



OLSR PE Curriculum Map

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Rec and Nursery	<p>Body Management unit 1</p> <ol style="list-style-type: none"> To balance beanbags to move through hoops in different ways. to reach and stretch to get equipment. to make bridges and tunnels with our bodies. to travel over and under apparatus. to make shapes with our bodies. 	<p>Body Management unit 2</p> <ol style="list-style-type: none"> to link different shapes and ways of moving. to egg roll and log roll. to follow different pathways. to balance on points and patches. to perform our story to music. to use a start and finish position 	<p>Speed, Agility, Travel unit 1</p> <ol style="list-style-type: none"> to move in different directions. to keep our bodies safe in running games. to jump in different directions. to stop safely. to move at slow and fast speeds. to stop safely in different ways. 	<p>Speed Agility Travel unit 2</p> <ol style="list-style-type: none"> to move beanbags and balls. to move in different ways. to jump on, off and over. to perform circle dances. to use strength to hold shapes. to work in a team. 	<p>Body Management unit 2 repeated</p> <ol style="list-style-type: none"> to link different shapes and ways of moving. to egg roll and log roll. to follow different pathways. to balance on points and patches. to perform our story to music. to use a start and finish position 	<p>Gymnastics</p> <ol style="list-style-type: none"> to move safely. to take off and land on two feet. to balance and move balls and beanbags. to travel on mats and benches. to copy and repeat actions. to perform simple shapes and balances. 	
	Year 1	<p>Send and return Unit 1</p> <ol style="list-style-type: none"> Sliding a beanbag Exploring hitting to targets. Moving towards the ball Working together in a team Rallying over a bench 2 v 2 work using benches 	<p>Run, jump, throw Unit 1</p> <ol style="list-style-type: none"> Starting and stopping arm movements in running taking off on two feet Using the leading arm to direct throw working together competing in a relay 	<p>Dance Unit 1</p> <ol style="list-style-type: none"> Assessing movements Static shapes and linking travel Using friendship action phrases to a beat of 8 Mirror, lead and follow actions Dance with a start, middle and end Movement with repetition and feeling 	<p>Gymnastics Unit 1</p> <ol style="list-style-type: none"> Refining shapes and jumps Carrying equipment Showing and adapting shapes Taking off and landing Exploring travel through games Linking movements 	<p>Hit, catch, run Unit 1</p> <ol style="list-style-type: none"> Underarm/overarm throw to space Track and return ball Catching the ball feeding movement and body position Moving to score Fielding and hitting in teams 	<p>Attack, Defend, shoot Unit 1</p> <ol style="list-style-type: none"> Sending to a target Catching to intercept Rolling a ball effectively Attacking and defending Attacking and defending with a partner Competing in a game
	Year 2	<p>Send and return Unit 1</p> <ol style="list-style-type: none"> on toes to move towards the path of the ball. identifying dominant and non-dominant side Basic service rules 	<p>Run, jump, throw Unit 1</p> <ol style="list-style-type: none"> Awareness of others when in a running task Creating power with legs to run Burpee Choosing appropriate throws for different games. 	<p>Dance Unit 1</p> <ol style="list-style-type: none"> Penguin small dance activity. Penguin small duet dance Penguin small solo dance Mumble's dance with Gloria 	<p>Gymnastics Unit 1</p> <ol style="list-style-type: none"> Start and Finish shapes The use of power in jumping Linking movements How level can be created 	<p>Hit, catch, run Unit 1</p> <ol style="list-style-type: none"> Hitting with bats Running to score points Underarm bowling Hitting to targets Throwing to bases/wicket 	<p>Attack, defend, shoot Unit 1</p> <ol style="list-style-type: none"> Inside of foot kicking Stopping the ball with the foot Control of the ball Bounce the ball to send

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	<p>4. Push off feet to change direction.</p> <p>5. Holding a racquet and self-feed.</p> <p>6. The basic ready position</p>	<p>5. Quick feet</p> <p>6. Recognising the different between static and dynamic balances</p>	<p>5. Pairs and group dance using basic formations</p>	<p>5. Appropriate speeds for movements</p> <p>6. Judging system</p>	<p>6. Making simple choices about where to hit</p>	<p>5. Basketball style dribbling</p> <p>6. Passing forward to shoot</p>
Year 3	<p>Tennis</p> <p>1. Tennis ready position</p> <p>2. Types of hitting</p> <p>3. Serve</p> <p>4. Returning towards to return a moving ball</p> <p>5. Sending balls to a partner</p> <p>6. Boundaries</p>	<p>Handball</p> <p>1. Catching –Ready position</p> <p>2. Passing</p> <p>3. Moving with the ball and passing it to a teammate</p> <p>4. Intercepting</p> <p>5. Attacking in small sided games</p> <p>6. Passing</p>	<p>Dance</p> <p>1. Jazz square</p> <p>2. Perform as two contrasting characters</p> <p>3. Improvisation</p> <p>4. Uses a prop</p> <p>5. Including facial expression in our performance</p> <p>6. Being a director</p>	<p>Gymnastics</p> <p>1. Extended into a full range of balances</p> <p>2. Moving in and out of contrasting shapes of fluency</p> <p>3. Body control and strength when rolling</p> <p>4. Jumping for height and distance</p> <p>5. Basic partner unison</p> <p>6. Starting and finishing patterns as a group.</p>	<p>Athletics</p> <p>1. Take off combination jumps</p> <p>2. Recognising the differences between fast, slow and medium pace.</p> <p>3. Approaching hurdles</p> <p>4. Javelin throw</p> <p>5. Skipping</p> <p>6. Working as a group to record points</p>	<p>Rounders</p> <p>1. Being ready to field a ball</p> <p>2. Bowling action</p> <p>3. One-handed hitting</p> <p>4. Long barrier</p> <p>5. Long distance throwing</p> <p>6. Introducing a backstop</p>
Year 4	<p>Tennis</p> <p>1. Being in a position to return the ball from around the court</p> <p>2. Forehand to targets</p> <p>3. Introduction to backhand shot</p> <p>4. Moving to return a serve</p> <p>5. Working with a partner</p> <p>6. Scoring points against opponents</p>	<p>Handball</p> <p>1. Protecting the ball</p> <p>2. Basic shooting technique</p> <p>3. 3-man weave</p> <p>4. Turn on move</p> <p>5. 7-metre throw</p> <p>6. Gameplay</p>	<p>Dance</p> <p>1. Freeze frame</p> <p>2. Slide and roll</p> <p>3. Formations</p> <p>4. Cannon</p> <p>5. Sequencing movements</p> <p>6. Start position/poses</p>	<p>Gymnastics</p> <p>1. Changes in speeds of actions</p> <p>2. Use STEP model</p> <p>3. Cartwheel progressions</p> <p>4. Developing four compositional ideas</p> <p>5. Cooperation</p> <p>6. Judging system</p>	<p>Athletics</p> <p>1. Aiming at targets</p> <p>2. Accelerating over short distances</p> <p>3. Take off 1 foot when running</p> <p>4. Sling throw</p> <p>5. Baton exchange</p> <p>6. Working to improve</p>	<p>Rounders</p> <p>1. Directing the hit</p> <p>2. Running between the posts</p> <p>3. Intercepting the ball with one hand</p> <p>4. Underarm bowling</p> <p>5. Backstop role and positions</p> <p>6. Scoring full and half rounders</p>
Year 5	<p>Tennis</p> <p>1. Putting the skills into games</p> <p>2. Volley shots</p> <p>3. Overhead shots</p> <p>4. Doubles play</p> <p>5. Approaching the ball before the 2nd bounce</p>	<p>Handball</p> <p>1. Jump shot</p> <p>2. Closing angles as a goalkeeper</p> <p>3. Dribbling</p> <p>4. Pivoting</p> <p>5. Set Plays</p> <p>6. Implementing skills into games</p>	<p>Dance</p> <p>1. Step touch and Bangra shoulder</p> <p>2. Basic hip movement, 1, 2, 3 step around the world</p> <p>3. Group Patterns</p> <p>4. 1, 2 and 4 wall patterns</p> <p>5. 3 steps</p>	<p>Gymnastics</p> <p>1. 'Round off' stationary or running</p> <p>2. Exploring symmetry in balance and travel</p> <p>3. Over shoulder roll and asymmetry</p> <p>4. Counter balances</p> <p>5. Smooth transition</p> <p>6. Performance</p>	<p>Athletics</p> <p>1. Preparing to run individual leg</p> <p>2. Developing the principle of pace</p> <p>3. Jumping for distance</p> <p>4. Push throw</p> <p>5. Baton exchange within a restricted area</p>	<p>Rounders</p> <p>1. Identifying how many zones can be run to based on the distance hit</p> <p>2. Throwing for accuracy over short distances</p> <p>3. Following the path of a ball</p>

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Year 6	6. Recognising ways to improve		6. Slide, knee bends and pivot steps		6. Teaching STEP principle	4. Playing the backwards hit rule from batter to backstop perspective 5. Attacking shot 6. Setting a field
	Tennis 1. Communicating with each other in doubles games 2. Backhand shot 3. Lob shot 4. Rules and scoring 5. Positioning in doubles play 6. Tactics	Handball 1. Conditioned games with three 3's rules 2. Screening 3. Organisation around the D 4. Dribbling 5. Recognising the space 6. Basic skill selection	Dance 1. Stag leap and rebound jumps 2. Relationships – contact and simple lift 3. Copying movements 4. Dynamics 5. Freeze frame 6. Top rock and slide step	Gymnastics 1. Flight on to high apparatus 2. Dismount from high apparatus 3. Cannon 4. Including equipment in sequence 5. Unison 6. Perform to music	Athletics 1. Spring start 2. Run up for long jump 3. Recording data for different throws 4. STEP principle 5. Judging 6. Judging	Rounders 1. Attacking bowling 2. Tracking and catching a high ball 3. Bowling fast at speed 4. Working as pairs to field a long ball 5. Running around bases 6. Positions during a full game

British values and catholic virtues underpin the entire PE curriculum in the ways shown below:

British values	<p>Rule of law – all games have rules and regulations that all children must abide by and listen to. The rules apply across the board to all members of the game and, if broken, there will be a consequence as in real life.</p> <p>Tolerance – Across all sports that we participate in during the curriculum and beyond, we advocate a high level of sportsmanship where children are inclusive and respectful of all members of the game. This includes opponents, referees, teammates and all members of staff from both our school and others.</p> <p>Individual liberty – All children are allowed freedom in sports to express themselves and find their own enjoyment in a variety of sports on offer in school.</p> <p>Mutual respect – All people participating with everyone else demands the highest of respect and all children have been taught the signs or respect that can be offered e.g. shaking hands after a match, accepting decisions that referees make, being gracious in defeat and congratulating the other team.</p>
Catholic virtues	<p>We are taught to love our neighbours and this is shown through the respect shown to others at all times during games.</p> <p>Our bodies are temples and it is our responsibility to look after them through regular exercise and a healthy balanced diet.</p>