



St Mary's Academy Physical Education Provision Map

Key:

Gymnastics

Games

Athletics

Dance

OAA

Swimming

		<u>Autumn</u>		<u>Spring</u>		<u>Summer</u>	
		<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Reception</u>	<u>Inside</u>	Health and safety (changing)	Dance	Gymnastics Travelling	Dance	Gymnastics Stretching and Curling	Gymnastics Travelling and taking weight on different body parts
	<u>Outside</u>	Focus On Developing Fundamental Movement Skills Locomotion Skills	Focus On Developing Fundamental Movement Skills Object Control Skills	Focus On Developing Fundamental Movement Skills Locomotion Skills	Focus On Developing Fundamental Movement Skills Object Control Skills	Athletics and Multi Skills	Athletics and Multi-skills Sports Day
<u>Year 1</u>	<u>Inside</u>	Gymnastics Stepping Actions Travelling Basic Flight – bouncing, jumping and landing (5 Basic Jumps and Landings)	Dance	Gymnastics Stretching and Curling Wide and narrow shapes Travelling Use simple apparatus	Gymnastics Rocking and Rolling Creating simple sequences of movement Use simple apparatus	Dance	Gymnastics Explore static balance on different body parts and different number of body parts

		Simple apparatus					
	<u>Outside</u>	Focus on Extending Fundamental Movement Skills Locomotion Skills	Focus On Extending Fundamental Movement Skills Object Control Skills	Throwing and Catching – Aiming Games Develop dynamic balance skills Linking Object Control and Locomotion skills	Bat/Ball Skills and Games – Skipping Develop dynamic balance skills Linking Object Control and Locomotion skills	Athletics Develop good techniques in Running, Jumping and Throwing events	Athletics Develop good techniques in Running, Jumping and Throwing events
<u>Year 2</u>	<u>Inside</u>	Gymnastics Changing Directions and shapes using low, medium and high levels	Dance	Gymnastics Pathways – straight/zig-zag/ curving	Gymnastics Spinning / Turning / Twisting	Dance (SATs)	Gymnastics Linking Movements Together Understanding start position, middle actions and end position
	<u>Outside</u>	Using Fundamental Movement Skills in small games Throwing and Catching – Aiming Dribbling and Kicking	Using Fundamental Movement Skills in small games Dribbling, Kicking and Scoring Hitting Games	Making Up Games with a Partner – Aiming, Dribbling, Kicking and Hitting Introduction to Rules	Small-Sided Group Games Understand simple strategies / tactics of attacking and defending	Athletics Running, Jumping, Throwing in competitive situations	Athletics Running, Jumping, Throwing in competitive situations
<u>Year 3</u>	<u>Inside</u>	Gymnastics	Dance	Gymnastics Symmetry and Asymmetry	Gymnastics Pathways	Dance	Gymnastics

		Stretching, Curling and Arching Creating sequences on apparatus		Creating sequences on large apparatus	Explore pathways jumping, over, under, along, curved, zig-zag etc		Climbing, hanging, swinging Create sequences using appropriate large apparatus
	<u>Outside</u>	Ball Skills, Passing and Receiving through small sided games (Invasion Games) How and when to pass Movement off and on the ball	Create Ball Games Inventing Rules and ways to Scoring	Net, Court and Wall Games Creating spacial awareness – moving to receive a pass (timing of runs, use of space to pass / receive)	Striking and Fielding Games Hitting into space, bowling and fielding techniques Strategies / Tactics used	Athletics Running, Jumping and Throwing in competitive situations	Outdoor and Adventurous Activities Orienteering
<u>Year 4</u>	<u>Inside</u>	Gymnastics Balance – working with a partner Counter-balance Counter-tension	Dance	Gymnastics Working in pairs to design, perform and evaluate sequences which include balances, travel, jumps, twists, turns etc	Gymnastics Balance leading into inverted balances	Dance	Gymnastics Rolling and rotation
	<u>Outside</u>	Net, Court and Wall Games	Problem solving and inventing games (Invasion)	Invasion Games	Striking and Fielding Games	Outdoor and Adventurous Activities	Athletics

		<p>Small sided games developing attacking and defending tactics: How to use space effectively.</p> <p>Tennis – basic strokes techniques and simple scoring process (LTA Mini-Red)</p> <p>Volleyball – basic actions i.e. Dig, Spike/Volley and Smash (use low net/barrier)</p>	<p>Rules</p> <p>Scoring</p> <p>Simple Tactics in Attack and Defence</p> <p>Coping with winning and losing</p> <p>Etiquette – shake hands before and after games</p>	<p>Small sided games developing attacking and defending tactics i.e. keeping width and overload in attack. Marking players in defending situations i.e. get goal side.</p>	<p>Scoring</p> <p>Reinforce batting and fielding techniques</p> <p>Tactics of where to throw the ball i.e. to which wicket or post</p> <p>Footwork to hit / bat into space</p> <p>How to run between wickets / posts</p> <p>Communication between players / runners</p>	<p>Orienteering / Map Reading</p> <p>Climbing / Abseiling</p>	<p>Styles of Running, Jumping and Throwing</p> <p>Performance and evaluation during competitions</p>
--	--	--	---	--	---	---	--

<u>Year 5</u>	<u>Inside</u>	<p>Gymnastics</p> <p>Balance in Pairs</p> <p>Balance in small groups 3's, 4's or 5's</p>	Dance	<p>Gymnastics</p> <p>Flight</p> <p>Small and large apparatus</p>	<p>Gymnastics</p> <p>Create sequences using levels and speed – include</p>	Dance	<p>Gymnastics</p> <p>Spinning, Twisting and Turning</p> <p>Create complex sequences</p>
----------------------	----------------------	--	-------	--	--	-------	---

				Create complex sequences	skills from previous lessons		
	<u>Outside</u>	Outdoor Adventurous Activity Small Groups Orienteering Competitions	Invasion and Target Small-sided Games 2 v 2; 3 v 3; 4 v 4; 5 v 5; 6 v 6: Over-load Games 6 v 4; 5 v 3; 4 v 2 etc Retain possession Multi-Gate / Goal games	Invasion Games (Implement and Kicking) Small-sided Games 2 v 2; 3 v 3; 4 v 4; 5 v 5; 6 v 6: Over-load Games 6 v 4; 5 v 3; 4 v 2 etc Retain possession Multi-Gate / Goal games	Striking and Fielding Games Small-sided Games Kwik Cricket Rounders French Cricket Softball Tri-Golf Uses 'lives' to enable lots of opportunities for batting / striking – possibly lose a run if rather than sit out	Net, Court and Wall Games Possible Games: Tennis Badminton Table-Tennis Volleyball	Athletics Peer Assessment and Performance Long Jumping Running short and medium distances – maintain speed Throwing – Javelin and Discus

<u>Year 6</u>	<u>Inside</u>	Gymnastics Partner work – Matching and Mirroring	Dance	Gymnastics Partner work – synchronisation and cannon	Outdoor and Adventurous Activity Rock Climbing Abseiling Sailing Orienteering	Swimming	Swimming
	<u>Outside</u>	Net, court and wall games (volleyball and tennis) Small-sided Games Lead into Competition Competition can be different each week i.e. Ladder, Round Robin OR run a League over two or three weeks Pupils should experience being Manager / Coach Umpire / Referee Maintain scores / league table	Invasion (Hockey and Football) Small-sided Games Lead into Competition Competition can be different each week i.e. Ladder, Round Robin OR run a League over two or three weeks Pupils should experience being Manager / Coach Umpire / Referee Maintain scores / league table	Invasion Games (Hockey and Football) Small-sided Games Lead into Competition Competition can be different each week i.e. Ladder, Round Robin OR run a League over two or three weeks Pupils should experience being Manager / Coach Umpire / Referee Maintain scores / league table	Striking and Fielding Games (Cricket and Rounders OR Tri- Golf) Competition can be different each week i.e. Ladder, Round Robin OR run a League over two or three weeks Pupils should experience being Manager / Coach Umpire / Referee Maintain scores / league table	Athletics Running, Jumping and Throwing. Performance and Evaluation. (SATs)	Athletics Running, Jumping and Throwing. Performance and Evaluation.

