAR 2</b>	<u>Games- Totstars</u> Hand-eye co-ordination  <u>Dance</u> Seaside	<u>Games- Totstars</u> Balance and building balance skills  <u>Dance</u> Great fire of London	<u>Gymnastics- Totstars</u> Participate in a team  <u>Dance</u> African	<u>Gymnastics- Basketball</u>  <u>Dance</u> Woodland	<u>Games- Totstars</u> Cricket  <u>Dance</u> Tudor	<u>Athletics- Totstars</u> Team, sports day practise  <u>Dance</u> Traditional English
<b>YEAR 3</b>	<u>Games- Totstars</u> Develop hand eye co-ordination  <u>Dance</u> Stone age	<u>Games- Totstars</u> Handball  <u>Dance</u> Stone age	<u>Gymnastics- Totstars</u> Balance and agility  <u>Dance</u> Egyptian	<u>Games- Totstars</u> Parkour  <u>Dance</u> Egyptian	<u>Games- Totstars</u> Tennis  <u>Dance</u> Pirate	<u>Athletics- Totstars</u> Compare and evaluate performance  <u>Dance</u> Pirate
<b>YEAR 4</b>	<u>Games- Totstars</u> Develop hand eye co-ordination  <u>Dance</u> Roman	<u>Games- Totstars</u> Football  <u>Dance</u> Roman	<u>Gymnastics- Totstars</u> Core-strength, co-ordination  <u>Dance</u> Caribbean	<u>Games- Totstars</u> Parkour  <u>Dance</u> Caribbean	<u>Games- Totstars</u> Cricket  <u>Dance</u> Viking	<u>Athletics- Totstars</u> Compare and evaluate performance and improve on personal bests  <u>Dance</u> Anglo-Saxon
<b>YEAR 5</b>	<u>Judo</u> Mot 1	<u>Judo</u> Mot 1	<u>Judo</u> Mot 2	<u>Judo</u> Mot 2	<u>Judo</u> Mot 3	<u>Judo</u> Mot 3

	<i>Osoto-otoshi Kesa-gatame</i>	<i>Osoto-otoshi to Kesa-gatame Ushiro Ukemi</i>	<i>Yoko Ukemi De ashi-Barai Mune Gatame and escape</i>	<i>Za-rei Tachi-rei De ashi-Barai to Mune Gatame</i>	<i>Uki-goshi Kuzure-Kes- gatame</i>	<i>Escape from Kuzure-Kes- gatame Uki-goshi to Kuzure-Kes- gatame</i>
	<i>Swimming</i>	<i>Swimming</i>	<i>Swimming</i>	<i>Swimming</i>	<i>Swimming</i>	<i>Swimming</i>
<b>YEAR 6</b>	<u>Judo</u> Mot 4 <i>Tai-otoshi Yoko-shiho- gatame</i>	<u>Judo</u> Mot 4 <i>Escape from Yoko-shiho- gatame Turnover from Yoko-shiho- gatame</i>	<u>Judo</u> Mot 5 <i>Tae Mawari Ukemi Ippon-seoi-nage Kami-shiho- gatame</i>	<u>Judo</u> Mot 5 <i>Turnover into Kesa-gatame Ippon-seoi-nage to Kami-shiho- gatame Escape from Kami-shiho- gatame</i>	<u>Judo</u> Mot 6 <i>Ouchi-gari Mune-gatame Turnover into Mune-gatame</i>	<u>Judo</u> Mot 6 <i>Ouchi-gari into Tate-shiho- gatame</i>
	<u>Games-</u> <i>Invasion games Hockey</i>	<u>Games-</u> <i>Invasion games Tag rugby</i>	<u>Games-</u> <i>Invasion games Basketball</i>	<i>Outdoor Adventurous Activity Condove Hall: abseiling, climbing, raft building, zip wire, orienteering, survival skills</i>	<u>Athletics</u>	<u>Games-</u> <i>Striking games rounders/cricket</i>

### Judo

The Judo syllabus is followed with children working towards their red and yellow belts and tabs for these.

Across the two years children learn the techniques and skills required to compete internationally.

In year 5 they learn the skills to transfer an opponent from standing to the ground and have regular grading to assess this.

In year 6 they develop on the skills acquired in year 5 and perform these in a more competitive environment.