

Little Green Physical Education Curriculum Map for Years 3-6

To develop practical skills in order to participate, compete and lead a healthy lifestyle.

Key Skills in Year 3 and 4:	Year 3		
<p>Games</p> <ul style="list-style-type: none"> • 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 (e.g. with feet, hand, racket). • Pass to team mates at appropriate times and act as a respectful team member. <p>Dance</p> <ul style="list-style-type: none"> • 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>Gymnastics</p> <ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in 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. • Use sense of gravity to improve balance on different body parts. • Travel on, swing or hang from apparatus safely (using hands). <p>Athletics</p> <ul style="list-style-type: none"> • Sprint over a short distance up to 60m. • Run over a longer distance, conserving energy in order to sustain performance • Use a range of throwing techniques (e.g. underarm, over arm). • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways. 	<p><u>Autumn</u></p> <p>Gymnastics Circuit fitness</p> <p>Multi-skills Tri-Golf</p>	<p><u>Spring</u></p> <p>Dance</p> <p>Ball Skills and Invasion game skills</p>	<p><u>Summer</u></p> <p>Athletics</p> <p>Tennis and Striking and fielding games</p>
	Year 4		
	<p><u>Autumn</u></p> <p>Gymnastics Circuit fitness</p> <p>Handball and Football</p>	<p><u>Spring</u></p> <p>Dance</p> <p>Netball and Tri-Golf</p>	<p><u>Summer</u></p> <p>Athletics</p> <p>Cricket and Tennis</p>

To develop practical skills in order to participate, compete and lead a healthy lifestyle.

Key Skills in Year 5 and 6:

Games

- Choose and combine techniques in different game situations
- 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

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 throughout a piece.
- Perform complex moves that combine strength and stamina gained through gymnastic activities.

Gymnastics

- Plan a sequence of movements related to the topic of study, including the use of appropriate apparatus (e.g. balances, swinging, gestures, flight, bending, twisting, stretching, linking skills); practise and refine different techniques.
- Hold shapes that are strong, fluent and expressive.
- Vary speed, direction, level and body rotation during floor performances.
- Use equipment to vault and to swing.

Swimming

- To swim unaided (more than 25m) and increase the distance as confidence builds.
- To coordinate breathing as appropriate for the stroke.
- To coordinate leg and arm movements for different strokes and develop fluency.

Athletics

- Combine sprinting with low hurdles over 60m.
- Run a variety of distances.
- Throw accurately and refine performance.
- Show control in take off and landings when jumping.

Year 5

Autumn

Gymnastics
Circuit fitness

Netball and
Hockey
(or Swimming)

Spring

Dance

Tag Rugby and
Cricket
(or Swimming)

Summer

Athletics

Basketball and
Rounders
(or Swimming)

Year 6

Autumn

Gymnastics
Circuit fitness

Football and
Hockey

Spring

Dance

Tag-Rugby and
Volleyball

Summer

Athletics

Cricket and
Softball