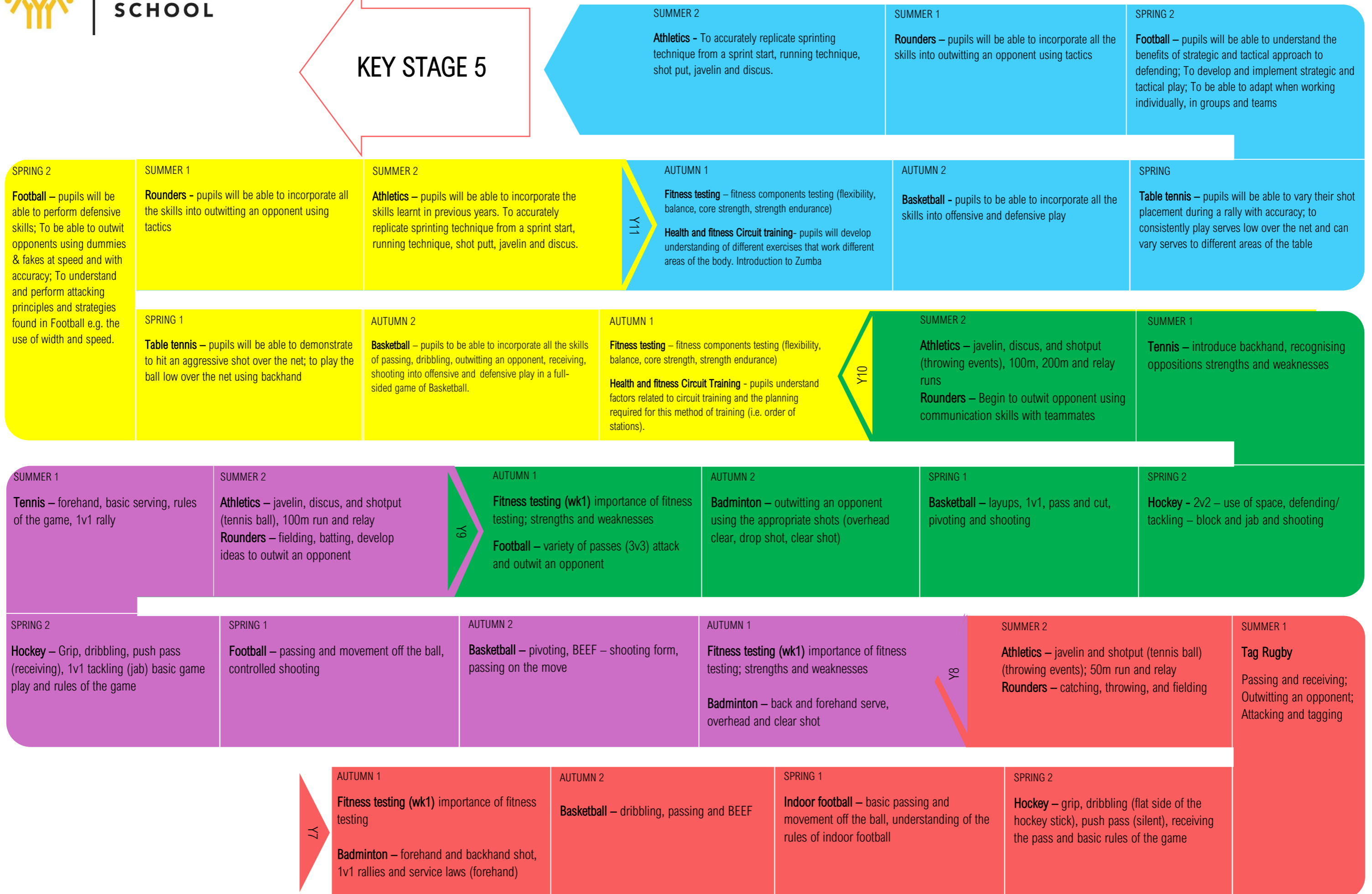
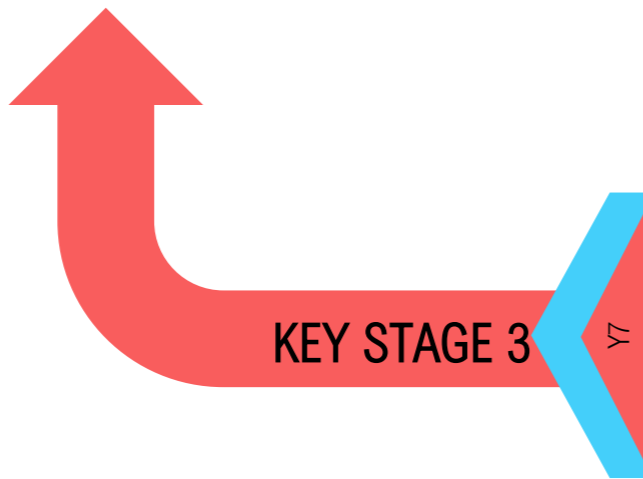




**CURRICULUM MAP – Physical Education**

**KEY STAGE 5**





<b>SPRING 2</b>  <b>Dance Water</b>  Pupils to change their movements according to different stimuli; To perform a short dance phrase with expression	<b>SUMMER 1</b>  <b>Swimming</b>  Enter the pool sagely by jumping in or sliding in on front; confidently swim across the pool using correct stroke techniques	<b>SUMMER 2</b>  <b>Rounders</b>  Batting; ball familiarisation; catching (cup-shape); fielding; bowling	<b>Y7</b>  <b>SUMMER 2</b>  <b>Rounders</b>  Batting; ball familiarisation; catching (cup-shape); fielding; bowling	<b>SUMMER 1</b>  <b>Swimming</b>  Enter the pool by jumping and diving safely; swim confidently using various strokes; use advantage breathing techniques in all strokes	<b>SPRING 2</b>  <b>Dance through the decades</b>  1960s-2010s Pupils to take inspiration from dance elements from different decades, combining these and perform a dance movement
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<b>SPRING 2</b>  <b>Dance Water</b>  Pupils to change their movements according to different stimuli; To perform a short dance phrase with expression	<b>SUMMER 1</b>  <b>Swimming</b>  Enter the pool sagely by jumping in or sliding in on front; confidently swim across the pool using correct stroke techniques	<b>SUMMER 2</b>  <b>Rounders</b>  Batting; ball familiarisation; catching (cup-shape); fielding; bowling	<b>Y6</b>  <b>AUTUMN 1</b>  <b>Multiskills</b>  Understand and carry out warmups and cool downs safely; know ways they can become healthier.	<b>AUTUMN 2</b>  <b>Multiskills</b>  Balance equipment on various body parts whilst moving; can change direction at speed with balance	<b>SPRING 1</b>  <b>Netball</b>  Perform a variety passes; perform correct footwork in a game; defend a player during a game to intercept the ball; shoot in a basket and get a rebound (miss)
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<b>SPRING 1</b>  <b>Netball</b>  Pass and move; receive the ball on the move and perform correct footwork; defend a player and attempt to intercept a pass; flick my wrist to shoot into a basket	<b>AUTUMN 2</b>  <b>Multiskills</b>  Balance equipment on various body parts whilst moving; can change direction at speed with balance	<b>AUTUMN 1</b>  <b>Multiskills</b>  Know the reasons for warming up and cooling down; explain some safety principles when preparing for and during exercise	<b>Y5</b>  <b>SUMMER 2</b>  <b>Rounders</b>  Batting; ball familiarisation; catching (cup-shape); fielding; bowling	<b>SUMMER 1</b>  <b>Swimming</b>  Be confident to swim across the pool without stopping; begin to show breathing technique when performing various strokes with and without a float
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<b>SUMMER 1</b>  <b>Swimming</b>  Gain confidence in water walking unaided in pool; developing whole strokes “doggy paddling”; be able to swim 5-10 meters; swim on back through kicking and sculling	<b>SUMMER 2</b>  <b>Rounders</b>  Batting; ball familiarisation; catching (cup-shape); fielding; bowling	<b>Y4</b>  <b>AUTUMN 1</b>  <b>Multiskills</b>  Describe how the body reacts at different times and how this affects performance explain why exercise is good for health; know some reasons for warming up	<b>AUTUMN 2</b>  <b>Multiskills</b>  Balancing confidently using various equipment and body parts; changing direction at speed with good technique	<b>SPRING 1</b>  <b>Netball</b>  Pass and receive stepping into the pass; perform stride and jump stop with pivot; perform two different dodges; mark a player standing side on sticking to player	<b>SPRING 2</b>  <b>Dance Water</b>  Pupils to change their movements according to different stimuli; To perform a short dance phrase with expression
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<b>SPRING 2</b>  <b>Dance Water</b>  Pupils to change their movements according to different stimuli; To perform a short dance phrase with expression	<b>SPRING 1</b>  <b>Netball</b>  Pass and receive a netball safely (chest and bounce pass); perform a stride stop, jump stop and dodge in netball	<b>AUTUMN 2</b>  <b>Multiskills</b>  Balancing on various body parts while moving; agility focus changing direction at speed	<b>AUTUMN 1</b>  <b>Multiskills</b>  Describe the effects of exercise on the body; know the importance of strengths and flexibility for physical activity; explain the importance of warm up/ cool down	<b>Y3</b>  <b>SUMMER 2</b>  <b>Rounders</b>  Batting; ball familiarisation; catching (cup-shape); fielding; bowling	<b>SUMMER 1</b>  <b>Swimming</b>  Gain confidence in water walking unaided in pool; developing whole strokes “doggy paddling”; be able to swim 5-10 meters
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<b>Y2</b>  <b>AUTUMN 1</b>  <b>Multiskills</b>  Recognise and describe how the body feels during and after different physical activities; explain what they need to stay healthy	<b>AUTUMN 2</b>  <b>Multiskills</b>  Balance on low apparatus with good control; changing direction quickly with good balance and control; coordinating body whilst beginning to move at different speed	<b>SPRING 1</b>  <b>Netball</b>  Catch a ball in an adapted game; know how to pass the ball in different ways (chest, bounce); understand the importance of rules in a game	<b>SPRING 2</b>  <b>Dance Water</b>  Pupils to change their movements according to different stimuli; To perform a short dance phrase with expression
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