



Rotherhithe Primary School Curriculum Map Physical Education



| Year | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------------------|--|---|---|--|--|--|
| EYFS PE Coach | Fundamental Movement Physical ability Confidence <i>Walking</i> <i>Jumping</i> <i>Running</i> <i>Hopping</i> <i>Skipping</i> <i>Throwing</i> <i>Catching</i> | Balance Physical ability Confidence <i>Rolling</i> <i>Crawling</i> <i>Walking</i> | Dance Gymnastics Physical ability Confidence <i>Rolling</i> <i>Crawling</i> <i>Climbing</i> | Co-ordination Ball skills Technique Confidence <i>Jumping</i> <i>Running</i> <i>Hopping</i> <i>Climbing</i> <i>Throwing</i> <i>Catching</i> | Agility Technique Confidence Physical ability <i>Jumping</i> <i>Running</i> <i>Skipping</i> | Multi skills and Athletics Communication Rules Physical ability <i>Running</i> <i>Hopping</i> <i>Skipping</i> <i>Jumping</i> <i>Landing</i> <i>Throwing</i> <i>Catching</i> |
| 1 Teacher | Invasion Games Throwing Aiming at a target | Multi Skills Fundamental Movement Balance Master basic movements such as running, jumping | Dance Perform dances using simple movement patterns | Multi Skills Coordination Agility Master basic movements such as throwing and catching | Invasion Games Basketball | Athletics Sports day Preparation |
| PE Coach | Basics Fundamental movements and skills (recap the ABCs) Effort Physical Ability | Athletics Technique Effort Confidence | Gymnastics Feedback Analysis Technique | Invasion skills Resilience Physical ability Confidence | Striking & Feilding skills (Cricket) Technique Confidence Rules Sports Day prep Feedback Rules Confidence | Multi Skills Coordination Agility Rules Master basic movements such as throwing and catching |



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|----------------|--|--|--|--|--|--|
| 2 Teacher | Invasion Games Throwing Aiming at a target | Multi Skills Fundamental Movement Balance Master basic movements such as running, jumping | Dance Perform dances using simple movement patterns | Multi Skills Coordination Agility Master basic movements such as throwing and catching | Invasion Games Basketball Attack vs Defence | Athletics Sports day Preparation Invasion Games Basketball |
| PE Coach | Fundamental movements and skills (Able to apply the ABCs with fluency in a range of activities) Feedback Confidence Technique | Invasion skills Problem Solving Leadership Confidence Understanding | Gymnastics Feedback Analysis Technique Physical ability | Orienteering Problem Solving Responsibility Understanding Rules | Athletics Technique Effort Confidence Physical ability Sports Day prep Rules Confidence | Net & Wall skills (Cricket/tennis) Technique Confidence Rules |
| 3/4 Teacher | Multi Skills Fundamental Movement Balance | Invasion Games Basketball/Handball | Dance Perform dances using a range of movement patterns | Net & Wall Games Volleyball | Striking & Fielding Softball | Athletics Sports day Preparation |
| PE Coach | Bee Netball skills Problem solving Technique Tactics | Tag Rugby Skills Communication Understanding Teamwork Physical Ability | Gymnastics Feedback Analysis Physical ability | Orienteering Problem Solving Responsibility Confidence | Athletics Technique Effort Confidence Sports Day prep Feedback Respect Understanding | Tennis Skills Tactics Technique Rules |

Swimming: Pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 meters
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]



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|---|---|---|--|--|--|---|
| -perform safe self-rescue in different water-based situations. | | | | | | |
| 5/6 Teacher | Invasion Games Hockey | Net & Wall Games Volleyball | Dance Perform dances using a range of movement patterns | Striking &Fielding Softball | Net & Wall Games Basketball | Athletics Sports day Preparation |
| PE Coach | Bee Netball Problem solving Tactics Rules Physical ability | Tag Rugby Communication Tactics Rules Teamwork Physical Ability Leadership | Gymnastics Feedback Analysis Technique Physical ability | Athletics Technique Effort Confidence Rules | Net & Wall Games Tennis Technique Feedback Respect Sports day Prep Feedback Respect Understanding | Striking &Fielding (Cricket & Rounders) Tactics Technique Rules Understanding |

Health and fitness

- Are physically active for sustained periods of time
- Lead healthy, active lives
- Understand and apply the long-term health benefits of physical activity
- Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle