



Curriculum Map Subject: PE



Intent Statement

Our intent at St Nicholas Catholic Primary School is to deliver a broad and balanced PE curriculum that is ambitious, challenging and engaging. PE at St Nicholas Catholic Primary School aims to deliver an enjoyable, high-quality physical education curriculum that inspires all pupils to succeed and excel individuals' God given talents in competitive sports and other physically-demanding activities. We will provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Our children will have opportunities to compete in sport and other activities that build character and help to embed values such as fairness and respect. PE at St Nicholas is an imperative element of the curriculum which develops a need for healthy lifestyles, a balanced diet, positive growth mind-set and the resilience to persevere with more challenging activities. We are passionate about the need to teach children how to cooperate and collaborate with others as part of a team, understanding the fairness of play to embed life-long values.

Implementation - curriculum coverage

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Introduction to PE: Unit 1	Introduction to PE: Unit 2	Fundamentals: Unit 1	Fundamentals: Unit 2	Ball skills: Unit 1	Ball skills: Unit 2
			Dance: Unit 1		Dance: Unit 2	

	<p><u>Key objectives (Pupils must know and remember these facts / Improve, hone & apply these skills)</u></p> <p>Emotional: I am confident to try new activities. Emotional: I ask for help if needed. Physical: I can handle equipment effectively. Physical: I can move confidently in a range of ways. Physical: I can safely negotiate space. Physical: I can show good control and coordination in small and large movements. Physical: I can talk about ways to keep healthy and safe. Physical: I know the importance of good health and physical exercise. Social: I am sensitive to others' feelings. Social: I play cooperatively, taking turns. Thinking: I can talk about my own ideas and use them in response to a task. Thinking: I understand and follow rules.</p>
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Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Ball skills	Fundamentals	Dance	Gymnastics	Team building	Athletics
	Fitness	Striking and fielding	Target games	Invasion	Yoga	Yoga
<p><u>Key objectives (Pupils must know and remember these facts / Improve, hone & apply these skills)</u></p> <ul style="list-style-type: none"> ★ Create and perform a movement phrase with a beginning, middle and end ★ Show good awareness of space, apparatus and the actions of others. ★ Carry and set up equipment safely with help ★ Apply skills in a variety of situations. ★ Describe the differences in the way their body works and feels when playing different games 						

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Fundamentals	Ball skills	Gymnastics	Dance	Athletics	Team building
	Fitness	Striking and fielding	Net and Wall	Sending and receiving	Yoga	Yoga
	<p><u>Key objectives (Pupils must know and remember theses facts / Improve, hone & apply these skills)</u></p> <ul style="list-style-type: none"> ★ Repeat a sequence of gymnastic actions incorporating smooth transitions and stillness ★ Know the difference between tension and relaxation in their body ★ Throwing accurately and consistently towards a target. ★ Use appropriate language to accurately describe a gymnastic sequence, choosing one aspect and say how to improve it. ★ Know that flexibility, strength and body control is good for them and describe what it feels like. 					

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Gymnastics	Swimming	Dance	Ball Skills 3/4	Athletics	Tennis
	Handball	Fundamentals	Netball	Tag Rugby	Golf	OAA
	<p><u>Key objectives (Pupils must know and remember theses facts / Improve, hone & apply these skills)</u></p> <ul style="list-style-type: none"> ★ Throw a variety of objects, changing their action for accuracy and distance ★ Perform combinations of gymnastic actions using floor, mats and apparatus. ★ Use ideas they have learned in one task and apply them in another ★ Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding, team and net games ★ Explain how others can perform a movement or skill using age appropriate vocabulary 					

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Dance	Gymnastics	Football	Yoga	Tennis	Athletics
	Dodgeball	Basketball	Fitness	Hockey	Cricket	Rounders
	<p><u>Key objectives (Pupils must know and remember these facts / Improve, hone & apply these skills)</u></p> <ul style="list-style-type: none"> ★ Choose and use a range of ball skills with a good degree of accuracy ★ Use a variety of techniques and tactics to attack, keep possession and score ★ To use a range of throwing and catching styles to beat an opponent ★ Relate different athletic activities to changes in heart rate, breathing and temperature. ★ Choose and use a range of simple tactics for defending and challenging their opponent for striking, fielding, team and net games. 					

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Gymnastics	Dance	Yoga	Football	Tennis	Athletics
	Netball	Dodgeball	Handball	Volleyball Y5/6	Rounders	Golf
	<p><u>Key objectives (Pupils must know and remember these facts / Improve, hone & apply these skills)</u></p> <ul style="list-style-type: none"> ★ Develop a broad range of techniques and skills for attacking and defending, using them with consistent accuracy, confidence and control ★ Perform actions, shapes and balances with good body tension and extension. ★ With help, devise warm up and cool down activities and justify their choices. 					

	<ul style="list-style-type: none"> ★ Know and apply the strategic and tactical principles of various games and adapt them to different situations ★ Designs a fitness plan to address ways to use physical activity to enhance fitness.
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Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Dance	Gymnastics	Badminton 5/6	Tennis	Athletics	Swimming OAA
	Tag Rugby	Basketball	Hockey	Fitness	Cricket	Athletics
	<p><u>Key objectives (Pupils must know and remember theses facts / Improve, hone & apply these skills)</u></p> <ul style="list-style-type: none"> ★ Prepare physically and organisationally for challenges they are set, taking into account group safety and adapt their skills and understanding as they move from familiar to unfamiliar environment ★ Combine and perform actions, shapes and balances with fluency in increasingly difficult combinations ★ Organise and judge events and challenges well. ★ Know and apply strategic and tactical principles of a various games and adapt them to different situations ★ Apply coaching skills across various games/situations 					