

Physical Education Curriculum Map

Curriculum Plan CYCLE A		DAY	Autumn Term		Spring Term			Summer Term	
			Autumn 1	Autumn 2	Spring 1		Spring 2	Summer 1	Summer 2*
GARWOOD	Year R/1	MON	Y1 Ball Skills: Hands 12 lessons		Y1 Balance, Shape & Rotation 6 lessons		Y1 Travelling and Jumping 12 lessons		Y1 Ball Skills: Kicking 4 lessons
		WED	Y1 Dance Fundamentals 12 lessons	Y1 Attacking & Defending 9 lessons	Health & Fitness 5 lessons	Y1 Striking & Hitting 4 lessons	Y1 Dance Fundamentals 12 lessons		
BAWDEN	Year 1/2	MON	Y2 Ball Skills: Hands 12 lessons		Y2 Balance, Shape & Rotation 6 lessons		Y2 Travelling and Jumping 12 lessons		Y2 Ball Skills: Kicking 4 lessons
		WED	Y2 Dance Fundamentals 12 lessons	Y2 Attacking & Defending 8 lessons	Y2 Health & Fitness 4 lessons		Y2 Striking & Hitting 4 lessons	Y2 Dance Fundamentals 12 lessons	
ALDRIDGE	Year 3/4	MON	Y4 Fundamental Movement Skills 12 lessons		Y4 Travelling & Jumping 6 lessons		Y4 Balance, Shape & Rotation 6 lessons	Y4 Strategy and Tactics (Attacking & Defending) 6 lessons	Y4 Invasion Games 6 lessons
		WED	Y4 Dance Fundamentals 12 lessons		Y4 Health & Fitness 5 lessons	Y4 Intro to net & wall 2 lessons	Y4 Pickle Ball 5 lessons	Y4 Run. Jump, Throw 8 lessons	Celebration of Sport 4 lessons
RAVILIOUS	Year 5/6	MON	Y6 Fundamental Movement Skills 12 lessons		Y6 Travelling & Jumping 6 lessons		Y6 Balance, Shape & Rotation 6 lessons	Y6 Strategy and Tactics (Attacking & Defending) 6 lessons	Y6 Invasion Games 6 lessons
		THURS	Y6 Dance Fundamentals 12 lessons		Y6 Health & Fitness 5 lessons	Y6 Intro to net & wall 2 lessons	Y6 Tennis 4 lessons	Y6 Athletics 8 lessons	Celebration of Sport 4 lessons

Curriculum Plan CYCLE B		DAY	Autumn Term		Spring Term		Summer Term		
			Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2*	
GARWOOD	Year R/1	MON	Y1 Ball Skills: Hands 12 lessons		Y1 Balance, Shape & Rotation 6 lessons	Y1 Travelling and Jumping 12 lessons		Y1 Ball Skills: Kicking 4 lessons	
		WED	Y1 Dance Fundamentals 12 lessons		Y1 Attacking & Defending 9 lessons	Health & Fitness 5 lessons	Y1 Striking & Hitting 4 lessons	Running & Jumping 8 lessons	
BAWDEN	Year 1/2	MON	Y2 Ball Skills: Hands 12 lessons		Y2 Balance, Shape & Rotation 6 lessons	Y2 Travelling and Jumping 12 lessons		Y2 Ball Skills:Kicking 4 lessons	
		WED	Y2 Dance Fundamentals 12 lessons		Y2 Attacking & Defending 8 lessons	Y2 Health & Fitness 4 lessons	Y2 Striking & Hitting 4 lessons	Y2 Running & Jumping 8 lessons	
ALDRIDGE	Year 3/4	MON	Y3 Fundamental Movement Skills 12 lessons		Y3 Travelling & Jumping 6 lessons	Y3 Balance, Shape & Rotation 6 lessons	Y3 Strategy and Tactics (Attacking & Defending) 6 lessons	Y3 Invasion Games 6 lessons	
		WED	Y3 Dance Fundamentals 12 lessons		Y3 Health & Fitness 7 lessons	Y3 Orienteering 5 lessons	Y3 Run, Jump, Throw 6 lessons	Y3 Intro to Striking & Fielding 2 lessons	Y3 Cricket 4 lessons
RAVLIOUS	Year 5/6	MON	Y5 Fundamental Movement Skills 12 lessons		Y5 Travelling & Jumping 6 lessons	Y5 Balance, Shape & Rotation 6 lessons	Y5 Strategy and Tactics (Attacking & Defending) 6 lessons	Y5 Invasion Games 6 lessons	
		THURS	Y3 Dance Fundamentals 12 lessons		Y5 Health & Fitness 6 lessons	Y5 Orienteering 6 lessons	Y5 Athletics 6 lessons	Y5 Intro to Striking & Fielding 2 lessons	Y5 Cricket 4 lessons