



Physical Education Curriculum Map 2016-2017

			In school	At home
<u>Key Stage 1</u> Year 1 and Year 2	Autumn	Multi Skills (agility, balance and coordination)	<p>Use the term “opponent” and “team-mate”.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop their understanding and use of tactics within individual/team games.</p>	<p>Physical activity helps children grow strong bones, maintain a healthy weight, and discover the world around them. Best of all, it's great fun.</p> <p><u>Recommended physical activity levels</u></p> <ul style="list-style-type: none"> • Children aged under 5 years should do 180 minutes every day • Young people (5-18 years) should do 60 minutes every day <p>All children should be physically active for at least one hour a day. You can help by encouraging your child to find activities they enjoy, and building physical activity into family life. Most children love running around a park or playing in a playground.</p> <p>One reason why physical activity in childhood is so important is because it helps your child to maintain a healthy weight.</p> <p>But that's not the only reason: physical activity is</p>
	Spring	Dance Gymnastics	<p>Copy and remember moves and positions.</p> <p>Move with careful control and coordination.</p> <p>Link two or more actions to perform a sequence.</p> <p>Choose movements to communicate a mood, feeling or idea.</p> <p>Show contrasts (such as small/tall, straight/curved and wide/narrow).</p> <p>Travel by rolling forwards, backwards and sideways.</p> <p>Hold a position whilst balancing on different points of the body.</p> <p>Climb safely on equipment.</p> <p>Stretch and curl to develop</p>	



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			flexibility. Jump in a variety of ways and land with increasing control and balance.	part of the way children discover the world, and themselves. It helps build strong muscles and healthy bones, as well as improving self-confidence.
	Summer	Games, Athletics (agility, balance and coordination)	Use the term "opponent" and "teammate". Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop their understanding and use of tactics within individual/team games. Lead others (where appropriate)	When possible play simple catching and throwing games with your child. You could use variety of different sized balls, Frisbees etc. Encourage them to catch and throw with both hands. Try to persuade family members to join in as well.
Lower Key Stage 2 Year 3 and Year 4	Autumn	Games Y4 – Swimming	Throw and catch with control and accuracy. Strike a ball and field with control. Choose appropriate tactics to cause problems for the opposition. Follow the rules of the game and play fairly. Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). Pass to team mates at appropriate times. Lead others and act as a respectful team member.	Skipping is a fun cheap way for your child to keep fit. Follow in the footsteps of boxers and many other sportsmen and women. Walk or cycle to and from school with your child as often as possible. Try to go to the swimming baths regularly, so that your child becomes confident in water. At the park show them how to climb safely, play games.



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			<p><u>Swimming – Year 4 only</u> Swim between 25 and 50 metres unaided. Use more than one stroke and coordinate breathing as appropriate for the stroke being used. Coordinate leg and arm movements. Swim at the surface and below the water.</p>	<p>Talk to your child about leading a healthy lifestyle – food choices, plenty of sleep, water.</p> <p>Encourage your child to make up their own movements when listening to music.</p> <p>Support your children in sports, clubs or any other activities that may interest them. Joining a weekend club sport ensures commitment to a team and regular exercise.</p>
Spring		Gymnastics and Dance	<p>Dance: Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences. Create dances and movements that convey a definite idea. Change speed and levels within a performance. Develop physical strength and suppleness by practising moves and stretching.</p>	<p>Build a den or treehouse with them in the school holidays. Or, under supervision, encourage them to climb a tree or two.</p> <p>Go roller skating, rollerblading or skateboarding, indoors or outside. In winter, go ice skating. Children also love scooters.</p> <p>Do an activity challenge together, such as working towards a fun run or a walk for charity.</p> <p>Take the dog for a walk. If you don't have one of your own, ask to borrow a neighbour's or friend's</p>



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			<p>Gymnastics: Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences. Show changes of direction, speed and level during a performance. Travel in a variety of ways, including flight, by transferring weight to generate power in movements. Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape). Swing and hang from equipment safely (using hands).</p>	<p>dog and take it for a walk.</p> <p><i>Find time every weekend to do something active with your children. Play frisbee or football in the park, go trampolining, or try indoor rock climbing.</i></p> <p>Fly a kite.</p> <p>Try a beach day or holiday. When they hit the sand, children find a multitude of ways to exercise, including games, swimming, and plenty of running around.</p> <p><i>You can find advice on eating well and getting active as a family on the Change4Life website.</i></p> <p><i>More information about sports facilities within Knowsley available from https://www.activeknowsley.com/</i></p>
Summer		<p>Athletics, Outdoor Adventurous Activities and Games.</p>	<p>Athletics: Sprint over a short distance up to 60 metres. Run over a longer distance, conserving energy in order to sustain performance.</p>	<p><i>or ring 0151 443 2200</i></p>



		<p>Y4 – Swimming</p>	<p>Use a range of throwing techniques (such as under arm, over arm). Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate. Compete with others and aim to improve personal best performances.</p> <p><u>Outdoor and Adventurous</u> <u>Activities:</u> Arrive properly equipped for outdoor and adventurous activity. Understand the need to show accomplishment in managing risks. Show an ability to both lead and form part of a team. Support others and seek support if required when the situation dictates. Show resilience when plans do not work and initiative to try new ways of working. Use maps, compasses and digital devices to orientate themselves. Remain aware of changing conditions and change plans if necessary.</p>	
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<p><u>Upper Key Stage 2</u> Year 5 and Year 6</p>	<p>Autumn</p>	<p>Games and Indoor Athletics</p>	<p>Games: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). Work alone, or with team mates in order to gain points or possession. Strike a bowled or volleyed ball with accuracy. Use forehand and backhand when playing racket games. Field, defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.</p> <p>Athletics: Combine sprinting with low hurdles over 60 metres.</p>	
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			<p>Choose the best place for running over a variety of distances.</p> <p>Throw accurately and refine performance by analysing technique and body shape.</p> <p>Show control in take off and landings when jumping.</p> <p>Compete with others and keep track of personal best performances, setting targets for improvement.</p>	
	Spring	Gymnastics and Dance	<p>Gymnastics</p> <p>Create complex and well-executed sequences that include a full range of movements (travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching and twisting).</p> <ul style="list-style-type: none"> • Gestures. • Linking skills. • Hold shapes that are strong, fluent and expressive. • Include in a sequence set pieces, choosing the most appropriate linking elements. <p>Vary speed, direction, level and body</p>	



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		<p>rotation during floor performances. Practise and refine the gymnastic techniques used in performances (listed above). Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). Use equipment to vault and to swing (remaining upright).</p> <p>Dance: Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Express an idea in original and imaginative ways. Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. Perform complex moves that combine strength and stamina gained through</p>	
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			gymnastics activities (such as cartwheels or handstands).	
	Summer	Games, Athletics and Outdoor and Adventurous Activity:	<p>Outdoor and Adventurous Activity:</p> <p>Select appropriate equipment for outdoor and adventurous activity. Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</p> <p>Embrace both leadership and team roles and gain the commitment and respect of a team.</p> <p>Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</p> <p>Remain positive even in the most challenging circumstances, rallying others if need be.</p> <p>Use a range of devices in order to orientate themselves.</p> <p>Quickly assess changing conditions and adapt plans to ensure safety comes first.</p>	