CLASS 5 YEAR THREE AND FOUR CYCLE A – 2023 – 24 PE CURRICULUM MAP

CLASS 5 (YEAR 3/4) CYCLE B 2023 – 24	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
OVERALL AIMS OF UNIT 1	**YEAR 3/4 – CREATIVE GAMES – TAG AND TARGET** The children will learn how to apply simple tactics in a range of target games using a range of equipment. They will design their own tag and target game.	**YEAR 3/4 DANCE THROUGH MYTHS AND LEGENDS UNIT** Children focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of subjects, and work in pairs and small groups. Children concentrate on combining and linking phrases of movement fluently and with control.	**YEAR 4 TARGET GAMES THROUGH DODGEBALL** Children will learn how to apply simple tactics in a range of target games. The children will learn how to play the target game of dodgeball.	**YEAR 3/4 STRIKING AND FIELDING THROUGH CRICKET** Children will learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' score down. In striking and fielding games, players learn to strike a ball and try to avoid fielders, so that they can run around bases to score runs. When fielding, they try to prevent runs or points being scored.	**YEAR 3/4 SWIMMING** Children enjoy being in the water and become more confident. They learn how to keep afloat, move in the water, meet challenges and breathe when swimming. At first they use swimming aids and support – in time, some children will manage without these.	**YEAR 3/4 SWIMMING** Children will focus on swimming more fluently, improving their swimming strokes, and learning personal survival techniques.
OVERALL AIMS OF UNIT 2	**Y4 GYMNASTICS** Children will learn to develop their skills with control and precision and combine these skills to create a sequence for a competition. They will extend their range of actions, balances, body shapes and agilities, working on combinations that are more difficult. The children will work in pairs using matching and mirroring to plan and perform sequences.	**Y4 INVASIONS GAMES TRHOUGH HANDBALL** Children learn simple attacking tactics using a range of equipment and sport specific skills. They play small, uneven-sided games and think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the ball and try to get into good positions for shooting or reaching the goal.	**Y3/4 NET AND WALL GAMES THROUGH CORE TASKS 2** Children will learn to develop the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.	**YEAR 4 GAMES – BOCCIA** Children will learn how to apply simple tactics in a range of target games using a range of equipment. The children will learn how to play the Paralympic sport of Boccia.	**YEAR 3/4 ATHLETICS** Children will concentrate on developing good basic running, jumping and throwing techniques. They will be set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Children will develop their technical understanding across all areas of athletics. They will also be encouraged to take more responsibility for designing, organising and judging athletic events.	**YEAR 3/4 TRUSTS AND TRAILS THROUGH OAA** Children take part in simple trust and orientation activities using maps and diagrams. Working on their own and in small groups, children will learn to use simple maps and follow simple trails. Children will be set physical challenges and problems to solve. They will take part in a range of communication activities to develop problem solving skills in some adventure games. The problem-solving tasks they tackle will require more teamwork, with clearly defined roles and responsibilities.

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UNIT ONE LESSON 1 OBJECTIVE	To perform the Fundamental Skill of Dodging.	Select travelling actions to convey different characters, along varied pathways.	To demonstrate throwing a ball at a target using a one handed pass.	To demonstrate an underarm throw with accuracy. To catch a ball.	SWIMMING – SEE PLANS FROM HYNDBURN SWIM	SWIMMING – SEE PLANS FROM HYNDBURN SWIM
DEVELOPING SKILLS	Can perform a dodging skill, which is smooth and coordinated.	Can select travelling action to convey different characters, along varied pathways.	Can catch a ball thrown to them. Can perform a one handed throw. Can perform dodging skills in a game.	Can throw a ball underarm with some control and accuracy. Can catch a small ball.		
APPLICATION OF SKILLS	Aware of space around them when playing a tag game. Balance at all times ready to move in any direction.	Can create a sequence with a partner.	N/A	N/A		
CHARACTER DEVELOPMENT	Can work cooperatively by sharing their ideas to create a game.	Can think about what you have read, heard and seen and reflecting that in your sequence.	Can manage their emotions and think about the consequences before acting.	Can explain a skill to others clearly with confidence.		
UNIT ONE LESSON 2 OBJECTIVE	To perform the fundamental skill of dodging in a tag game.	To use a range of travelling steps following a planned pathway.	To demonstrate throwing a ball at a target using a one handed pass.	To demonstrate how to throw a ball underarm with some accuracy. To catch a ball in a striking and fielding game.	SWIMMING – SEE PLANS FROM HYNDBURN SWIM	SWIMMING – SEE PLANS FROM HYNDBURN SWIM
DEVELOPING SKILLS	Can perform a dodging skill, which is smooth and coordinated.	Can use traveling actions along varied pathways.	Can catch a ball thrown to them. Can perform a one handed throw.	Can throw a ball underarm with some control and accuracy. Can catch a small ball.		
APPLICATION OF SKILLS	Aware of space around them when playing a tag game. Balance at all times ready to move in any direction.	N/A	N/A	Can choose throwing skills to make the game hard for their opponent.		
CHARACTER DEVELOPMENT	Can be cooperative by listening to other people in a team.	Reflection – To stop and think about what you are doing and how you are doing it.	Can manage their emotions and think about the consequences before acting.	Can explain a skill to others clearly with confidence. Can adapt their style of communication when umpiring and playing a striking and fielding game.		
UNIT ONE LESSON 3 OBJECTIVE	To demonstrate aiming skills using the FMS of throwing and rolling a ball.	To create a sequence with a partner. To link sequences together.	To demonstrate throwing a ball at a target using a one handed throw with accuracy in a game situation.	To demonstrate how to strike a ball from a batting tee or drop feed. To catch a ball in a striking and fielding game.		

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DEVELOPING SKILLS	Can demonstrate rolling a ball at a target at a mature level with accuracy. Can perform an underarm throw at a mature level with accuracy.	N/A	Can catch a ball thrown to them. Can perform a one handed throw. Can perform dodging skills in a game.	Can catch a small ball. Can show a straight drive. Can throw a ball underarm with some control and accuracy.	SWIMMING – SEE PLANS FROM HYNDBURN SWIM	SWIMMING – SEE PLANS FROM HYNDBURN SWIM
APPLICATION OF SKILLS	Know that control and accuracy is important when playing a target game.	Can create a sequence with a partner. Can link three sequences together.	Can aim in front of a runner to hit them. Can use simple tactics in a dodgeball-type game (i.e. keeping a ball back to defend with).	Can set up small games; knows the rules and uses them fairly to keep games going.		
CHARACTER DEVELOPMENT	Co-operation – To work in a group co-operatively to play a target game.	Reflection – To reflect on how to link three sequences together effectively.	Can manage their emotions and think about the consequences before acting.	Can explain a skill to others clearly with confidence.		
UNIT ONE LESSON 4 OBJECTIVE	To demonstrate aiming skills using the FMS of throwing and rolling a ball in a target game.	To create a mirrored sequence with a partner that tells a story.	To demonstrate throwing a ball at a target using a one handed throw with accuracy in a game situation.	To demonstrate bowling a ball underarm. To demonstrate striking a ball from a batting tee or drop feed. To apply simple tactics in a modified competitive game.	SWIMMING – SEE PLANS FROM HYNDBURN SWIM	SWIMMING – SEE PLANS FROM HYNDBURN SWIM
DEVELOPING SKILLS	Can demonstrate rolling a ball at a target at a mature level with accuracy. Can perform an underarm throw at a mature level with accuracy. Can use non-dominant hand to perform an underhand throw and rolling a ball at a target.	Can perform a mirrored sequence with a partner that tells a story.	Can catch a ball thrown to them. Can perform a one handed throw. Can perform dodging skills in a game.	Can bowl a ball underarm with some control and accuracy. Can show a straight drive.		
APPLICATION OF SKILLS	Know that control and accuracy is important when playing a target game. Can create and evaluate a target game.	Can create a sequence with a partner.	Can aim in front of a runner to hit them. Can use simple tactics in a dodgeball-type game (i.e. keeping a ball back to defend with).	Can set up small games; knows the rules and uses them fairly to keep games going.		
CHARACTER DEVELOPMENT	Can work cooperatively by sharing their ideas to create a game.	Can explain why it is important to reflect on what you are doing to improve.	Respect – To treat others how I would like to be treated.	Can adapt their style of communication when umpiring and playing a striking and fielding game.		
UNIT ONE LESSON 5 OBJECTIVE	To send an object in a target game with accuracy.	To explore the qualities of different characters.	To demonstrate throwing a ball at a larger target using a one handed throw with accuracy in a game situation.	To demonstrate bowling a ball underarm. To strike a ball from a bowler, tee or drop feed.		

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				To apply simple tactics in a modified competitive game.		
DEVELOPING SKILLS	Can demonstrate rolling a ball at a target at a mature level with accuracy. Can perform an underarm throw at a mature level with accuracy. Can use non-dominant hand to perform an underhand throw and rolling a ball at a target.	Can select traveling actins to convey different characters, along varied pathways. Can use travelling actions along varied pathways.	Can catch a ball thrown to them. Can perform a one handed throw. Can perform dodging skills in a game.	Can show a straight drive. Can return the ball quickly and accurately when fielding.		
APPLICATION OF SKILLS	Know that control and accuracy is important when playing a target game. Can create and evaluate a target game.	Can create a sequence with a partner.	Can communicate with teammates to throw more than one ball at an opponent.	Can explain where the best place is to strike the ball to score more runs/points. Can judge when fielding where the ball is going to be hit and try and intercept it.	SWIMMING – SEE PLANS FROM HYNDBURN SWIM	SWIMMING – SEE PLANS FROM HYNDBURN SWIM
CHARACTER DEVELOPMENT	Can work cooperatively to evaluate a game.	Reflection – To listen and respond to feedback.	Can accept the rules of the officials even if you disagree.	Can make a simple assessment of their performance based on simple success criteria given.		
UNIT ONE LESSON 6 OBJECTIVE	To send an object in a target game with accuracy.	To create a full performance from both of the sequences made and demonstrate strong character skills throughout.	N/A	To demonstrate bowling a ball underarm. To strike a ball from a bowler, tee or drop feed. To apply simple tactics in a modified competitive game.		
DEVELOPING SKILLS	Can demonstrate rolling a ball at a target at a mature level with accuracy. Can perform an underarm throw at a mature level with accuracy. Can use non-dominant hand to perform an underhand throw and rolling a ball at a target.	Can select traveling actins to convey different characters, along varied pathways. Can use travelling actions along varied pathways.	N/A	Can return the ball quickly and accurately when fielding.		
APPLICATION OF SKILLS	Know that control and accuracy is important when playing a target game. Can create and evaluate a target game.	Can create a full performance from both of the sequences made and demonstrate strong character skills throughout.	N/A	Can explain where the best place is to strike the ball to score more runs/points. Can judge when fielding where the ball is going to be hit and try to intercept it.	SWIMMING – SEE PLANS FROM HYNDBURN SWIM	SWIMMING – SEE PLANS FROM HYNDBURN SWIM
CHARACTER DEVELOPMENT	Can work cooperatively to evaluate a game.	Can explain how reflecting helps us in life.	N/A	Can make a simple assessment of their performance based on simple success criteria given.		

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UNIT TWO LESSON 1 OBJECTIVE	To demonstrate travelling actions on feet and hands and feet. To show balances in front and back support positions.	To demonstrate passing a ball using a one handed pass accurately. To move into space after using a one handed pass in a game.	To know whey warming up is important.	To show different ways of how to propel a boccia ball (bean bag) towards a target.	To throw using a pull action. To explore different running techniques.	To demonstrate with a partner how to solve trust challenges.
DEVELOPING SKILLS	N/A	Can throw and catch a ball using a one-handed pass with consistency and accuracy.	Children can select the most appropriate throw. Children can throw with increasing accuracy into a target. Children can throw underarm and overarm with increased control. Children can use simple tactics to score points. Children can explain in simple terms the tactics they are trying to use.	Can roll a ball underarm with some consistency and accuracy.	Can demonstrate a pull throw with some accuracy and control.	Can demonstrate a safe method for giving physical support.
APPLICATION OF SKILLS	N/A	Can use simple tactics without the ball (i.e. moving into a space to receive a pass and communicate showing where they want the ball.)		N/A	Can choose the correct type of throw to different targets and different distances.	N/A
CHARACTER DEVELOPMENT	Self-motivation – To set a personal challenge.	To show determination by simply not giving up.	Perseveres and improves their throwing and jumping skills through sustained effort.	Reflection – To be able to take time to think about how they propelled the ball and listened to feedback to improve their performance.	Are able to improve their performance and not to worry about other people.	Can trust their partner to keep them safe.
UNIT TWO LESSON 2 OBJECTIVE	To demonstrate the dish and arch shape. To combine travelling, jumping and balancing actions.	To pass a ball accurately to a teammate using a one handed bounce pass. To demonstrate a simple tactic in a game.	To consolidate throwing actions. To suggest ideas and practices to improve their play.	To demonstrate sending a ball into a target with accuracy.	To perform the sling throwing action. To develop jumping actions (two feet to two feet for distance).	Can work with other to complete a journey within the school grounds.
DEVELOPING SKILLS	Can perform balances including one-footed, dish and arch balances. Can perform two footed jump and land with ¼ and ½ turns.	Can throw and catch a bounce pass with consistency and accuracy.	Children can select the most appropriate throw. Children can throw with increasing accuracy into a target. Children can comment on the types of passes they are using.	Can roll a ball underarm with some consistency and accuracy.	Can perform a standing long jump. Cam demonstrate a sling throw with some accuracy and control.	Can navigate safely around an areas to each control site.
APPLICATION OF SKILLS	N/A	Can use simple tactics with the ball (i.e. range of passes, feints to disguise the pass and passing to a player in space.)		N/A	Can choose the correct type of throw to different targets and different distances.	Can collect and record the correct information from a control site.

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		Can use simple tactics without the ball (i.e. moving into a space to receive a pass and communicate showing where they want the ball.)	Children use simple tactics to score points. Children can explain in simple terms the tactics they are trying to use.			
CHARACTER DEVELOPMENT	Can set a goal to improve their balances performances.	To show willpower when dribbling a handball.	Perseveres and improves their throwing and jumping skills through sustained effort.	Reflection – Can take their time to think about how to send the ball so it is more accurate.	Perseveres and improves their throwing and jumping skill through sustained effort.	Communication – Can share responsibility for the task with others in my group.
UNIT TWO LESSON 3 OBJECTIVE	To demonstrate basic rolling actions. Plan and perform a simple sequence to include travel, rolling and jumping.	To demonstrate passing a handball with some accuracy. To find space to receive a pass.	Strike a ball using their hand or small bat.	To play simple boccia type games using simple tactics.	To throw using a push action.	To know how to use a control card. To navigate safely to each control site.
DEVELOPING SKILLS	Can perform basic rolling actions.	N/A	Children can hold the racquet correctly.	Can roll a ball underarm with some consistency and accuracy.	Can demonstrate a push throw with some accuracy and control.	Can use a control card.
APPLICATION OF SKILLS	N/A	Can use simple tactics with the ball (i.e. range of passes, feints to disguise the pass and passing to a player in space.) Can use simple tactics without the ball (i.e. moving into a space to receive a pass and communicate showing where they want the ball.)	Children can keep an object on the racquet without dropping it. Children can use their wrist to make the ball bounce. Children can successfully keep bouncing the ball up. Children are able to successfully pass the ball from one bat to another.	N/A	Can choose the correct type of throw to different targets and different distances.	N/A
CHARACTER DEVELOPMENT	Self-motivation – To set a personal goal to improve one rolling action.	To show willpower when dribbling a handball.	Perseveres and improves their throwing and jumping skills through sustained effort.	Reflection – Consider what we do as a group and learn from it so we improve our performance as a team.	Perseveres and improves their throwing and jumping skill through sustained effort.	Has self-discipline by respecting the agreed rules.
UNIT TWO LESSON 4 OBJECTIVE	To demonstrate balance on one foot and arabesque. Plan and perform a simple sequence to include travel, rolling, balance and jumping.	To demonstrate one handed passing with some control. To use simple tactics to outwit an opponent.	Strike the ball using their hand or small bat. Choose a range of simple tactics in a simple game.	To send a Boccia ball towards a target with accuracy. To play Boccia using simple tactics.	To throw for distance using a pull, push and sling throw. To pass a quoit/baton to a teammate in a relay. To perform a hop, step and jump.	To show how to keep a map “set” or “orientated”. To know some of the symbols on an orienteering map.
DEVELOPING SKILLS	Attempts shoulder stand and arabesque with some control.	Can throw and catch a ball using a one-handed pass with consistency and accuracy.	Children can hold the racquet correctly.	Can roll a ball underarm with some consistency and accuracy.	Can perform a hop, step and jump with some control. To throw using a push action.	Can orientate a map. Knows some of the symbols on an orienteering map

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		Can throw and catch a bounce pass with consistency and accuracy.	Children can keep an object on the racquet without dropping it. Children can use their wrist to make the ball bounce. Children can intercept the ball and return it. Children can use the backhand and for hand strike.		To perform the sling throwing action. Can demonstrate a pull throw with some accuracy and control.	
APPLICATION OF SKILLS	Can create a sequence of up to 6 elements with changes of level and direction, and clarity of shape.	Can use simple tactics with the ball (i.e. range of passes, feints to disguise the pass and passing to a player in space.) Can use simple tactics without the ball (i.e. moving into a space to receive a pass and communicate showing where they want the ball.)		N/A	Can perform as part of a team in a relay and choose in advance the hand that will touch or give and the hand that will receive (passes should be made left to right or right to left).	Can explain where they are on a map. Can show how to keep a map orientated. Knows that a map is a bird's eye view of a plan of the ground.
CHARACTER DEVELOPMENT	Can work on a sequence individually and include a roll they want to improve.	To show willpower when dribbling a handball.	Perseveres and improves their throwing and jumping skills through sustained effort.	Respect – Treat the captain of my team as I would like to be treated.	Confident to ask for feedback to help them improve.	Can manage their emotions when working as part of a team.
UNIT TWO LESSON 5 OBJECTIVE	To create and demonstrate a gymnastic sequence of 6 actions. To teach a sequence to a partner and make simple assessments of quality of their performance.	To shoot a ball with accuracy. To use tactics to outwit an opponent.	To develop a range of striking skills suitable for net/wall type activities.	To show tactics as a team when playing boccia.	To perform pull, push and sling throw. To perform a combination of 5 jumps.	N/A
DEVELOPING SKILLS	N/A	Can shoot a ball one-handed with consistency and accuracy.	Children can stand in ready position, feet apart and weight forward on balls of feet. Children can return the ball/shuttlecock. Children can keep a rally going using a small range of shots.	Can roll a ball underarm with some consistency and accuracy.	To throw using a push action. To perform the sling throwing action. Can demonstrate a pull throw with some accuracy and control.	N/A
APPLICATION OF SKILLS	Can create a sequence of up to 6 elements with changes of level and direction, and clarity of shape. Can work with a partner to make up and combine their short sequence, using the floor and mats, showing fluency and clarity of movement.	Can use simple tactics with the ball (i.e. range of passes, feints to disguise the pass and passing to a player in space.) Can use simple tactics without the ball (i.e. moving into a space to receive a pass and communicate showing where they want the ball.)		N/A	Can devise a combination of five jumps performing the five basic jumps consecutively to reach the furthest distance possible.	N/A

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CHARACTER DEVELOPMENT	Can perform a sequence to the best of their ability.	Can use success criteria to identify strengths of the attacking team.	Perseveres and improves their throwing and jumping skills through sustained effort.	Respect – Treat the captain of my team as I would like to be treated.	Can recognise what their strengths are and any areas for improvements in their performances.	N/A
UNIT TWO LESSON 6 OBJECTIVE	To show a sequence of six moves that meets Level 1 competition criteria.	To use tactics to outwit an opponent. To evaluate what worked well in a team.	N/A	N/A	To perform pull, push and sling throw. To perform a combination of 5 jumps.	N/A
DEVELOPING SKILLS	N/A	Can throw and catch a ball using a one-handed pass with consistency and accuracy. Can throw and catch a bounce pass with consistency and accuracy.	Children can explain how they feel about the game and suggest ways in which the game could be improved.	N/A	To throw using a push action. To perform the sling throwing action. Can demonstrate a pull throw with some accuracy and control.	N/A
APPLICATION OF SKILLS	Can create a sequence of up to 6 elements with changes of level and direction, and clarity of shape. Can work with a partner to make up and combine their short sequence, using the floor and mats, showing fluency and clarity of movement.	Can use simple tactics with the ball (i.e. range of passes, feints to disguise the pass and passing to a player in space.) Can use simple tactics without the ball (i.e. moving into a space to receive a pass and communicate showing where they want the ball.)		N/A	Can devise a combination of five jumps performing the five basic jumps consecutively to reach the furthest distance possible.	N/A
CHARACTER DEVELOPMENT	Can perform a sequence to the best of their ability.	Can use success criteria to identify strengths of the attacking team.	Perseveres and improves their throwing and jumping skills through sustained effort.	N/A	Can recognise what their strengths are and any areas for improvements in their performances.	N/A