

PE Whole School Curriculum Map 2024-2025

Team Donaldson EYFS Physical Development	During continuous provision alongside taught PE sessions					
	Autumn 1 7 weeks 3 days	Autumn 2 7 weeks	Spring 1 7 weeks	Spring 2 6 weeks	Summer 1 4 weeks	Summer 2 7 weeks
EYFS	Me & Myself	Dance	Dance	Ball Skills	Throwing and Catching	Fun and Games
	Fitness (Fundamental Movement skills)		Yoga			Gymnastics
Donaldson yr 1	Fitness (Fundamental Movement skills)	Dance	Dance	Handball	Volley Ball	Athletics
			Yoga	Gymnastics		Orienteering
Team Cherry yr 1, 2	Fitness (Fundamental Movement skills)	Dance	Gymnastics	Handball	Volley Ball	Athletics
	Yoga			Dance		Orienteering
Team Cowell Yr 3	Handball	Dance	Gymnastics	Tennis	Orienteering	Athletics
		Yoga		Dance		Swimming yr 3 + (yr6 non swimmers)
Team Saunder yr 4, 5	Handball	Dance	Gymnastics	dance	Orienteering	Athletics
	Swimming	Swimming		Yoga/ Volleyball		
Team Morpurgo Yr 5, 6	Handball	Dance	Gymnastics	Dance	Orienteering	Athletics
			Swimming year 6 only	Swimming yr 5 + (yr6 non swimmers) Volleyball		

Key areas- **Gymnastic skills** **Dance skills** **Games skills** **Athletics** **OAA** **Swimming and Water safety**

***Swimming-** All KS2 children will access 1 full term of swimming. Year 6 children will receive sustained swimming sessions across the year until they achieve competence and confidence in swimming a minimum of 25m and perform water safety self-rescue skills.

National Curriculum Physical Education		
<p style="text-align: center;">Purpose of study</p> <p>A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.</p>	<p style="text-align: center;">Aims</p> <p>The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> ♣ develop competence to excel in a broad range of physical activities ♣ are physically active for sustained periods of time <ul style="list-style-type: none"> ♣ engage in competitive sports and activities ♣ lead healthy, active lives. 	<p style="text-align: center;">Attainment targets</p> <p>By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study</p>
<p>Key stage 1 Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p style="text-align: center;">Pupils should be taught to:</p> <ul style="list-style-type: none"> ♣ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities ♣ participate in team games, developing simple tactics for attacking and defending <ul style="list-style-type: none"> ♣ perform dances using simple movement patterns. 	<p>Key stage 2 Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p style="text-align: center;">Pupils should be taught to:</p> <ul style="list-style-type: none"> ♣ use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending ♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <ul style="list-style-type: none"> ♣ perform dances using a range of movement patterns ♣ take part in outdoor and adventurous activity challenges both individually and within a team ♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best 	
<p>Swimming and water safety</p> <p>All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] <ul style="list-style-type: none"> ♣ perform safe self-rescue in different water-based situations. 		