

St John's Primary School  
Physical Education Curriculum Overview

KS1 Curriculum Map

Year B	Autumn	Spring	Summer
	Term 1&2	Term 3&4	Term 5&6
EYFS	<p><b>Topic: Physical Development</b></p> <p>Use of pedagogic games and fun activities for children to develop their understanding around the basic fitness components (Speed, Balance, Strength, Flexibility, Stamina, Coordination).</p> <p>Create a context where children learn through experience and develop a keen interest for activity and sports. Introduce PE animal friends</p> <p>-Link the application of the different physical components in everyday activities (e.g put on your socks/flexibility)</p> <p><b>Topic: Ball Games</b></p> <p>Use a variety of games and activities to</p>	<p><b>Topic: Physical Development</b></p> <p>Use of pedagogic games and fun activities for children to develop their understanding around the basic fitness components</p> <p>Create a context where children learn through experience and develop a keen interest for activity and sports</p> <p>-Link the application of the different physical components in everyday activities (e.g put on your socks/flexibility)</p> <p><b>Topic: Gymnastics</b></p> <p>Through basic exercises of strength, balance and flexibility, children to develop an interest and understanding</p>	<p><b>Topic: Athletics/Intro</b></p> <p>Use running technique improvement exercises through games and stories that will enable children to learn how to run balanced , controlled and with good leg/arm coordination</p> <p>Children to start understanding how the use of arms and legs will affect the way they run</p> <p>Simple form of Athletics skills (Run, Jump, Throw focus) with the help of role playing, acting and storytelling (e.g 'we have to cross the river by jumping and landing on these big pebbles' said the giant to the children</p> <p><b>Topic: Hand as Bat/Racquet games</b></p> <p>Children use their hands as</p>

St John's Primary School  
Physical Education Curriculum Overview

	<p>enable children to improve their hand eye, leg-eye, coordination, space awareness and body control when handling balls from different sports</p> <p>At the same time by using rules and regulations enable children to understand that every game has rules that we need to respect and follow as well as respecting our opponents and working well within a team</p>	<p>of gymnastics</p> <p>Use exercises and skills that enable children to be confident with using a variety of non-common moves (e.g walking backwards, turning, jumping rolling and balancing) that will develop more confident Gymnastics practitioners throughout the years</p>	<p>bat/raquets and move it to try and hit an object (foam ball), but always with good spacing from each other. Introduce safety zones that children will learn to use as they grow. Play target games, use points system. Include running , balance, strength and other basic skills to improve along</p>
Y1&2	<p><b>Topic: Ball Games Football-Netball/Developing Fundamental Movement Skills</b></p> <p>Definition of physical components and application on football-netball/basketball. What is Strength, Speed, Balance etc and how can we improve them?</p> <p>Use exercises and games played individually, in pairs, small groups and teams improving Strength, Speed, Stamina, Coordination, Agility, Balance and body control within given sports. Children to contribute with examples of exercises that could improve a</p>	<p><b>Topic: Developing Fundamental Movement Skills/Netball</b></p> <p>Footwork and pivoting Passing and Receiving Shooting and Scoring Defending-no contact . Develop through game orientated activities</p> <p><b>Topic: Gymnastics/Dance</b></p> <p>Balance-Strength-Flexibility-Coordination in isolation and combination</p> <p>Games warm up (Moving statues, Storks and frogs, Bear Hunt Challenge, The Zookeeper, Mirror do as I so,)</p>	<p><b>Topic: Fundamental Movement Skills/ Hand as bat/Hand as Racquet</b></p> <p>Children use their hands as bat/raquets and move it to try and hit an object (foam ball), but always with good spacing from each other. Introduce safety zones that children will learn to use as they grow. Play target games, use points system. Include running , balance, strength and other basic skills to improve along</p> <p><b>Topic: Athletics/Quad Kids</b></p> <p>Sprint and medium distance running.</p>

St John's Primary School  
Physical Education Curriculum Overview

	<p>certain skill</p> <p>Use examples of skills from popular sports and discuss how the physical skills apply to different ways Sports are played</p> <p>Learn to use equipment creatively and safely</p>	<p>Pair activities (core strength, balance, speed)</p> <p>Station activities (Strength/balance/Coordination/Body control)</p> <p>Around the mats (Rolls, Jumps, Strength)</p> <p>Running as per different sports (how gymnasts run?)</p> <p>Jumping circles (tuck-straight-bend and jump)</p>	<p>Different use of feet and arms</p> <p>Overarm throwing, ball, vortex</p> <p>Develop and improve horizontal and vertical jump</p> <p>Introduce relay races</p>
--	--	---	--

St John's Primary School  
Physical Education Curriculum Overview

Year A	Autumn	Spring	Summer
	Term 1&2	Term 3&4	Term 5&6
EYFS	<p><b>Topic: Physical Development</b></p> <p>Use of pedagogic games and fun activities for children to develop their understanding around the basic fitness components (Speed, Balance, Strength, Flexibility, Stamina, Coordination.</p> <p>Create a context where children learn through experience and develop a keen interest for activity and sports. Introduce PE animal friends</p> <p>-Link the application of the different physical components in everyday activities (e.g put on your socks/flexibility)</p> <p><b>Topic: Ball Games</b></p> <p>Use a variety of games and activities to enable children to improve their hand eye, leg-eye, coordination, space</p>	<p><b>Topic: Physical Development</b></p> <p>Use of pedagogic games and fun activities for children to develop their understanding around the basic fitness components</p> <p>Create a context where children learn through experience and develop a keen interest for activity and sports</p> <p>-Link the application of the different physical components in everyday activities (e.g put on your socks/flexibility)</p> <p><b>Topic: Dance</b></p> <p>Explore dance movements in isolation and combination and develop a basic understanding and confidence for movement following a variety music patterns</p>	<p><b>Topic: Athletics/Intro</b></p> <p>Use running technique improvement exercises through games and stories that will enable children to learn how to run balanced , controlled and with good leg/arm coordination</p> <p>Children to start understanding how the use of arms and legs will affect the way they run</p> <p>Simple form of Athletics skills (Run, Jump, Throw focus) with the help of role playing, acting and storytelling (e.g 'we have to cross the river by jumping and landing on these big pebbles' said the giant to the children</p> <p><b>Topic: Hand as Bat/Racquet games</b></p> <p>Children use their hands as bat/raquets and move it to try and hit an object (foam ball), but always with</p>

St John's Primary School  
**Physical Education Curriculum Overview**

	<p>awareness and body control when handling balls from different sports</p> <p>-At the same time by using rules and regulations enable children to understand that every game has rules that we need to respect and follow as well as respecting our opponents and working well within a team</p>	<p>Develop creativity and core balance and strength with the application of a variety of movement.</p>	<p>good spacing from each other. Introduce safety zones, that children will learn to use as they grow. Play target games, use points system. Include running , balance, strength and other basic skills to improve along</p>
--	---	--	--

<b>Y1&amp;2</b>	<b>Topic: Fundamental Movement Skill/Football/Tag Rugby/Netball</b>	<p><b>Topic: Fundamental Movement Skills/ Basketball</b></p> <p><b>Topic: Gymnastics/Dance</b></p>	<p><b>Topic: Fundamental Movement Skills Hand as bat/Hand as Racquet</b></p> <p><b>Topic: Athletics/Quad Kids</b></p>
-----------------	---	--	---

## **KS2 Curriculum Map**

**St John's Primary School**  
**Physical Education Curriculum Overview**

<b>Year B</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
	<b>Term 1&amp;2</b>	<b>Term 3&amp;4</b>	<b>Term 5&amp;6</b>
<b>Y3/4</b>	<p><b>Topic: Football. Ball control, dribbling and passing, scoring. Basic rules and regulations</b></p> <p><b>Topic: Netball. Footwork and pivoting, passing , scoring, basic rules. No contact defending</b></p>	<p><b>Topic: Basketball. Dribbling , passing , scoring and basic defending skills. Introduce and explain main playing rules</b></p> <p><b>Topic: Gymnastics. Improve upon balance, strength and flexibility on basic gymnastics moves. Combine 2-3 moves in isolation and combination</b></p>	<p><b>Topic: Athletics/Intro. Explore and improve running technique in Sprints, Medium and Long distance run. Long Jump skills. Basic throwing skills (shot, vortex)</b></p> <p><b>Topic: Cricket/ Rounders</b></p>
<b>Y 5/6</b>	<p><b>Topic: Football. Ball control, dribbling and changing direction, faking, passing and receiving with control and accuracy, targetting and shooting, headers, goalkeeping skills.</b></p> <p><b>Topic: Netball. Footwork, pivoting, passing and scoring, court zones and basic positions. 4" and 1m rules.</b></p>	<p><b>Topic: Basketball</b></p> <p><b>Topic: Gymnastics. Further explore balances, rolls and jumps in combination and with the use of gymnastics apparatus (benches, floor, vaults). Combine 3-5 moves with control, rhythm and artistic style</b></p>	<p><b>Topic: Cricket Rounders</b></p> <p><b>Topic: Athletics/Quad Kids</b></p>

**St John's Primary School**  
**Physical Education Curriculum Overview**

<b>Year A</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
	<b>Term 1&amp;2</b>	<b>Term 3&amp;4</b>	<b>Term 5&amp;6</b>
<b>Y3/4</b>	<p><b>Topic: Hockey</b></p> <p><b>Topic: Tag Rugby</b></p>	<p><b>Topic: Gymnastics</b></p> <p><b>Topic: Dance-Modern</b></p>	<p><b>Topic: Athletics 2. Cross Country running, Hurdles, Relays, High Jump, Disc Throw</b></p> <p><b>Topic: Tennis/Badminton</b></p>
<b>Y5/6</b>	<p><b>Topic: Hockey</b></p> <p><b>Topic: Tag Rugby</b></p>	<p><b>Topic: Gymnastics</b></p> <p><b>Topic: Dance-Modern</b></p>	<p><b>Topic: Athletics 2 Cross Country running, Hurdles, Relays, High Jump, Disc Throw</b></p> <p><b>Topic: Tennis/Badminton</b></p>



**St John's Primary School**  
**Physical Education Curriculum Overview**