



OLSR PE Curriculum Map

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec and Nursery	Body Management	Body Management	Speed, Agility, Travel	Speed Agility Travel	Body Management	Gymnastics
Year 1	<p><u>Send and return Unit 1</u></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><u>Run, jump, throw Unit 1</u></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><u>Dance Unit 1</u></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><u>Gymnastics Unit 1</u></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><u>Hit, catch, run Unit 1</u></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><u>Attack, Defend, shoot Unit 1</u></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><u>Send and return Unit 1</u></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 Push off feet to change direction. Holding a racquet and self-feed. The basic ready position 	<p><u>Run, jump, throw Unit 1</u></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. Quick feet Recognising the different between static and dynamic balances 	<p><u>Dance Unit 1</u></p> <ol style="list-style-type: none"> Penguin small dance activity. Penguin small duet dance Penguin small solo dance Mumble's dance with Gloria Pairs and group dance using basic formations 	<p><u>Gymnastics Unit 1</u></p> <ol style="list-style-type: none"> Start and Finish shapes The use of power in jumping Linking movements How level can be created Appropriate speeds for movements Judging system 	<p><u>Hit, catch, run Unit 1</u></p> <ol style="list-style-type: none"> Hitting with bats Running to score points Underarm bowling Hitting to targets Throwing to bases/wicket Making simple choices about where to hit 	<p><u>Attack, defend, shoot Unit 1</u></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 Basketball style dribbling Passing forward to shoot
Year 3	<p><u>Tennis</u></p> <ol style="list-style-type: none"> Tennis ready position Types of hitting Serve Returning towards to return a moving ball Sending balls to a partner Boundaries 	<p><u>Handball</u></p> <ol style="list-style-type: none"> Catching -Ready position Passing Moving with the ball and passing it to a teammate Intercepting Attacking in small sided games Passing 	<p><u>Dance</u></p> <ol style="list-style-type: none"> Jazz square Perform as two contrasting characters Improvisation Uses a prop Including facial expression in our performance Being a director 	<p><u>Gymnastics</u></p> <ol style="list-style-type: none"> Extended into a full range of balances Moving in and out of contrasting shapes of fluency Body control and strength when rolling Jumping for height and distance Basic partner unison Starting and finishing patterns as a group. 	<p><u>Athletics</u></p> <ol style="list-style-type: none"> Take off combination jumps Recognising the differences between fast, slow and medium pace. Approaching hurdles Javelin throw Skipping Working as a group to record points 	<p><u>Rounders</u></p> <ol style="list-style-type: none"> Being ready to field a ball Bowling action One-handed hitting Long barrier Long distance throwing Introducing a backstop

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Year 4	<p>Tennis</p> <ol style="list-style-type: none"> 1. Being in a position to return the ball from around the court 2. Forehand to targets 3. Introduction to backhand shot 4. Moving to return a serve 5. Working with a partner 6. Scoring points against opponents 	<p>Handball</p> <ol style="list-style-type: none"> 1. Protecting the ball 2. Basic shooting technique 3. 3-man weave 4. Turn on move 5. 7-metre throw 6. Gameplay 	<p>Dance</p> <ol style="list-style-type: none"> 1. Freeze frame 2. Slide and roll 3. Formations 4. Cannon 5. Sequencing movements 6. Start position/poses 	<p>Gymnastics</p> <ol style="list-style-type: none"> 1. Changes in speeds of actions 2. Use STEP model 3. Cartwheel progressions 4. Developing four compositional ideas 5. Cooperation 6. Judging system 	<p>Athletics</p> <ol style="list-style-type: none"> 1. Aiming at targets 2. Accelerating over short distances 3. Take off 1 foot when running 4. Sling throw 5. Baton exchange 6. Working to improve 	<p>Rounders</p> <ol style="list-style-type: none"> 1. Directing the hit 2. Running between the posts 3. Intercepting the ball with one hand 4. Underarm bowling 5. Backstop role and positions 6. Scoring full and half rounders
Year 5	<p>Tennis</p> <ol style="list-style-type: none"> 1. Putting the skills into games 2. Volley shots 3. Overhead shots 4. Doubles play 5. Approaching the ball before the 2nd bounce 6. Recognising ways to improve 	<p>Handball</p> <ol style="list-style-type: none"> 1. Jump shot 2. Closing angles as a goalkeeper 3. Dribbling 4. Pivoting 5. Set Plays 6. Implementing skills into games 	<p>Dance</p> <ol style="list-style-type: none"> 1. Step touch and Bangra shoulder 2. Basic hip movement, 1, 2, 3 step around the world 3. Group Patterns 4. 1, 2 and 4 wall patterns 5. 3 steps 6. Slide, knee bends and pivot steps 	<p>Gymnastics</p> <ol style="list-style-type: none"> 1. 'Round off' stationary or running 2. Exploring symmetry in balance and travel 3. Over shoulder roll and asymmetry 4. Counter balances 5. Smooth transition 6. Performance 	<p>Athletics</p> <ol style="list-style-type: none"> 1. Preparing to run individual leg 2. Developing the principle of pace 3. Jumping for distance 4. Push throw 5. Baton exchange within a restricted area 6. Teaching STEP principle 	<p>Rounders</p> <ol style="list-style-type: none"> 1. Identifying how many zones can be run to based on the distance hit 2. Throwing for accuracy over short distances 3. Following the path of a ball 4. Playing the backwards hit rule from batter to backstop perspective 5. Attacking shot 6. Setting a field
Year 6	<p>Tennis</p> <ol style="list-style-type: none"> 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 	<p>Handball</p> <ol style="list-style-type: none"> 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 	<p>Dance</p> <ol style="list-style-type: none"> 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 	<p>Gymnastics</p> <ol style="list-style-type: none"> 1. Flight on to high apparatus 2. Dismount from high apparatus 3. Cannon 4. Including equipment in sequence 5. Unison 6. Perform to music 	<p>Athletics</p> <ol style="list-style-type: none"> 1. Spring start 2. Run up for long jump 3. Recording data for different throws 4. STEP principle 5. Judging 6. Judging 	<p>Rounders</p> <ol style="list-style-type: none"> 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

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

<p>British values</p>	<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>
<p>Catholic virtues</p>	<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>