**Grangetown Primary School PE Curriculum Map**

“In all physical activity we strive to Aspire, Believe and Celebrate”

**Key Stage 1**

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| **Year group** | **Check point 1**  (Approx. September till December) | **Check point 2**  (Approx. January till April) | **Check point 3**  (Approx. April till July) |
| **Year 1** | **Fundamental movements**  Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. | **Dance/Gym**  Develop balance, agility and coordination as well as perform dances using simple movement patterns. | **Games**  Participate in team games, developing simple tactics for attacking and defending. |
| **Physical -**I have mastered basic movements such as running, jumping throwing and catching. | **Physical –**I can hold a balance for longer than 3 seconds. | **Physical –**I can run, jump, throw and catch in a variety of games |
| **Thinking -**I can carefully move into new spaces whilst moving in different ways. | **Thinking -** I can move to music using creativity and imagination. | **Thinking -**I can use space skillfully during a game situation. |
| **Social -**I can take turns. | **Social –**I can show passion throughout my routines. | **Social –**I can listen to others in my team. |
| **Year 2** | **Fundamental movements**  Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. | **Dance/Gym**  Develop balance, agility and coordination as well as perform dances using simple movement patterns. | **Games**  Participate in team games, developing simple tactics for attacking and defending. |
| **Physical -**I have mastered basic movements such as running, jumping throwing and catching with control. | **Physical –** I can show good balance and control throughout my routines. | **Physical -**I can run, jump, throw and catch in a variety of games with control. |
| **Thinking -**I can show good spatial awareness when moving. | **Thinking –**I can generate new ideas and share learning with my peers. | **Thinking -** I have mastered spatial awareness. |
| **Social -** I can show self-belief within my PE lessons. | **Social -**I can show passion and patience when moving to music. | **Social -**I can encourage my team members during game situations. |

**Key Stage 2**

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| **Year Group** | **Check point 1**  (SEPT-OCT) | **Check point 2**  (NOV-DEC) | **SWIMMING**  (5 WEEKS) | **Check point 3**  (FEB-MAY) | **Check point 4**  (MAY-JULY) |
| **Year 3** | Fundamental movements  Use running, jumping, throwing and catching in isolation and combination. | Dance/Gym  Develop flexibility, strength, technique, control and balance. Whist moving rhythmically to music and following a sequence of steps. | JUNE 11TH  JUNE 18TH  JUNE 25TH  JULY 2ND  JULY 9TH | Games  Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Whilst incorporating fundamental movements into game situations. | Outdoor and adventurous activity challenges  Take part in outdoor and adventurous challenges both individually and within a team. |
| **Physical -**I have mastered basic movements such as running, jumping throwing and catching with control and strength. | **Physical -** I can start to show strength and control whilst moving to music. | **Physical -**I can use my fundamental skills to support game situations. | **Physical -**I can show stamina whilst participating in OAA activities. |
| **Thinking -**I can start to self-assess my own physical performances. | **Thinking -** I can share learning with my peers through creativity and imagination. | **Thinking – I** can start to plan team tactics. | **Thinking**- I can start to problem solve in a team. |
| **Social -** I can help others around me if they seek additional support. | **Social -**I can communicate with my peers. | **Social -**I can respect whilst working within a team. | **Social -**I can show good communication skills and listen to others. |
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| **Year group** | **Check point 1**  (SEPT-NOV) | **Check point 2**  (DEC-MARCH) | **SWIMMING**  5 WEEKS | **Check point 3**  (APRIL-MAY) | **Check point 4**  (MAY-JULY) |
| **Year 4** | Games  Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Whilst incorporating fundamental movements into game situations. | Dance/Gym  Develop flexibility, strength, technique, control and balance. Whist moving rhythmically to music and following a sequence of steps. | APRIL 23RD  APRIL 30TH  MAY 7TH  MAY 14TH  MAY 21ST | Outdoor and adventurous activity challenges  Take part in outdoor and adventurous challenges both individually and within a team. | Athletics  To participate in a collection of events that involves running, jumping and throwing. Whilst using athletics to recap fundamental movements. |
| **Physical -** I can demonstrate good agility skills whilst in a game situation. | **Physical -** I can start to show strength, flexibility and control whilst moving rhythmically. | **Physical -** I can show stamina and strength whilst participating in OAA activities. | **Physical -**I can show good speed reaction times when running, throwing and jumping. |
| **Thinking -**I can share reasoned decisions with my team. | **Thinking -** I can sequence movements together using creativity and imagination. | **Thinking -**I can show problem solving using questioning. | **Thinking -** I can set my own personal targets within athletic activities. |
| **Social -**I can demonstrate fair play in game situations. | **Social -**I can provide my peers with constructive feedback. | **Social -** I can co-operate well in a team to help one another. | **Social -**I show determination when running, jumping and throwing. |
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| **Year group** | **Check point 1**  (SEPT-NOV) | **Check point 2**  (DEC-FEB) | **SWIMMING**  5 WEEKS | **Check point 3**  (FEB-APRIL) | **Check point 4**  (JUNE-JULY) |
| **Year 5** | Games  Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Whilst incorporating fundamental movements into game situations. | Dance/Gym  Develop flexibility, strength, technique, control and balance. Whist moving rhythmically to music and following a sequence of steps. | MARCH 5TH  MARCH 12TH  MARCH 19TH  MARCH 26TH  APRIL 2ND | Outdoor and adventurous activity challenges  Take part in outdoor and adventurous challenges both individually and within a team. | Athletics  To participate in a collection of events that involves running, jumping and throwing. Whilst using athletics to recap fundamental movements. |
| **Physical -** I can begin to lead warm up and cools down with confidence. | **Physical -**I can demonstrate how to safely use gymnastics equipment. | **Physical -**I demonstrate speed, stamina and good reaction times to OAA activities. | **Physical -**I have mastered throwing, jumping and running with speed and stamina. |
| **Thinking -**  I can share my own judgements about the effect of exercising on our heart, lungs, temperature etc. | **Thinking -**I can explain why we should be safe when exercising. | **Thinking –**I can plan how I am going to solve a problem. | **Thinking -**I can set my own personal targets and succeed by showing determination. |
| **Social -** I can show honesty and respect when working as a team. | **Social –**I can show support to my peers through communication a listening. | **Social - I can show compromise when problem solving in a team.** | **Social - I** show enthusiasm and passion when participating in athletic events. |
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| **Year group** | **Check point 1**  (SEPT-NOV) | **Check point 2**  (DEC-FEB) | **SWIMMING**  5 WEEKS | **Check point 3**  (FEB-APRIL) | **Check point 4**  (APRIL-JUNE) |
| **Year 6** | Games  Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Whilst incorporating fundamental movements into game situations. | Dance/Gym  Develop flexibility, strength, technique, control and balance. Whist moving rhythmically to music and following a sequence of steps. | JAN 16TH  JAN 23RD  JAN 30TH  FEB 6TH  FEB 13TH | Outdoor and adventurous activity challenges  Take part in outdoor and adventurous challenges both individually and within a team. | Athletics  To participate in a collection of events that involves running, jumping and throwing. Whilst using athletics to recap fundamental movements. |
| **Physical - I** can demonstrate and lead a warm up/ cool down. | **Physical -**I can demonstrate how to safely set up, use and dismantle gymnastics equipment. | **Physical -**I demonstrate speed, stamina and excellent reaction times to OAA activities. | **Physical -**I have mastered throwing, jumping and running to a level I can excel at my personal bests. |
| **Thinking -**I can explain the importance of a warm up/cool down. | **Thinking - I** can suggest safe ways to exercise. | **Thinking -**I can investigate and plan how to solve OAA activities independently and as a team. | **Thinking -**I can generate ideas of different types of training methods. |
| **Social -**I can show teamwork, respect and fair play in game situations. | **Social -**I can show passion throughout dance and gymnastics. | **Social -** I can give constructive feedback to help support improvement. | **Social -** I can show praise to my peers after athletic events. |