

Otterbourne CE Primary School - Physical Education

Curriculum Map, Progression and Golden Threads



Curriculum Map including National Curriculum

Skills to secure

Movement Skills (Dancing, running, travelling, swimming)		Balancing Skills (Gymnastic shapes, yoga, balances)		Skills Using PE Equipment (Sports and games)	
	Autumn Term	Spring Term		Summer Term	
Year R	Develop physical strength and coordination of gross motor skills with Making Muscles tasks and use of large wheeled toys, sweeping brushes and den building. Know how to carry heavy resources safely. Show an awareness of their own space and how to negotiate it. Dressing for PE - changing Gymnastics and Dance	Demonstrate increasing mobility, control and balance. E.g. hanging from climbing equipment or lifting and manipulating large, heavy and awkward objects. Develop increased stamina for physical activity. Dressing for PE - changing Games and Athletics		Move in different ways, controlling their movement including fine motor skills. Demonstrate agility and flexibility, as well as co-ordination and balance. Develop muscular and core strength. Dressing for PE - changing Striking and Fielding Sports Day practise	
Assessment Knowledge Skills	To be able to change themselves for PE		To follow the simple rules in a game. To negotiate space and obstacles safely, with consideration for themselves and others.		To be able to run the length of the field without stopping.
Year 1	Gymnastics - how to move and control your body - look at balances Stability R&R - Target Games	Dance - Taught Routine Locomotion & Stability R&R - Team Games	Circuit training - children can design their own circuits as an end goal Stability & Locomotion R&R - Invasion Games	Gymnastics - balances and travelling and how to make a sequence Locomotion & Stability R&R - Striking & Fielding	Athletics - introduction to running jumping and throwing Locomotion + Manipulation R&R - Athletics Yoga - series of movements and poses. Build towards creating your own sequence Stability R&R - Team Games
Assessment Knowledge Skills	To maintain a crab walk for 10 seconds	To perform 2 or 3 movements in time with auditory cues.	To maintain a bean bag hold for 30 seconds.	To balance on one foot for 8 seconds.	To do 6 wall push ups without stopping To hold a tummy plank for 10 seconds

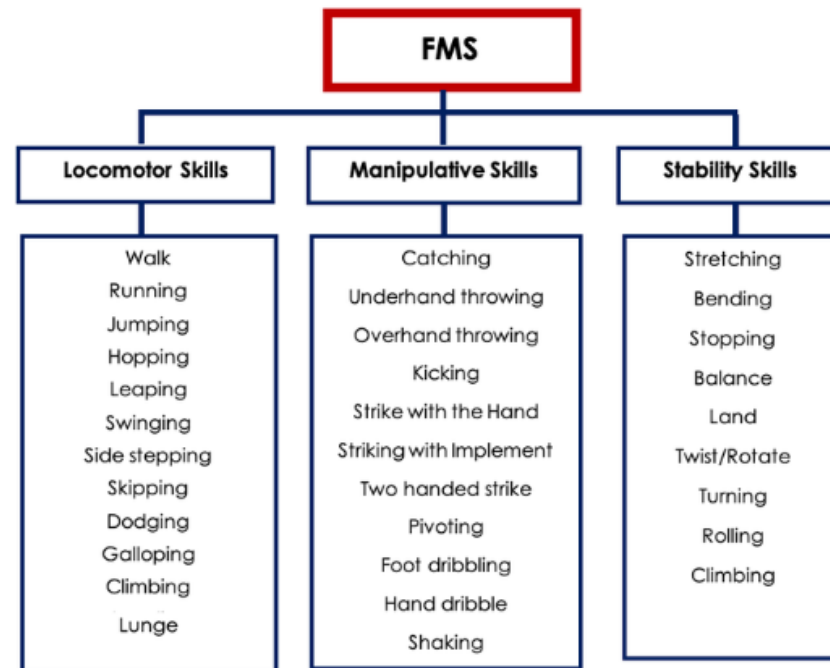
Year 2	Gymnastics - how to move and control your body - look at balances Stability R&R - Target Games	Dance - Taught Routine Locomotion & Stability R&R - Team Games	Circuit training - children can design their own circuits as an end goal Stability & Locomotion R&R - Invasion Games	Gymnastics - balances and travelling and how to make a sequence Locomotion & Stability R&R - Striking & Fielding	Gymnastics including shapes and rolls. R&R - Athletics	Yoga - series of movements and poses. Build towards creating your own sequence Stability R&R - Team Games
Assessment Knowledge Skills	To hold a table top pose with a straight back for 20 seconds	To copy correct movements increasingly accurately.	To sustain wall press-ups for 20 seconds.	To crab walk for 15 seconds	To do 10 wall push ups without stopping	To hold yoga poses for 20 seconds
Year 3/4 Cycle A	Gymnastics - create routines based on balances, shapes and rolls Stability & Locomotion	Invasion Games - Passing and moving (Endball) Locomotion & Manipulation	Dance - taught routine Stability & Locomotion OAA at residential	Dance - maypole Stability & Locomotion Y4 Swimming Locomotion	Gymnastics - travelling safely using wall bars, balance beams, jumping horse and mats. Locomotion & Stability	Outdoor games Rounders/kickball Manipulation & Locomotion
Assessment Knowledge Skills	To perform a front support balance independently for 20 seconds.	To catch a netball/basketball confidently	To perform 4-5 movements in time with music cues.	Y4 To confidently and proficiently swim 25m. To use a range of strokes. To perform safe self-rescue in water based situations.	To safely land following a jump	To adhere to rules of rounders and apply tactics for batting/fielding. To catch the ball and throw it to another fielder.
Year 3/4 Cycle B	Gymnastics (Make routines) Stability & Locomotion	Gymnastics (Wall bars & Travelling) Locomotion & Stability	Dance (Taught Routine) Stability & Locomotion OAA at residential	Maypole Dancing Stability & Locomotion Y4 Swimming Locomotion	Dance (Respond to a stimulus) Child-led FMS depending on routine	Striking & Fielding (Rounders/Cricket) Manipulation & Locomotion
Assessment Knowledge Skills	To perform a range of rolls independently and safely.	To travel safely using wall bars maintaining 3 points of contact.	To hold a high plank for 20 seconds	Y4 To confidently and proficiently swim 25m. To use a range of strokes. To perform safe self-rescue in water based situations.	To maintain a bear walk for 15 seconds without stopping	To adhere to rules of cricket and apply tactics for batting/fielding. Make contact with the ball using the bat

Year 5/6 Cycle A	Cricket Manipulation Locomotion OAA at residential	Gymnastics Stability Locomotion	Netball Manipulation Locomotion	Dance Stability Locomotion	Athletics Locomotion Manipulation	Make a Game Child-Led FMS selection depending on sport
Assessment Knowledge Skills	To strike a cricket ball cleanly and hit the ball in the desired direction.	To perform a routine including a balance, roll and jump.	To pass in netball using a bounce pass, chest pass and shoulder pass.	To perform movements in canon and unison.	To run one lap of the field without stopping.	To plank for 20 seconds
Year 5/6 Cycle B	Basketball Manipulation Locomotion OAA at residential	Gymnastics Stability Locomotion	Hockey Manipulation Locomotion	Dance Stability Locomotion	Athletics Locomotion Manipulation	Make a Game Child-Led FMS selection depending on sport
Assessment Knowledge Skills	To score in basketball using a layup and jumpshot	To hold a hollow dish and arch for 20 seconds.	To strike a hockey ball using a push, hit and slap.	To perform a set dance routine.	To throw a discus without correct technique.	To do 8 push ups without stopping

Progression and Golden Threads

Golden Threads Fundamental Movement Skills Fundamental movement skills categories include:	<u>Stability</u> Stability skills - Movements where the body remains in place, but moves around its horizontal and vertical axes.	<u>Locomotion</u> Locomotion skills - such as running, jumping, hopping, and galloping.	<u>Manipulation</u> Manipulation skills - such as catching, throwing, kicking, underarm roll and striking.
Year R Children at the expected level of development will: Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Early Learning Goals Gross Motor Activities	Standing and sitting straight. Maintaining upright positions with no support. Gross motor movements.	Moving in a variety of ways safely, taking care with other children and objects. Beginning to move at speed with control, running, jumping, dancing etc.	Beginning to manipulate objects such as balls, bean bags, parachutes, toys etc.
Year 1/2 A focus on establishing the Fundamental Movement Skills (stability/balance, locomotion/movement and manipulation/using objects) and building a solid foundation for healthiness. Why do we move? Why warm-up? How is PE good for you? Engage in competitive (both against self and against others) and co-operative physical activities	Beginning to experience gymnastic shapes and balances, balancing in a variety of ways with varying points of contacts (feet, hands etc.)	Moving with speed and control in a variety of ways. Beginning to move for different purposes (invasion, athletics, fielding etc.)	Aiming objects, sending and receiving in a variety of ways, kicking, throwing, rolling and catching.
Year 3/4 Develop the FMS further and begin to apply to a range of activities. Bring in the element of competition, against yourself and others. Build up specific skills to then apply in situations. Y4 Swimming	Experiencing a broad range of various balances and gymnastic shapes, holding increasingly difficult shapes and building to creating sequences.	Moving with speed and control for various purposes. Applying specific skills for a range of purposes, swimming, climbing at residential, and sports.	Using a variety of sporting equipment for a variety of purposes, striking a fielding, sending and receiving.

Year 5/6 Continuing to fine-tune FMS and apply. Children should now be encouraged to think creatively about different ways to apply them. Help children to think through and understand physical activities. Consider fitness and its link to health. Enjoy communicating, collaborating and competing with each other. Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	A broad range of shapes and balances. Making sequences and transitioning between shapes. Creative sequences including shapes and equipment.	Moving for a range of purposes, creating own sequences. Considering use of different movements for tactical purposes in sports.	Applying sport specific skills in a variety of activities. Designing own sport based on knowledge of skills built up in time at primary school.
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Otterbourne Primary PE sports planner 2023/24

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1/2	MANIPULATION Target Games <i>(Sending, receiving & targeting)</i>	LOCOMOTION Team Games <i>(Teamwork, movement & coordination)</i>	LOCOMOTION Invasion Games <i>(Sending, receiving & travelling)</i>	MANIPULATION Striking & Fielding Games <i>(Striking, fielding & movement)</i>	LOCOMOTION Athletics <i>(Balance, sending & coordination)</i>	LOCOMOTION Team Games <i>(Teamwork, movement & coordination)</i>
Year 3/4	MANIPULATION Target Games <i>(Sending, receiving & targeting)</i>	LOCOMOTION Team Games <i>(Teamwork, movement & coordination)</i>	LOCOMOTION Invasion Games <i>(Sending, receiving, travelling & competition against self & others)</i>	MANIPULATION Striking & Fielding Games <i>(Striking, fielding & movement)</i>	LOCOMOTION Athletics <i>(Balance, sending & coordination)</i>	LOCOMOTION Team Games <i>(Teamwork, Competition against others)</i>