

Elmlea Junior School PE Curriculum Map Year 3

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

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Fundamentals

Children will develop the fundamental skills of balancing, running, jumping, hopping and skipping. Pupils will develop their ability to change direction with balance and control..



Mind, Body & Breath Exercise

Children will demonstrate increased control when in poses, they will develop their ability to stay still and keep their focus.

The
Journey
Starts

Term
1

Term
2

Engagement in Sport Audit

Children will be asked what sports they take part in outside of school and signposted to what's on offer.



Orienteering

Children will plan and implement strategies to solve problems and develop map reading skills



Basketball

Children will be encouraged to persevere when developing key skills and principles. They will learn how to evaluate their own and others' performances, and how to identify a focus for improvement.



Tag Rugby

Children will learn to keep possession of the ball using attacking skills. They will think about how to use skills, strategies and tactics to outwit opponents.



Tennis



Children develop key skills required including the ready position, racket control and hitting ball. They learn how to score points and how to use skills, simple strategies and tactics to outwit opponents.

Term
4

Term
3

Rounders



Children learn how to score points by striking a ball into space and running around bases. They learn how to play in different fielding roles.

Dance

Children create dances in relation to an idea including historical and scientific stimuli. Children work individually, with a partner and in groups to share ideas. Pupils develop their use of counting and rhythm



Gymnastics Floor

Children are introduced to the terms 'extension' and 'body tension'. They develop the basic skills of rolling, jumping and balancing and use them individually and in combination.



IntraCompetition

All children will have the opportunity to compete within house competitions within activities learned throughout the curriculum. Children will understand the importance of playing fairly and respecting all involved.



Term
5

Term
6

Interventions



Children identified for additional support with gross & fine motor skills are offered additional coaching sessions to help develop these skills.

Gymnastics Apparatus

Children develop their basic skills in term 3 and apply them on, within and around different pieces of apparatus.



Athletics

Children will develop basic running, jumping and throwing techniques. They are set different challenges for distance and time that involve these movement skills.



Dance

Pupils learn to use canon, unison, formation and levels in their dances. They will be given the opportunity to perform to others and provide feedback using key terminology.



Elmlea Junior School PE Curriculum Map Year 4

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Ball Skills

Children will develop their accuracy and consistency when tracking a ball, explore a variety of throwing techniques and learn to select the appropriate throw for the situation.



Fitness



Children will take part in a range of fitness challenges to test, monitor and record their data. They will learn about different components of fitness and are asked to recognize areas for improvement and suggest activities they could do to do this.

The
Journey
Starts

Term
1

Term
2



Engagement in Sport Audit

Children will be asked what sports they take part in outside of school and signposted to what's on offer.



Orienteering

Children plan independently and in small groups, implementing a strategy with increased success. Identify key symbols on a map and use a key to help navigate.

Hockey

Children will learn to contribute to the game by helping keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball.



Netball



Children will learn to use a range of different passes in different situations to keep possession and attack towards goal. They will learn key rules of the game and how to implement them.

Football



Children will start by playing uneven and then move to even sided games. They will learn the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees.

Term
4

Term
3

Dance

Children focus on creating characters and narrative through movement and gesture. They think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts.

Gymnastics Floor

Children learn a wider range of travelling actions and include the use of pathways. They work independently and in collaboration with a partner to create and perform sequences.



IntraCompetition



All children will have the opportunity to compete within house competitions within activities learned throughout the curriculum. Children will understand the importance of playing fairly and respecting all involved.

Cricket



Children learn how to strike the ball into space so that they can score runs. When fielding, they learn how to keep the batters' scores low.

Term
5

Term
6

Interventions



Children identified for additional support with gross & fine motor skills are offered additional coaching sessions to help develop these skills.

Gymnastics Apparatus

Children develop more advanced actions such as inverted movements and explore ways to include apparatus. They will demonstrate control in their behaviour to create a safe environment for themselves and others to work in.



Athletics

Children will develop their running, jumping and throwing techniques. They think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to preserve to achieve their personal best.



Dance

They gain inspiration from a range of stimuli, working individually, in pairs and small groups. Pupils will develop confidence in performing and will be given the opportunity to provide feedback and utilise feedback to improve their own work





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Elmlea Junior School PE Curriculum Map Year 5

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Indoor Athletics

Children will develop flexibility, strength, speed, technique, control and agility. They will measure performance and record it using mathematical principles.



Mind, Body & Breath Exercise

Children learn about mindfulness and body awareness. They learn poses and techniques that will help them connect their mind and body.

**The
Journey
Starts**

**Term
1**

**Term
2**



Engagement in Sport Audit

Children will be asked what sports they take part in outside of school and signposted to what's on offer.



Orienteering

Children explore tactical planning within a team to overcome increasingly difficult tasks.



Basketball

Children will develop key skills including defending, attacking, throwing, catching, dribbling and shooting. They will learn to use attacking skills to maintain possession as well as defending skills to maintain possession.



Tag Rugby



Children will develop key skills and principles including defending, attacking, throwing, catching, running and dodging. They will think about how to use skills, strategies and tactics to outwit the opposition.

Tennis



Children develop their competences in racket skills when playing tennis. They learn specific such as forehand, backhand, volley and underarm serve.

**Term
4**

**Term
3**

Rounders



Children learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. They work with a partner and group to organize and self-manage their own games.

Dance

Children learn different styles of dance, and develop an awareness of the historical and cultural origins of different dances. They will be given the opportunity to create and perform their work.



Gymnastics Floor

Children create longer sequences individually, with a partner and a small group. They learn a wider range of actions such as inverted movements to include cartwheels and handstands.



IntraCompetition



All children will have the opportunity to compete within house competitions within activities learned throughout the curriculum. Children will understand the importance of playing fairly and respecting all involved.

Interventions



Children identified for additional support with gross & fine motor skills are offered additional coaching sessions to help develop these skills.

Gymnastics Apparatus

Children explore partner relationships such as canon and synchronization and mirroring and how this can be applied on apparatus. They are given opportunities to receive and provide feedback in order to make improvements on performances.



**Term
5**

**Term
6**

Athletics

Children are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. They learn how to improve by identifying areas of strength as well as areas to develop.



Dance

They will be asked to provide feedback using the correct dance terminology and will be able to use this feedback to improve their work. Pupils will work safely with each other and show respect towards others.





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Elmlea Junior School PE Curriculum Map Year 6

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Indoor Athletics

Children will develop the correct technique for optimal performance. They will compare their performances with previous ones and demonstrate improvement to achieve their personal best.



Fitness



Children will take part in a range of fitness challenges to test, monitor and record their data. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same.

The Journey Starts

Term 1

Swim Top-Up

Term 2

Engagement in Sport Audit

Children will be asked what sports they take part in outside of school and signposted to what's on offer.



Orienteering

Children pool ideas within a group, selecting and applying the best method to solve a problem. They orientate a map efficiently to navigate around a course.

Hockey

Children will improve their defending and attacking play, developing further knowledge of the principles and tactics of each.



Netball



Children will develop defending and stacking play during even sided games. They will start to show control and fluency when passing, receiving and shooting the ball.

Football



Children will improve their attacking play and defending play, developing further knowledge of the principles and tactics of each. They will also learn the basics of goal keeping.

Term 4

Dance

Pupils will focus on developing an idea or theme into dance choreography. They will use different choreographing tools to create dances e.g. formations, timing, dynamics. Pupils will have opportunities to choreograph, perform and provide feedback on dance.

Term 3

Gymnastics Floor

Children use their knowledge of compositional principles including how to use variations in level, direction and pathway when developing sequences.



IntraCompetition



All children will have the opportunity to compete within house competitions within activities learned throughout the curriculum. Children will understand the importance of playing fairly and respecting all involved.

Cricket



Children develop the range and quality of striking and fielding skills and their understanding of cricket. They learn how to play the different roles of bowler, wicket keeper, fielder and batter.



Term 5

Gymnastics Apparatus

Children use their knowledge of compositional principles of how to combine actions and how to relate to a partner and apparatus when developing sequences. They build trust when working collaboratively in larger groups, using formations to improve the aesthetics of their performance.



Term 6

Athletics

Children are given the opportunities to lead when officiating as well as observe and provide feedback to others.



Dance

Pupils think about how to use movement to convey ideas, emotions, feelings and characters. Pupils will show an awareness of keeping others safe and will have the opportunity to lead others through short warm ups.



Children leave Elmlea with positive experiences in sport ready to continue into secondary school and beyond.

