

Queens Drive Curriculum Map for Physical Education 2019-20

Reception						
Half Term	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Sport	Co-ordination (Movement and hand/eye)	Gymnastics based movements	Dance	Throwing and Catching	Multi-skills- (Agility through activity)	Athletics
Skills	-Bat/ball skills (Balancing ball, rolling, hitting)	-Travel in different ways (Levels- high/low, Speeds- fast/slow, Body parts- legs, arms, belly, bottom)	-Travel by crawling, rolling and skipping - stepping and clapping in time to the music - Copy the teacher	- Throwing (target for accuracy, distance) -Catching (individual-self, paired, group)	-Tag games (small grps) -Running with a ball	-Run (speed, relay games) -Jumping (2 feet to 2 feet, 2 feet to 1 foot, 1 foot to 2 feet, 1 foot to 1 foot)

Year One						
Half Term	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Sport	Games- (Hand/eye co- ordination)	Mini Skills	Gymnastic Movement	Mini Skills	Co-ordination (Inc. kicking)	Athletics
Skills	Change direction easily -Travelling with an object -Send- roll, throw ,aim -Receive- trap, catch	- Running in a straight line - Changing direction to swerve around a zig-zag of cones - make a series of jumps - Throw a bean bag at a target	-Rolling -Jumping -Body control -Balance	-Make a 180 turn while running -Jump over a series of hurdles -roll a ball -throw a ball underarm	-Change direction easily -Travelling with an object -Send- roll, throw ,aim -Receive- trap, catch	Throwing ball/javelin (overarm, underarm) -Jumping (2 feet to 2 feet, 2 feet to 1 foot, 1 foot to 2 feet, 1 foot to 1 foot)
Sport	Games- Mini Tag	Games- Agility	Ball Skills	Dance	Gymnastics	Bat and Ball Skills
Skills	- Change direction easily - Travelling with an object - Send- throw ,aim - Receive- catch - Find space- dodge/swerve	-Tag games-marking, movement, spatial awareness	Spatial awareness games -Throwing (distance, accuracy) -Catching (individual, paired, group)	- Copy and explore - Travel- waddle, slide - Turn – spin Gesture – bob, flap Stillness - freeze	Body control (speed, levels) -Simple sequence- travel/roll/jump	-Striking a ball with a bat - Aiming at various targets - Travelling changing direction easily

Year Two

Half Term	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Sport	Games- ball skills	Mini Skills	Indoor Athletics	Mini Skills	Football	Athletics
Skills	<ul style="list-style-type: none"> Change direction easily -Travelling with an object -Send- roll, throw ,aim -Receive- trap, catch 	<ul style="list-style-type: none"> - Running in a straight line and touch down to change direction - Swerve around a zig-zag of cones - make side to side speed jumps - Aim a bean bag into a hoop 	<ul style="list-style-type: none"> -Perform movements which mobilise and develop arms and shoulders -Demonstrate mobility and co-ordination -Throw with speed, accuracy and agility at raised targets -Apply appropriate effort in order to control an object's flight - Increase ability to jump far -Link multiple step/jump combinations with balance and co-ordination. - Complete an obstacle course with speed, control and agility -Accelerate quickly and run fast to retrieve an object. 	<ul style="list-style-type: none"> -Touch the ground to make a 180 turn while running -Jump over three hurdles and sprint back - Tag in a team mate -roll a ball -Throw balls into a bucket at pace - Throw a bean bag at a series of targets 	<ul style="list-style-type: none"> - Receiving- Trap a ball with feet, catching a ball at different heights - Sending- Kick a ball aiming at various targets using different equipment - Travelling - Change direction easily i.e. dodging and swerving, travelling with an object i.e. Ball 	<ul style="list-style-type: none"> - Travel with control using varying stride lengths -Run with good posture and balance - Start, stop and change pace with Control - Complete an obstacle course with speed, control and agility
Sport	Games- Agility	Gymnastic Movement	Dance	Games- (Hand/eye co-ordination)	Gymnastics	Kwik Cricket
Skills	<ul style="list-style-type: none"> -Tag games- marking, movement, spatial awareness, finding space - Evasion skills, dodging, swerving, use a feint (2v1, 3v2) -Small sided games -Running for speed 	<ul style="list-style-type: none"> - Travel (levels) - Rolls (rocking, pencil, egg rolls, dish roll, teddy / circle roll, forward roll) - Balance (Body control) - Jump (For height 2 feet to 2 feet with shape, tuck jump) -Simple sequences -Handle large/small equipment 	<ul style="list-style-type: none"> -Body actions- Copy and explore basic body actions from a range of stimuli - Travel- waddle, slide - Turn – spin - Gesture – bob, flap Stillness – freeze - Demonstrate using body actions to explore moods, ideas and feelings. - Vary speed, strength, energy and tension of movements. 	<ul style="list-style-type: none"> -Striking a ball with a bat - Aiming at various targets - Travelling changing direction easily 	<ul style="list-style-type: none"> - Travel (speed, levels) - Rolls (rocking, pencil, egg rolls, dish roll, teddy / circle roll, forward roll) - Balance (with partner) - Jump (For height 2 feet to 2 feet tuck/star jump) -longer sequences -Move on top of equipment 	<ul style="list-style-type: none"> Striking a ball with a bat - Aiming at various targets - Travelling changing direction easily -Sending/receiving fielding skills

Year Three

Half Term	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Sport	Netball Skills	Dance	Gymnastics	Tri-Golf	Tennis	Athletics
Skills	<ul style="list-style-type: none"> - Receiving- Catching a ball at different heights - Sending- Kick a ball aiming at various targets using different equipment - Travelling - Change direction easily i.e. dodging and swerving, travelling with an object i.e. Ball 	<ul style="list-style-type: none"> -Body actions- Copy and explore basic body actions from a range of stimuli - Travel- waddle, slide - Turn – spin - Gesture – bob, flap Stillness – freeze - Demonstrate using body actions to explore moods, ideas and feelings. - Vary speed, strength, energy and tension of movements. - Work independently and as part of a small group. 	<ul style="list-style-type: none"> - Travel (speed, levels) - Rolls (rocking, pencil, egg rolls, dish roll, teddy / circle roll, forward roll) - Balance (Body control) - Jump (For height 2 feet to 2 feet with shape, tuck jump) -Simple sequences -Handle large/small equipment. 	<ul style="list-style-type: none"> - Hand grip - Stance - Warm-up/Practice shots - Scanning using eye-line - Smooth swing - Swing changes to reach different distances - Follow through over the shoulder - Aim at a series of targets - Plan a route around obstacles 	<ul style="list-style-type: none"> Ball/racquet control Sending with accuracy and control -Receiving and controlling the ball - Floor tennis activities (Ball splat, cone course) - AEGON tennis video sessions - Hand-eye coordination activities -Throwing for service at targets -Under arm serve -Agility- cross court -Tap-up Tennis 	<ul style="list-style-type: none"> - Jump for height with control and balance - Take off from and land in different positions -Demonstrate control in landing -Increase ability to jump far
Sport	Tag Rugby	Mini Skills	Mini Skills	Kwik Cricket	OAA	Rounders
Skills	<ul style="list-style-type: none"> -Tag games- marking, movement, spatial awareness, finding space - Evasion skills, dodging, swerving, use a feint (2v1, 3v2, 4v3) -Small sided games -Running for speed -Ball skills- hand/eye coordination activities -Line Ball- pass along line (4-6) -Truck and trailer- paired passing on the move 	<ul style="list-style-type: none"> Maintain a good running technique when sprinting over obstacles. - Sprint rapidly over short distances, as an individual and as part of a team. -Change direction quickly. - Demonstrate good running posture - Jump for distance from two feet to two feet. - Perform hop and jump combinations with balance and control. - Hop, step and jump in the correct sequence with speed and balance. - Use a short run to jump from one to two feet 	<ul style="list-style-type: none"> - Jump for height from standing - Demonstrate the sling throw technique - Demonstrate a forward and overhead heave throw. - Describe the effect of throwing from sitting, kneeling or standing - Demonstrate a two handed push throw. 	<ul style="list-style-type: none"> - Striking a ball with a bat - Throwing aiming at various targets - Travelling changing direction easily -Sending/receiving fielding skills - Throwing for distance - Running for speed - Catching form various heights and speeds 	<ul style="list-style-type: none"> OAA- Matalan Cards Trust and co-operation -Hoopla/Line Up/All Aboard - Spell it out/Count me in/Get in Shape -Blindfold trust/Trust balance/Pass the Squeeze/Tilting Trust -Twin Trail/Nightline Teamwork - Chicken Run -Cross the Swamp -Stepping stones -Millipede -Electric fence/Charlotte’s Web Navigation - Kim’s Trail -Find the photo trail 	<ul style="list-style-type: none"> - Striking a ball with a bat - Throwing aiming at various targets - Travelling changing direction easily -Sending/receiving fielding skills - Throwing for distance - Running for speed - Catching form various heights and speeds

Year Four

Half Term	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Sport	Mini Skills	Dance	Mini Skills	Tri-Golf	Tennis	OAA
Skills	<ul style="list-style-type: none"> - Maintain a good running technique when sprinting over obstacles. - Sprint rapidly over short distances, as an individual and as part of a team. <ul style="list-style-type: none"> -Change direction quickly. - Demonstrate good running posture - Jump for distance from two feet to two feet. <ul style="list-style-type: none"> - Perform hop and jump combinations with balance and control. - Hop, step and jump in the correct sequence with speed and balance. <ul style="list-style-type: none"> - Use a short run to jump from one to two feet - Jump for height from standing <ul style="list-style-type: none"> - Demonstrate the sling throw technique - Demonstrate a forward and overhead heave throw. - Describe the effect of throwing from sitting, kneeling or standing - Demonstrate a two handed push throw. 	<ul style="list-style-type: none"> -Body actions- Copy and explore basic body actions from a range of stimuli <ul style="list-style-type: none"> - Travel- waddle, slide <ul style="list-style-type: none"> - Turn – spin - Gesture – bob, flap Stillness – freeze - Demonstrate using body actions to explore moods, ideas and feelings. - Vary speed, strength, energy and tension of movements. - Work independently and as part of a small group. 	<ul style="list-style-type: none"> Jump for height with control and balance <ul style="list-style-type: none"> - Take off from and land in different positions -Demonstrate control in landing <ul style="list-style-type: none"> -Increase ability to jump far - Throw - Apply appropriate effort in order to control an object's flight accurately at a target and over increasingly longer distance - Use an underarm action to throw accurately at a target and over increasingly longer distance - Perform an arm conditioning exercise correctly - Throw from sitting, kneeling or standing - Demonstrate a two handed push throw - Demonstrate the sling throw technique - Demonstrate a forward and overhead heave throw 	<ul style="list-style-type: none"> - Try different hand grips <ul style="list-style-type: none"> - Wide stance - Warm-up/Practice shots - Scanning route to target using eye-line <ul style="list-style-type: none"> - Smooth swing - Swing changes to reach increasing distances - Follow through over the shoulder to improve accuracy - Aim at a variety of targets - Plan a route around obstacles - Add up scores to achieve a total against opposition 	<ul style="list-style-type: none"> Ball/racquet control Sending with accuracy and control -Receiving and controlling the ball - Floor tennis activities (Ball splat, cone course) <ul style="list-style-type: none"> - AEGON tennis video sessions - Hand-eye coordination activities <ul style="list-style-type: none"> -Under arm serve -Agility- cross court -Tap-up Tennis <ul style="list-style-type: none"> -Home base - Radar 	<ul style="list-style-type: none"> Trust and co-operation -Hoopla/Line Up/All Aboard - Spell it out/Count me in/Get in Shape <ul style="list-style-type: none"> -Blindfold trust/Trust balance/Pass the Squeeze/Tilting Trust -Twin Trail/Nightline <ul style="list-style-type: none"> Teamwork - Chicken Run -Cross the Swamp -Stepping stones -Shepherd & Sheep Danger UXB -Millipede -Electric fence/Charlotte's Web Navigation <ul style="list-style-type: none"> - Kim's Trail -Find the photo trail - What's the Score
Sport	Basketball	Football	Gymnastics	Rugby	Athletics	Rounders
Skills	<ul style="list-style-type: none"> -Send and receive using a chest pass, bounce pass, shoulder pass. - Improve quality of sending, receiving a ball - Improve quality of chest and bounce pass and improve ability to choose simple tactics in a game - Choose which passes are best to keep possession. - Improve their shooting skills, and marking skills. - To develop their use space in games - Evasion skills, dodging, swerving, use a feint (2v1, 3v2) <ul style="list-style-type: none"> -Small sided games -Running for speed 	<ul style="list-style-type: none"> - Receiving- trapping/receiving a ball at different heights/speeds - Sending- Kick a ball aiming at various targets- inside of foot, laces - Travelling - Change direction easily i.e. dodging and swerving, travelling with an object i.e. Ball <ul style="list-style-type: none"> -Evasion tactics- dodge, swerve, use a feint -Finding space --Small sided games (2v1,3v1,4v2,5v3) -Running for speed. 	<ul style="list-style-type: none"> - Travel (speed, levels) - Rolls (rocking, pencil, egg rolls, dish roll, teddy / circle roll, forward roll) - Balance (Body control) - Jump (For height 2 feet to 2 feet with shape, tuck jump) <ul style="list-style-type: none"> -Simple sequences -Handle large/small equipment. 	<ul style="list-style-type: none"> Tag games- marking, movement, spatial awareness, finding space <ul style="list-style-type: none"> - Evasion skills, dodging, swerving, use a feint (2v1, 3v2, 4v3) -Small sided games -Running for speed -Ball skills- hand/eye coordination activities -Line Ball- pass along line (4-6) -Truck and trailer- paired passing on the move 	<ul style="list-style-type: none"> - Demonstrate good running posture - Adjust running pace smoothly - Accelerate and decelerate rapidly - Sprint rapidly over short distances, as an individual and as part of a team <ul style="list-style-type: none"> - Change direction quickly -Respond rapidly to a stimulus -Maintain a good running technique when sprinting over obstacles - Co-operate with others in a team 	<ul style="list-style-type: none"> - Striking a ball with a bat - Throwing aiming at various targets - Travelling changing direction easily -Sending/receiving fielding skills <ul style="list-style-type: none"> - Throwing for distance - Running for speed - Catching from various heights and speeds

Year Five

Half Term	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Sport	Quick sticks Hockey	Sports Hall Athletics	High 5 Netball	Football	Rounders	Cricket
Skills	<ul style="list-style-type: none"> - Receiving- Trapping a ball - Sending- Striking a ball aiming at various targets- Push push/hit - Travelling - Change direction easily i.e. dodging and swerving, travelling with a ball - Marking- evasion techniques <ul style="list-style-type: none"> - Close stick control - Find a gate - Small sided games (3v1, 5v2) 	<ul style="list-style-type: none"> - Participate in conditioning exercises and team activities - Demonstrate speed and co-ordination when passing and receiving a ball - Demonstrate a dynamic two handed push throw - Demonstrate a controlled pull throw action - Perform push throws to reach a target on the ground - Throw for accuracy/distance - Demonstrate a dynamic sling throw - Demonstrate a dynamic heave throw - Run with speed and agility - Demonstrate quick reactions and rapid acceleration - Accelerate from a variety of static positions - Demonstrate the ability to change speed - Sustain jogging and running at a consistent pace for a few minutes 	<ul style="list-style-type: none"> - Run and leap - Land one/two - Perform a chest pass, bounce pass and overhead pass - Shoot to goal <ul style="list-style-type: none"> - Pivot - Defend using arms - Begin to learn the positions and areas - Centre pass to GA and WA - Dodge to lose a defender 	<ul style="list-style-type: none"> - Receiving- trapping/receiving a ball at different heights/speeds - Sending- Kick a ball aiming at various targets- inside of foot, laces - Travelling - Change direction easily i.e. dodging and swerving, travelling with an object i.e. Ball - Evasion tactics- dodge, swerve, use a feint <ul style="list-style-type: none"> - Finding space -- Small sided games (2v1,3v1,4v2,5v3) - Running for speed. 	<ul style="list-style-type: none"> - Striking a variety of balls with a bat - Throwing and aiming at other players - Travelling by running, changing direction to avoid posts - Receiving the ball cushioning hands - Throwing overarm for distance <ul style="list-style-type: none"> - Running at speed and stopping/running backwards - Catching from various heights and speeds 	<ul style="list-style-type: none"> - Striking a ball with a bat - Throwing aiming at various targets - Travelling changing direction easily - Sending/receiving fielding skills <ul style="list-style-type: none"> - Throwing for distance - Running for speed - Catching from various heights and speeds
Sport	Tag Rugby	Gymnastics	Dance	OAA	Athletics	Tennis
Skills	<ul style="list-style-type: none"> - Tag games- marking, movement, spatial awareness, finding space - Evasion skills, dodging, swerving, use a feint (2v1, 3v2, 4v3) - Small sided games - Running for speed - Ball skills- hand/eye coordination activities - Line Ball- pass along line (4-6) - Truck and trailer- paired passing on the move 	<ul style="list-style-type: none"> - Travel (speed, levels) - Rolls (rocking, pencil, egg rolls, dish roll, teddy / circle roll, forward roll) - Balance (Body control) - Jump (For height 2 feet to 2 feet with shape, tuck jump) - Simple sequences - Handle large/small equipment. <ul style="list-style-type: none"> - Gesture - Stillness 	<ul style="list-style-type: none"> - Body actions- Copy and explore basic body actions from a range of stimuli - Travel- waddle, slide <ul style="list-style-type: none"> - Turn – spin - Gesture – bob, flap - Stillness – freeze - Demonstrate using body actions to explore moods, ideas and feelings. - Vary speed, strength, energy and tension of movements. - Work independently and as part of a small group. 	<ul style="list-style-type: none"> - Trust and co-operation - Hoopla/Line Up/All Aboard - Twin Trail/Nightline - Teamwork <ul style="list-style-type: none"> - Chicken Run - Electric fence/Charlotte’s Web - Navigation <ul style="list-style-type: none"> - Sign up/Guiding star - Cardinal cones - Strike & Fielding- Tri-Golf <ul style="list-style-type: none"> - Bullseye - Dominoes - Drive for show, putt for dough <ul style="list-style-type: none"> - Finders Keepers - Grand National - Tunnel Ball - Zone Ball - Down the middle 	<ul style="list-style-type: none"> - Use jumping combinations to move around a space - Perform dynamic combination jump sequences with control <ul style="list-style-type: none"> - Hop for distance - Perform triple jump combination - sequences with balance and control - Jump for distance from one foot to two feet - Jump from side to side with balance, speed and rhythm - Perform a scissor jump from a short run-up. <ul style="list-style-type: none"> - Sprint over and between obstacles using consistent stride lengths - State a ‘lead leg’ preference when sprinting over hurdles <ul style="list-style-type: none"> - Accelerate to pass team members - Co-operate with the team - Pass a relay baton at speed using a ‘push pass’ 	<ul style="list-style-type: none"> - Ball/racquet control - Sending with accuracy and control - Receiving and controlling the ball - Floor tennis activities (Ball splat, cone course) <ul style="list-style-type: none"> - AEGON tennis video sessions - Hand-eye coordination activities - Throwing for service at targets <ul style="list-style-type: none"> - Under arm serve - Agility- cross court <ul style="list-style-type: none"> - Tap-up Tennis - Step back rallies - Target tennis - Volley rally

Year Six

Half Term	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Sport	Hockey	Sports Hall Athletics	Football	Netball	Rounders	Cricket
Skills	<ul style="list-style-type: none"> - Receiving- Trapping a ball - Sending- Striking a ball aiming at various targets- Push push/hit - Travelling - Change direction easily i.e. dodging and swerving, travelling with a ball - Marking- evasion techniques -Close stick control - Find a gate -Small sided games (3v1, 5v2) 	<ul style="list-style-type: none"> - Maintain a good running technique when sprinting over obstacles. - Sprint rapidly over short distances, as an individual and as part of a team. -Change direction quickly. - Demonstrate good running posture - Jump for distance from two feet to two feet. - Perform hop and jump combinations with balance and control. - Hop, step and jump in the correct sequence with speed and balance. - Use a short run to jump from one to two feet - Jump for height from standing - Demonstrate the sling throw technique - Demonstrate a forward and overhead heave throw. - Describe the effect of throwing from sitting, kneeling or standing - Demonstrate a two handed push throw. 	<ul style="list-style-type: none"> - Receiving- trapping/receiving a ball at different heights/speeds - Sending- Kick a ball aiming at various targets- inside of foot, laces - Travelling - Change direction easily i.e. dodging and swerving, travelling with an object i.e. Ball -Evasion tactics- dodge, swerve, use a feint -Finding space --Small sided games (2v1,3v1,4v2,5v3) -Running for speed. 	<ul style="list-style-type: none"> - Receiving- receiving a ball at different heights/speeds - Sending- Throwing a ball aiming at various targets- - Travelling - Change direction easily i.e. dodging and swerving, travelling with an object i.e. Ball -Evasion tactics- dodge, swerve, use a feint -Finding space --Small sided games (2v1,3v1,4v2,5v3) -Running for speed 	<ul style="list-style-type: none"> Striking softballs and rounders balls with a rounders bat - Choosing where to hit the ball to achieve a rounder/avoid fielders - Throwing the ball at fielders in different positions - Making decisions about who to throw to - Catching from various heights and speeds -Receiving the ball ready to throw again - Throwing overarm accurately over distance - Considering different fielding positions - Travelling by running, changing direction to get around posts efficiently - Running at speed and stopping/running backwards - Team and tactical awareness when running around pitch 	<ul style="list-style-type: none"> - Striking a ball with a bat - Throwing aiming at various targets - Travelling changing direction easily -Sending/receiving fielding skills - Throwing for distance - Running for speed - Catching from various heights and speeds
Sport	Tag Rugby	Gymnastics	Dance	OAA	Athletics	Volleyball
Skills	<ul style="list-style-type: none"> -Tag games- marking, movement, spatial awareness, finding space - Evasion skills, dodging, swerving, use a feint (2v1, 3v2, 4v3) -Small sided games -Running for speed -Ball skills- hand/eye coordination activities -Line Ball- pass along line (4-6) -Truck and trailer- paired passing on the move 	<ul style="list-style-type: none"> - Travel (speed, levels) - Rolls (rocking, pencil, egg rolls, dish roll, teddy / circle roll, forward roll) - Balance (Body control) - Jump (For height 2 feet to 2 feet with shape, tuck jump) -Simple sequences -Handle large/small equipment. -Gesture -Stillness 	<ul style="list-style-type: none"> -Body actions- Copy and explore basic body actions from a range of stimuli - Travel- waddle, slide - Turn – spin - Gesture – bob, flap Stillness – freeze - Demonstrate using body actions to explore moods, ideas and feelings. - Vary speed, strength, energy and tension of movements. - Work independently and as part of a small group. 	<ul style="list-style-type: none"> OAA- Matalan Cards Trust and co-operation -Hoopla/Line Up/All Aboard -Twin Trail/Nightline Teamwork - Chicken Run -Electric fence/Charlotte’s Web Navigation -Danger UXB - Sign up - What’s the score - Guiding star -Cardinal cones - School trails -Bullseye - Dominoes - Drive for show, putt for dough - Finders Keepers - Grand National - Tunnel Ball - Zone Ball - Down the middle 	<ul style="list-style-type: none"> - Use jumping combinations to move around a space - Perform dynamic combination jump sequences with control - Hop for distance - Perform triple jump combination sequences with balance and control - Jump for distance from one foot to two feet - Jump from side to side with balance, speed and rhythm - Perform a scissor jump from a short run-up. - Sprint over and between obstacles using consistent stride lengths - State a ‘lead leg’ preference when sprinting over hurdles - Accelerate to pass team members - Co-operate with the team - Pass a relay baton at speed using a ‘push pass’ 	<ul style="list-style-type: none"> - Hand-eye coordination activities - Ball/balloon control -Receiving and controlling the ball - Develop from catching to two touch bounces - Pass to team mates - Spike -Under arm serve - Serving with accuracy and control - Aiming service at spaces -Agility- cross court - Disability modification -Communication between players