

Lancasterian Primary School

A safe and welcoming learning community where:

- we all aim high;
- everyone is included;
- creativity is valued.



KS1/2 Curriculum Map

PE

All lessons each half term must start with a class-based theory lesson which should include:

- key vocabulary
- rules of the sport
- videos and images of the sport in action/ Include people from diverse backgrounds / Paralympians
- BBC Bitesize video which includes the benefit PE has on their health and wellbeing - <https://www.bbc.co.uk/bitesize/topics/zhbfhcw/articles/zbvrcmn>

	Y1	Y2	Y3	Y4	Y5	Y6
Vocabulary	Attack, defend, receive, send, underarm, over arm	Attack, compete, control, co-operate Receive, sideline	Batter, bowler, fielder, innings, half rounder, rounder	Control /, direction, compositional, stamina, refine, progression	Rotate submerge, sculling breaststroke, glide, front crawl	Tackle, covering, strategy, defender, supporting
Autumn 1	<ul style="list-style-type: none"> • Attack Defend Shoot <ul style="list-style-type: none"> ➢ Practice basic movements including running, jumping, throwing and catching ➢ Engage in competitive activities ➢ Experience opportunities to improve agility, balance and coordination <p><u>Suggested Extended Abstract/Greater Depth Task: Track, intercept, stop and catch balls and beanbags consistently</u></p> <p>Suggested Sportsperson: Julian Webber</p>	<ul style="list-style-type: none"> • Attack Defend Shoot <ul style="list-style-type: none"> ➢ Send a ball using feet and receive a ball using feet ➢ Refine ways to control bodies and a range of equipment ➢ Recall and link combinations of skills, e.g. dribbling and passing. <p><u>Suggested Extended Abstract/Greater Depth Task: Achieve greater control by anticipating action in a game and reacting quickly</u></p> <p>Suggested Sportsperson: Harry Kane</p>	<ul style="list-style-type: none"> • Rounders <ul style="list-style-type: none"> ➢ Play simple rounders games ➢ Apply some rules to games ➢ Develop and use simple rounders skills <p><u>Suggested Extended Abstract/Greater Depth Task: Practice to improve their skills as a group, knowing what they need to achieve collectively</u></p> <p>Suggested Sportsperson: Diversity dance group,</p>	<ul style="list-style-type: none"> • Gymnastics <ul style="list-style-type: none"> ➢ Perform skills more consistently with competence and confidence ➢ Perform in time with a partner and group ➢ Use compositional ideas in sequences such as changes in height, speed and direction <p><u>Suggested Extended Abstract/Greater Depth Task: Work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement</u></p> <p>Suggested Sportsperson: Chong Wei</p>	<ul style="list-style-type: none"> • Swimming: <ul style="list-style-type: none"> ➢ Swim up to 25 metres unaided ➢ Use more than one stroke and coordinate breathing as appropriate for the stroke being used ➢ Swim at the surface and below the water ➢ Perform safe self-rescue in the water <p><u>Suggested Extended Abstract/Greater Depth Task: n/a – instructor led</u></p> <p>Suggested Sportsperson: Duncan Goodhew</p>	<ul style="list-style-type: none"> • Football <ul style="list-style-type: none"> ➢ Choose and implement a range of strategies to attack and defend ➢ Perform a wider range of more complex skills ➢ Recognise and describe good individual and team performances ➢ Suggest, plan and lead simple drills for given skills <p><u>Suggested Extended Abstract/Greater Depth Task: Play in a number of different positions and be able to switch from attacking to defensive role</u></p> <p>Suggested Sportsperson: Pele</p>

Vocabulary	Stretch, mood, feelings, Static, theme, swing	Direction, huddle, group, mood, galloping, abandonment	Facial, expression, improvisation, rehearse, direction	Boundary, tactics, tricks, shuttlecock		L-cut/ V-cut Pin down, counterattack, retreat, tree throw, pressure
Autumn 2	<ul style="list-style-type: none"> • Dance <ul style="list-style-type: none"> ➢ Respond to a range of stimuli and types of music ➢ Explore space, direction, levels and speeds ➢ Experiment creating actions and performing movements with different body parts <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Choose movements that show a clear understanding of the dance theme</p> <p>Suggested Sportsperson: Rose Ayling</p>	<ul style="list-style-type: none"> • Dance <ul style="list-style-type: none"> ➢ Describe and explain how performers can transition and link shapes and balances ➢ Perform basic actions with control and consistency at different speeds and on different levels ➢ Challenge themselves to move imaginatively responding to music ➢ Work as part of a group to create and perform short movement sequences to music <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Suggest and use specific criteria to judge a technical performance</p> <p>Suggested Sportsperson: Hollie Arnald</p>	<ul style="list-style-type: none"> • Dance <ul style="list-style-type: none"> ➢ Practise different sections of a dance aiming to put together a performance ➢ Perform using facial expressions ➢ Perform with a prop <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Display an inventive and imaginative response to a stimulus</p> <p>Suggested Sportsperson: Jody Cundy</p>	<ul style="list-style-type: none"> • Badminton <ul style="list-style-type: none"> ➢ Explore and use different shots with both the forehand and backhand ➢ Demonstrate different badminton skills ➢ Practise some trick shots in isolation <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Suggest ways your teammates could use a variety of skills /techniques to score points against your opponent.</p> <p>Suggested Sportsperson: Jessica Ennis,</p>		<ul style="list-style-type: none"> • Basketball <ul style="list-style-type: none"> ➢ Apply aspects of fitness to the game such as power, strength, agility and coordination ➢ Choose and implement a range of strategies to play defensively and offensively ➢ Grasp more technical aspects of the game <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Think of ways you can support a player driving the ball to the net.</p> <p>Suggested Sportsperson: Adedoyin Olayiwola</p>
Vocabulary	Balance, body tension, stretch, tense, relaxed	Balance, bridge, front straddle, V-sit, Japana, arabesque	Fluency, contrasting, unison, combination, flexibility, compositional	Breath, prone, supine, glide, float, stroke,	Facial expression, rehearse, choreographer, locomotion, Mangra line	Flight, consistent, vault, sequence, combination, direction, dismount
Spring 1	<ul style="list-style-type: none"> • Gymnastics <ul style="list-style-type: none"> ➢ Identify and use simple gymnastics actions and shapes. ➢ Apply basic strength to a range of gymnastics actions. ➢ Begin to carry basic apparatus such as mats and benches. 	<ul style="list-style-type: none"> • Gymnastics <ul style="list-style-type: none"> ➢ Describe and explain how performers can transition and link gymnastic elements ➢ Perform with control and consistency basic actions at different speeds and on different levels 	<ul style="list-style-type: none"> • Gymnastics <ul style="list-style-type: none"> ➢ Modify actions independently using different pathways, directions and shapes ➢ Consolidate and improve the quality of movements and gymnastics actions 	<ul style="list-style-type: none"> • Swimming: <ul style="list-style-type: none"> ➢ Swim unaided up to 10 metres ➢ Use one basic stroke, breathing correctly ➢ Control leg movements ➢ Tread water 	<ul style="list-style-type: none"> • Dance <ul style="list-style-type: none"> ➢ Perform different styles of dance fluently and clearly ➢ Refine & improve dances adapting them to include the use of space, rhythm & expression 	<ul style="list-style-type: none"> • Gymnastics <ul style="list-style-type: none"> ➢ Lead group warm-up showing understanding of the need for strength and flexibility ➢ Demonstrate accuracy, consistency, and clarity of movement

	<ul style="list-style-type: none"> ➤ Recognise like actions and link. <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Choose, use and vary simple compositional ideas to create and perform a longer sequence</p> <p>Suggested Sportsperson: Louis Smith</p>	<ul style="list-style-type: none"> ➤ Challenge themselves to develop strength and flexibility ➤ Create and perform a simple sequence that is judged using simple gymnastic scoring <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Plan and perform a movement sequence showing contrasts in all three of speed, level and direction</p> <p>Suggested Sportsperson: Nadia Comaneci</p>	<ul style="list-style-type: none"> ➤ Relate strength and flexibility to the actions and movements they are performing ➤ Use basic compositional ideas to improve sequence work—unison <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Begin to develop a longer and more varied movement routine with smooth, planned links between actions</p> <p>Suggested Sportsperson: Simone Biles</p>	<p><u>Suggested Extended Abstract/Greater Depth Task:</u> n/a – instructor led</p> <p>Suggested Sportsperson: Michael Phelps/Tom Daley</p>	<ul style="list-style-type: none"> ➤ Work collaboratively in groups to compose simple dances ➤ Recognise and comment on dances suggesting ideas for improvement <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Create an exciting movement pattern with larger groups to a range of music from around the world</p> <p>Suggested Sports person: Ashley Banjo</p>	<ul style="list-style-type: none"> ➤ Work independently and in small groups to make up own sequences ➤ Arrange own apparatus to enhance work and vary compositional ideas ➤ Experience flight on and off of high apparatus <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Improve a lengthy sequence using extension, tension and secure body management</p> <p>Suggested Sports person Dame Denise Lewis</p>
Vocabulary	Batter, bowl, catch, collect, feed, field, retrieve	Wicket, bats/bowl, umpire, posts, stump	Forehand, backhand, underarm, overarm, tactics, points		Symmetry, asymmetry, sequence, combination, aesthetics, counter balance	Trajectory, strength, judge, sprint, shuttle, assess
Spring 2	<ul style="list-style-type: none"> • Hit Catch Run ➤ Hit objects with hand or bat ➤ Track and retrieve a rolling ball ➤ Throw and catch a variety of balls and objects <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Show good awareness of space and the movements and actions taking place around them</p> <p>Suggested Sportsperson: Vanessa Wallace</p>	<ul style="list-style-type: none"> • Hit Catch Run ➤ Develop hitting skills with a variety of bats ➤ Practice feeding/bowling skills ➤ Hit and run to score points in games <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Describe how their bodies work and feel when playing games</p> <p>Suggested Sportsperson: Yohan Blake/ Rajyavardhan Sing</p>	<ul style="list-style-type: none"> • Tennis ➤ Identify and describe some rules of tennis. ➤ Serve to begin a game ➤ Explore forehand hitting <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Lead small groups for warm-up activities</p> <p>Suggested Sportsperson: Serena Williams</p>		<ul style="list-style-type: none"> • Gymnastics ➤ Create longer and more complex sequences and adapt performances ➤ Take the lead in a group when preparing a sequence ➤ Develop symmetry individually, as a pair and in a small group ➤ Compare performances and judge strengths and areas for improvement ➤ Select a component for improvement. For example—timing or flow <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Create a longer and more varied movement sequence incorporating feedback from peer assessment</p>	<ul style="list-style-type: none"> • Athletics ➤ Become confident and expert in a range of techniques and recognise their success ➤ Apply strength and flexibility to a broad range of throwing, running and jumping activities ➤ Work in collaboration and demonstrate improvement when working with self and others ➤ Accurately and confidently judge across a variety of activities <p><u>Suggested Extended Abstract/Greater Depth Task:</u> Model effective techniques to others</p> <p>Suggested Sports person</p>

					Suggested Sports person Rebecca Edington,	Jesse Owen
Vocabulary	Send, collect, strike, forehand, backhand, court	Bounce, badminton, volleyball, squash, racquet, shuttlecock	Combine, hurdle, agility, power, distance, accelerate	Track force, distance, accelerate, exchange, vortex	Relay, sustain, bounce, baton, target	Competitiveness Challenge, adventure
Summer 1	<ul style="list-style-type: none"> Send and Return <ul style="list-style-type: none"> ➤ Send an object with increased confidence using hand or bat ➤ Move towards a moving ball to return ➤ Sending and returning a variety of balls <p>Suggested Extended Abstract/Greater Depth Task: Describe their breathing and temperature when they are active</p> <p>Suggested Sportsperson: Andy Murray</p>	<ul style="list-style-type: none"> Send and Return <ul style="list-style-type: none"> ➤ Be able to track the path of a ball over a net and move towards it ➤ Begin to hit and return a ball using hands and racquets with some consistency ➤ Play modified net/wall games throwing, catching and sending over a net <p>Suggested Extended Abstract/Greater Depth Task: Adapt aiming and shooting activities to gain more control and consistency</p> <p>Suggested Sportsperson: Lin Dan</p>	<ul style="list-style-type: none"> Athletics <ul style="list-style-type: none"> ➤ Control movements and body actions in response to specific instructions ➤ Demonstrate agility and speed ➤ Jump for height and distance with control and balance ➤ Throw with speed and power and apply appropriate force <p>Suggested Extended Abstract/Greater Depth Task: Describe how different activities feel to perform (e.g. 'easy', 'energetic' or 'exhausting')</p> <p>Suggested Sportsperson: Fatima Whitbread</p>	<ul style="list-style-type: none"> Athletics <ul style="list-style-type: none"> ➤ Use running, jumping and throwing stations, investigating in small groups different ways of performing these activities ➤ Compare the effectiveness of different styles of runs, jumps and throws using a variety of equipment and different ways of measuring and timing <p>Suggested Extended Abstract/Greater Depth Task: Suggest how performances could be improved, using given criteria</p> <p>Suggested Sports person: Usain Bolt</p>	<ul style="list-style-type: none"> Athletics <ul style="list-style-type: none"> ➤ Sustain pace over short and longer distances such as running 100m and running for 2 minutes ➤ Able to run as part of a relay team working at their maximum speed ➤ Perform a range of jumps and throws demonstrating increasing power and accuracy <p>Suggested Extended Abstract/Greater Depth Task: Pick out the important features of a performance and make good suggestions about what could be improved</p> <p>Suggested Sports person Dina Asha smith, Anthony Joshua</p>	<ul style="list-style-type: none"> Outdoor and adventure activities <ul style="list-style-type: none"> ➤ Plan for children to take part in outdoor and adventurous activity challenges both individually and within a team at least once per year, e.g. Go Ape, canoeing, orienteering Swimming: <ul style="list-style-type: none"> ➤ Swim over 50 metres unaided ➤ Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming <p>Suggested Extended Abstract/Greater Depth Task: n/a – instructor led</p> <p>Suggested Sports person Nicola Adams</p>
Vocabulary	Backward, distance, furthest, fastest, link, hop	Burpee, obstacle, control, stamina, dynamic, static	Defend, attack, block, control, receive, teamwork shaft	Zones, directing, conditioned, intercepting, isolation	Possession, foul, umpire, dodge, pivot, stationary	Crawl, distance, challenge, survival, treading, crouching
Summer 2	<ul style="list-style-type: none"> Run Jump Throw <ul style="list-style-type: none"> ➤ Link running and jumping ➤ Learn and refine a range of running which includes varying pathways and speeds ➤ Develop throwing techniques to send objects over long distances 	<ul style="list-style-type: none"> Run Jump Throw <ul style="list-style-type: none"> ➤ Develop power, agility, coordination and balance over a variety of activities ➤ Throw and handle a variety of objects including quoits, beanbags, balls, hoops 	<ul style="list-style-type: none"> Hockey <ul style="list-style-type: none"> ➤ Play in small sided hockey-type invasion games ➤ Send and receive balls in a variety of situations ➤ Develop motor skills to handle sticks with ease and improve agility 	<ul style="list-style-type: none"> Cricket <ul style="list-style-type: none"> ➤ Develop the range of cricket skills they can apply in a competitive context ➤ Choose and use a range of simple tactics in isolation and in a game context ➤ Consolidate existing skills and apply with 	<ul style="list-style-type: none"> Netball <ul style="list-style-type: none"> ➤ Use specific netball skills in games for example confidently: pivoting, dodging, bounce pass and previously learnt skills ➤ Play efficiently in different positions on the court in both attack and defence 	<ul style="list-style-type: none"> Swimming <ul style="list-style-type: none"> ➤ Swim fluently with controlled strokes ➤ Turn efficiently at the end of a length ➤ Perform safe self-rescue in the water <p>Suggested Extended Abstract/Greater Depth Task: n/a – instructor led</p>

	<p><u>Suggested Extended Abstract/Greater Depth</u> <u>Task:</u> Choose a range of skills that suit the needs of the game and outwit their opponents</p> <p>Suggested Sportsperson: Carl Lewis</p>	<p>➤ Negotiate obstacles showing increased control of body and limbs</p> <p><u>Suggested Extended Abstract/Greater Depth</u> <u>Task:</u> Practice to improve their skills as a group, knowing what they need to achieve collectively</p> <p>Suggested Sportsperson: Mike Powel</p>	<p><u>Suggested Extended Abstract/Greater Depth</u> <u>Task:</u> Play effectively with speed and precision, as members of both small and larger teams</p> <p>Suggested Sportsperson: Nikki Pradhan</p>	<p>consistency</p> <p><u>Suggested Extended Abstract/Greater Depth</u> <u>Task:</u> Debate with your team for various strategies to use to get your opponent out.</p> <p>Suggested Sports person Ian Botham</p>	<p>➤ Increase power and strength of passes, moving the ball over longer distances</p> <p><u>Suggested Extended Abstract/Greater Depth</u> <u>Task:</u> Make changes that improve their team and individual performance</p> <p>Suggested Sports person Irene Van Dyke</p>	<p>Suggested Sports person Ellie Simons</p>
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