

CLASS 4 YEAR ONE AND TWO CYCLE B – 2023 – 24 PE CURRICULUM MAP

CLASS 4 (YEAR 1/2) CYCLE B 2023 – 24	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
OVERALL AIMS OF UNIT 1	<u>FMS BASELINE SUPERTATO (Y1)</u> Children will be assessed and develop basic FMS skills.	<u>FMS TRI THROLF (Y1)</u> Children will develop their basic game-playing skills, in particular the FMS of throwing and catching. They will play games based on net games and striking and fielding games.	<u>GYMNASTICS ACTIVITES 1 (Y2)</u> Children investigate movement, stillness and how to find and use space safely. They explore basic gymnastic actions on the floor and using apparatus. They copy or create, remember and repeat, short movement phrases of 'like' linked actions, e.g. two jumps, or two rolls. In gymnastics as a whole, children use skills and abilities individually, in combination and in sequence, with aim of showing as much control and precision as possible.	<u>DANCE – THROUGH ONCE UPON A GIANT UNIT (Y2)</u> Children will explore basic body actions e.g. jumping and turning, and use different body parts to create and repeat short dances. In dance as a whole, children will think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts.	<u>ATHLETICS (Y2)</u> Children will explore the FMS of running, jumping and throwing activities and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping, increasing awareness of speed and distance. In all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.	<u>OAA – THE GREAT OUTDOORS (Y2)</u> In outdoor and adventurous activities as a whole, children follow maps and trails, try to solve physical problems and challenges. They learn how to work safely in a range of situations.
OVERALL AIMS OF UNIT 2	<u>DANCE – THROUGH THE WIND IN THE WILLOWS UNIT (Y2)</u> Children will explore basic body actions e.g. jumping and turning, and use different body parts to create and repeat short dances. In dance as a whole, children will think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts.	<u>FMS ROLLING A BALL (Y1)</u> Children will develop their basic game-playing skills, in particular the FMS of throwing and catching. They will play games based on net games and striking and fielding games.	<u>KS1 FMS AND GYM – JACK AND THE BEANSTALK (Y1)</u> Children will develop their basic game-playing skills, in particular the FMS of throwing and catching. They will play games based on net games and striking and fielding games.	<u>FMS PLAYGROUND GAMES IN THE 20TH CENTURY (Y2)</u> Children will develop their basic game-playing skills, in particular the FMS of throwing and catching. They will play games based on net games and striking and fielding games.	<u>NET AND WALL GAMES (Y2)</u> Children develop basic game-playing skills, in particular FMS of throwing and catching. They play games based on net and wall. They have an opportunity to play one against one, one against two and one against three. Children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points. They will continue to practice and refine their FMS and techniques, using them to outwit others. They will also develop an early understanding of simple concepts of attack.	

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UNIT ONE LESSON 1 OBJECTIVE	To demonstrate the FMS of underarm throwing and hopping.	To demonstrate an underarm throw with some accuracy. To demonstrate a side gallop.	To demonstrate jumping actions with different shapes in the air.	To explore actions related to work. Link two travelling actions to a gesture.	To throw underarm accurately into a target. To throw as far as possible.	Able to take responsibility for self and others. Able to respect, trust and care for each other. Can remember objects on a trail.
DEVELOPING SKILLS	Underarm throw. Hopping.	Can side gallop. Can throw underarm with accuracy.	Can perform jumps with different shapes in the air (straight, star and tuck).	Can choose and perform movements and gestures that express an idea.	Can throw an object overarm for distance. Can throw an object underarm.	Can travel around safely when working on challenges.
APPLICATION OF SKILLS		N/A		Can create a sequence of travelling and gesture.	Understands which throw to use for accuracy and which throw for distance.	Can recall with accuracy what they observed on the trail. Can work with a partner to create a variety of shapes.
CHARACTER DEVELOPMENT	To keep trying even when we find it hard.	Can focus on throwing with accuracy.	Overcome the challenge of jumping high with a shape.	Can identify ways to inform their individual performance.	Can support teammates when they find something difficult.	Can follow instructions
UNIT ONE LESSON 2 OBJECTIVE	To demonstrate the FMS of skipping and jumping.	To demonstrate rolling an object and throwing with some accuracy. To demonstrate a side gallop.	To show travelling actions using hands and feet.	To explore contrasting gestures and travelling actions.	To throw overarm accurately. To throw overarm for distance.	To cooperate and work together as a team. Can work with a partner to undertake an adventurous journey.
DEVELOPING SKILLS	Skipping. Jumping.	Can side gallop. Can throw underarm with accuracy. Can roll a ball with the right pace.	Can perform animal movements (crab, caterpillar, bunny hop, bear) with coordination and control.	Can perform contrasting actions in a simple sequence.	Can throw an object overarm for distance. Can throw an object underarm.	Can share ideas and agree on a plan. Can travel around safely when working on challenges.
APPLICATION OF SKILLS		N/A		Can create a sequence of travelling and gesture.	Understands which throw to use for accuracy and which throw for distance.	Can recall with accuracy what they observed on the trail.
CHARACTER DEVELOPMENT	To know I can learn and get better at PE skills if I try.	Can focus on throwing with accuracy.	N/A	Can identify ways to inform their individual performance.	Can support teammates when they find something difficult.	Can cooperate with others during challenges. Can follow instructions.
UNIT ONE LESSON 3 OBJECTIVE	To demonstrate the FMS of catching and bouncing a ball.	To demonstrate rolling an object and underarm throw with some accuracy. To show a simple tactic in a game.	To show an egg roll, pencil roll and teddy bear roll. To create and demonstrate a sequence using rolling, jumping and travelling.	To explore and travel along different paths.	To throw using a push and two handed throw for distance. To jump for distance with control.	Can work with others to complete a journey within school grounds. Can work collaboratively to record answers.

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DEVELOPING SKILLS	Catching. Bounce a ball.	Can throw underarm with accuracy. Can roll a ball with the right pace.	Can perform rolls with control (pencil, egg and teddy bear).	N/A	Can jump for distance and land on two feet.	Can share ideas and agree on a plan. Can travel around safely when working on challenges.
APPLICATION OF SKILLS		Can demonstrate a simple tactic in a game – pretend to send the object one way but sends it the opposite way. Can demonstrate a simple tactic in a game – look one way and send the object the other.		Can select their best ideas, combine them with others' ideas and develop these into a travelling phrase.	Understands which throw to use for accuracy and which throw for distance.	Can recall with accuracy what they observed on the trail.
CHARACTER DEVELOPMENT	To keep trying even when we find it hard.	Can focus on applying a tactic in a game.	Can control fears of performing a new roll.	Can identify ways to inform their individual performance.	Owens up and is honest about their performance when playing jump the river.	Can cooperate with others during challenges. Can follow instructions.
UNIT ONE LESSON 4 OBJECTIVE	To demonstrate the FMS of rolling a ball and kicking.	To demonstrate overarm throw with some accuracy. To show a simple tactic in a game.	To perform jumping and rolling actions. To create a sequence using rolling, jumping and travelling.	To explore fighting actions. To link movements through travel, jump, turn, gesture and stillness.	To throw using an underarm and overarm throw for distance and accuracy.	Can work with others to complete a journey within the school grounds and mark a control card correctly. Can make decisions about how to navigate safely, to a control site.
DEVELOPING SKILLS	Rolling a ball. Kicking a ball.	N/A	Can perform rolls with control (pencil, egg and teddy bear).	Can perform body actions with control and co-ordination.	Can throw an object overarm for distance. Can throw an object underarm.	Can share ideas and agree on a plan. Can travel around safely when working on challenges. Can record answers on a control card.
APPLICATION OF SKILLS		Can demonstrate a simple tactic in a game – pretend to send the object one way but sends it the opposite way. Can demonstrate a simple tactic in a game – look one way and send the object the other.		Can create and perform a dance sequence that includes travel, jump, turn and gesture fluently.	Understands which throw to use for accuracy and which throw for distance.	Can recall with accuracy what they observed on the trail.
CHARACTER DEVELOPMENT	To know I can learn and get better at PE skills if I try.	Can follow the rules of the game and not cheat.	Can control fears of performing a new roll.	Can identify ways to inform their individual performance.	Can support teammates when they find something difficult.	Can cooperate with others during challenges.

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UNIT ONE LESSON 5 OBJECTIVE	To demonstrate the FMS of running and overarm throw.	To demonstrate sending an object three different ways with some accuracy. To show a simple tactic in a game.	To create a sequence using travelling, balancing, rolling and jumping.	Children work as individual, pairs, small groups and a class to convey the story through movement using travel, turn, gesture and stillness.	To throw underarm for accuracy. To throw overarm for distance. To complete an obstacle course with speed and agility.	N/A
DEVELOPING SKILLS	Running. Overarm throw.	Can roll a ball with the right pace.	Can perform balances on large body parts (dish, arch, shoulders and bottom).	Can create and perform a dance sequence that includes travel, jump, turn and gesture fluently.	Can throw an object overarm for distance. Can throw an object underarm. Can perform running techniques.	N/A
APPLICATION OF SKILLS		Can demonstrate a simple tactic in a game – pretend to send the object one way but sends it the opposite way. Can demonstrate a simple tactic in a game – look one way and send the object the other. Can decide which throw to use in a game of Throlf.	Can create, repeat and perform a short sequence of 4 unlike actions in which there is a clear beginning, middle and end.	Can perform short dances showing an understanding of expressive qualities.	Can complete an obstacle course with speed and agility.	N/A
CHARACTER DEVELOPMENT	N/A	Can focus on applying a tactic in a game.	N/A	Can identify ways to inform their individual performance.	Can focus on their performance and the progress they make.	N/A
UNIT ONE LESSON 6 OBJECTIVE	N/A	To demonstrate sending an object three different ways with some accuracy. To show simple tactic in a game.	To create a sequence using travelling, balancing, rolling and jumping.	N/A	To throw overarm for distance. To throw underarm for accuracy.	N/A
DEVELOPING SKILLS	N/A	Can roll a ball with the right pace.	Can perform balances on large body parts (dish, arch, shoulders and bottom). Can adapt the sequence and perform it using apparatus.	N/A	Can throw an object overarm for distance. Can throw an object underarm.	N/A

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APPLICATION OF SKILLS	N/A	Can demonstrate a simple tactic in a game – pretend to send the object one way but sends it the opposite way. Can demonstrate a simple tactic in a game – look one way and send the object the other. Can decide which throw to use in a game of Throlf.	Can create, repeat and perform a short sequence of 4 unlike actions in which there is a clear beginning, middle and end.	N/A	Understands which throw to use for accuracy and which throw for distance.	N/A
CHARACTER DEVELOPMENT	N/A	Can focus on applying a tactic in a game.	N/A	N/A	Can support teammates when they find something difficult.	N/A
UNIT TWO LESSON 1 OBJECTIVE	To explore different habitats from The Wind in the Willows story and understand and describe the differences.	To demonstrate rolling a ball with some accuracy.	To show a jump 2 feet to 2 feet with a straight shape. To throw overarm with some accuracy.	To develop the skill of dodging/changing direction when playing a tig game.	To demonstrate how to catch a ball. To show a side gallop with some rhythm.	
DEVELOPING SKILLS	Can move around the room using only verbal instruction, and interpret the instructions in their own way.	Can roll a ball underarm with some consistency and accuracy.	Can jump and land safely. Can throw overarm.	Can change direction quickly.	Can perform a side gallop.	
APPLICATION OF SKILLS	N/A	Can apply force to have a level of accuracy in direction of the roll using different equipment.	N/A	N/A	N/A	
CHARACTER DEVELOPMENT	Motivates others to share ideas and create movements ideas.	Does focus on the task of rolling equipment with accuracy.	Can focus on what they need to improve.	Can focus on applying a tactic in a game to outwit an opponent.	Can focus on performing the skills of side gallop and catching. Can listen carefully to instructions and focus on the task.	
UNIT TWO LESSON 2 OBJECTIVE	To learn about the three main characters and work as a class to create short dances for each one. Develop teamwork skills by working in groups, share appropriate movement ideas and create a short dance.	To demonstrate rolling different equipment with some accuracy.	To climb with confidence. To throw overarm with some accuracy. To show a jump 2 feet to 2 feet with a wide shape.	To develop the skill of hopping when playing a game.	To show the ready position. To demonstrate how to catch a ball.	

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DEVELOPING SKILLS	Can learn and remember three short character dances.	Can roll different types of equipment with accuracy.	Can jump and land safely. Can throw overarm.	Can hop on left leg. Can hop on right leg.	N/A	
APPLICATION OF SKILLS	N/A	Can apply force to have a level of accuracy in direction of the roll using different equipment.	N/A	Can work in a small group cooperatively and encourage each other.	N/A	
CHARACTER DEVELOPMENT	Can support and reassure others to create a group sequence.	Does focus on the task of rolling equipment with accuracy.	Can focus on what they need to improve.	Can keep trying at a skill find difficult.	Can focus on performing the skills of side gallop and catching	
UNIT TWO LESSON 3 OBJECTIVE	To use a set of instructions to create your own solo travelling dance exploring The Wild Wood and perform to the class.	To demonstrate rolling different equipment with some accuracy. To show the skill of rolling equipment in different ways.	To perform an egg roll with some control. To show a jump 2 feet to 2 feet with a tuck shape. To throw overarm with some accuracy.	To demonstrate catching a ball with some control. To throw underarm with some accuracy.	To show how to hold a bat. To demonstrate catching a ball from the ready position. To strike a ball to a partner.	
DEVELOPING SKILLS	Can choose their own order of actions, practice and remember these as their own solo travelling dance.	Can roll different types of equipment with accuracy.	Can perform an egg roll. Can throw overarm.	Can catch. Can throw underarm.	Can return a ball by striking it when thrown to them. Can strike a dropped ball with some consistency.	
APPLICATION OF SKILLS	Can create a solo based on action words, interpreting the ideas in their own way.	Can apply force to have a level of accuracy in direction of the roll using different equipment.	N/A	Can throw a ball into space away from an opponent.	Can explain where the best place to strike the ball is to score a point.	
CHARACTER DEVELOPMENT	Can support and reassure others to create a group sequence.	Can work in a small group and encourages others.	Can focus on what they need to improve.	Can explore different was of playing games.	Can recognise that they can improve striking a ball into space if they practice. Can listen carefully to instructions and focus on the task.	
UNIT TWO LESSON 4 OBJECTIVE	To create a solo based dance on action words, interpreting the ideas in their own way. To work as a group to create 4 freeze frames demonstrating Toad's adventures. To recognise what is fair and unfair and make reasoned choices about the characters.	To demonstrate a simple tactic in a rolling game.	To demonstrate a travel and roll with a shape. To throw overarm with some accuracy.	To throw a ball underarm to a partner with some accuracy. To catch a ball. To demonstrate a side gallop.	To strike a ball with some accuracy. To show a simple tactic in competitive fours.	

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DEVELOPING SKILLS	Can choose their own order of actions, practice and remember these as their own solo travelling dance.	Can roll different types of equipment with accuracy. Can roll a ball underarm with some accuracy and consistency.	Can travel on hands and feet in different ways. Can throw overarm.	Can catch. Can throw underarm. Can side gallop.	Can return a ball by striking it when thrown to them. Can strike a dropped ball with some consistency.	
APPLICATION OF SKILLS	Can create a solo based on action words, interpreting the ideas in their own way. Can work as a group to create 4 freeze frames demonstrating Toads adventures.	Can choose a tactic to outwit an opponent.	Can create a sequence of a travel and a roll with a shape.	Can throw a ball into space away from an opponent.	Can use simple tactics, i.e. looking for space to strike the ball into.	
CHARACTER DEVELOPMENT	Can support and motivate each other to rehearse and refine group dance.	Can focus on applying a tactic in a game.	Can focus on the task of rolling a ball with control.	Can focus on applying a tactic in a game to outwit an opponent.	Can recognise that they can improve striking a ball into space if they practice. Can listen carefully to instructions and focus on the task.	
UNIT TWO LESSON 5 OBJECTIVE		To show two simple tactics in a game.	To roll a ball at a target with accuracy.	To show the ready position. To catch a ball. To perform a side gallop.	To strike a ball with accuracy. To apply a simple tactic in a net/wall game.	
DEVELOPING SKILLS	Can keep in time with each other and to vary the quality of movement.	Can roll different types of equipment with accuracy. Can roll a ball underarm with some accuracy and consistency.	N/A	Can catch. Can throw underarm. Can side gallop.	Can return a ball by striking it when thrown to them. Can strike a dropped ball with some consistency.	
APPLICATION OF SKILLS	Can develop their group dance and demonstrate the ability to keep in time.	Can choose a tactic to outwit an opponent.	N/A	Can throw a ball into space away from an opponent.	Can use simple tactics, i.e. looking for space to strike the ball into.	
CHARACTER DEVELOPMENT	Can support and motivate each other to rehearse and refine group dance.	Can focus on applying a tactic in a game.	Can focus on the task of rolling a ball with control.	Can focus on applying a tactic in a game to outwit an opponent.	Can recognise that they can improve striking a ball into space if they practice. Can listen carefully to instructions and focus on the task.	
UNIT TWO LESSON 6 OBJECTIVE	N/A	To show two simple tactics in a game.	To show the skills of travelling, rolling and jumping into a sequence with two different shapes.	To catch a ball from the ready position. To strike a ball to a partner.	To demonstrate a simple tactic in a net/wall game to outwit an opponent.	
DEVELOPING SKILLS	N/A	Can roll different types of equipment with accuracy.	Can travel on hands and feet in different ways.	Can catch. Can throw underarm.	Can return a ball by striking it when thrown to them.	

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		Can roll a ball underarm with some accuracy and consistency	Can perform an egg roll.		Can strike a dropped ball with some consistency.	
APPLICATION OF SKILLS	N/A	Can choose a tactic to outwit an opponent. Can defend a goal.	Can create a sequence of travel, roll and jumping with two different shapes.	Can throw a ball into space away from an opponent.	Can use simple tactics, i.e. looking for space to strike the ball into.	
CHARACTER DEVELOPMENT	N/A	Can focus on applying a tactic in a game.	Can focus on the task of rolling a ball with control. Can focus on what they need to do to improve.	Can focus on applying a tactic in a game to outwit an opponent.	Can recognise that they can improve striking a ball into space if they practice. Can listen carefully to instructions and focus on the task.	
UNIT TWO LESSON 6 OBJECTIVE	N/A	N/A	N/A	To strike a ball with some accuracy. To apply a simple tactic in a net/wall game.	N/A	
DEVELOPING SKILLS	N/A	N/A	N/A	Can catch. Can throw underarm.	N/A	
APPLICATION OF SKILLS	N/A	N/A	N/A	Can throw a ball into space away from an opponent.	N/A	
CHARACTER DEVELOPMENT	N/A	N/A	N/A	Can focus on applying a tactic in a game to outwit an opponent.	N/A	