



Lynch Hill Primary Academy Curriculum Map for PE (Physical Education)

For subject overview and 'I can statement', please visit our website or click on the weblink:

<https://www.lhsprimaryacademy.org.uk/curriculum/subject-overviews>

Our Core values are Communication and Thoughtfulness, which will be revisited each half term alongside our focus values. In lessons, all pupils will compare their performances with previous ones and demonstrate improvement to achieve their personal best. The core and focus values will guide them to achieve this.						
Year Group	Autumn Term 1 Respect	Autumn Term 2 Resilience	Spring Term 1 Cooperation	Spring Term 2 Adaptability	Summer Term 1 Morality	Summer Term 2 Enquiry
Year 1	Agility Ability to move their body quickly and easily. Catching Using various types of ball and techniques.	Balance Exercises that aid balance and relating to different sports and different parts of the body. Throwing Using various types of balls and techniques such as power and aim.	Coordination Ability to use different parts of the body together smoothly and efficiently. Bouncing/rolling Aiming, timing, reading the direction to stop or catch different ball types.	Movement Dancing, gymnastics, stretches and rhythm that will relate to KS2 sports. Kicking/striking Introduction to Tennis, cricket, football, and use of other sports equipment.	Tennis Introduction to Tennis specific language and the fundamentals of the tennis. Football Fundamentals of this sport.	Cricket Fundamentals of cricket. Athletics Running, jumping and throwing in the style of the Olympics.
Year 2	Agility Ability to move their body quickly and easily. Catching Using various types of ball and techniques.	Balance Exercises that aid balance and relating to different sports and different parts of the body. Throwing Using various types of balls and techniques such as power and aim.	Coordination Ability to use different parts of the body together smoothly and efficiently. Bouncing/rolling Aiming, timing, reading the direction to stop or catch different ball types.	Movement Balance, strength, flexibility, power, and co-ordination and dance/gymnastics. Kicking/striking Building on previous learning of tennis, cricket, football, and use of other sports equipment.	Tennis Tennis specific term and the fundamentals of the tennis. Football Dribbling, passing, tackling and shooting.	Cricket Sports specific language and the fundamentals of cricket. Athletics Develop skills in track and field events including throwing and jumping.
Year 3 & 4	Bee Netball "Fliers" Modified game with 4 Vs 4 match play. Focus on team work,	Sportshall Athletics Fundamentals of indoor athletics, such as: sprinting,	SMASH Badminton Focus is on hand and eye coordination skills through	Gymnastics Learn basic shapes of gymnastics, building them into a sequence	QuadKids Athletics Outdoor athletics event which includes: sprinting, endurance,	Softball Learn to field and bat through match play and work stations.

We Aim High, Work Hard, Care Deeply



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	<p>following basic rules and skills to play a match through attack Vs defence.</p> <p>Football Dribbling, passing, tackling, shooting, match play, and learning the rules. The key aim remains developing teamwork.</p>	<p>endurance, jumping and throwing.</p> <p>Quicksticks Hockey Dribbling, passing, tackling, shooting, modified match play, and learning the rules of play. The key aim remains developing teamwork.</p>	<p>modified fun badminton stations.</p> <p>Tag Rugby Introduction to Tag rugby, develop skills to play effectively as a team and use tactics to defend and attack.</p>	<p>in time with music, building upper body strength as well as using a variety of different apparatus.</p> <p>Mini Tennis - Red Hand and eye coordination drills, learn and practise skills such as: forehand, backhand, different strokes, and match play.</p>	<p>throwing and jumping. Setting personal targets and beating them.</p> <p>Kwik Cricket Batting, fielding and bowling in order to use them in team situations.</p>	<p>Other skills include: learning technical vocabulary, catching with a glove, turn taking, team building.</p> <p>Tri-Golf Learn about the aim of the game, skills such as: grip and swing and further develop technique and power.</p>
<p>Year 5 & 6</p>	<p>Bee Netball "Stingers" 5-A-Side match play, footwork, attacking, defending, learning positions and boundaries and rules.</p> <p>Football Dribbling, passing, tackling, shooting, match play and learning the rules. The key aim remains developing teamwork, vocabulary, theory and tactics.</p>	<p>Sportshall Athletics Develop skills in track and indoor events including running, throwing and jumping. Other foci are: working as a team, encouraging communication, building strengths, setting a Personal Best (PB) and being the best they can be!</p> <p>In 2 Hockey Dribbling, passing, tackling, shooting, match play and learning the rules.</p>	<p>SMASH Badminton Develop hand eye co-ordination, movement, grip, striking skills; such as forehand and backhand, clear serving, tactics and teamwork. Apply understanding of rules in competitive gameplay. Development of leadership qualities such as officiating a match.</p> <p>Tag Rugby Work effectively with others and use skills and tactics to defend and attack.</p>	<p>Gymnastics Balance, strength, flexibility, power and co-ordination. Use of apparatus such as; the vault and trampette. Creating own sequences.</p> <p>Mini Tennis - Orange Forehand, backhand, different strokes, rules, points and match play. Encouraging leadership skills through officiating matches.</p>	<p>QuadKids Athletics Outdoor event which includes: sprinting, endurance, throwing and jumping. Setting personal targets and beating them.</p> <p>Kwik Cricket Batting, fielding and bowling in order to use them in team games.</p>	<p>Softball Use of terms such as pitching and catching when exploring the rules.</p> <p>Tri-Golf Children will learn about aim, grip and swing, further developing their technique and power.</p>