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.

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..



Term

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

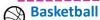
Children will be asked what sports they take part in outside of school and signposted to what's on offer.

Engagement in Sport Audit



Orienteering

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



Children will be encouraged to persevere when deloping 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

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

Term

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.

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.



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

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.

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. -----



The **Journey** Term

Term

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.



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. Idenitfy key symbols on a map and use a key to help navigate.

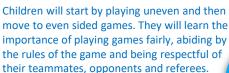


Children will learn to contribute to the game by helping keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball.



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.







Term

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.



Children focus on creating charectors 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.

Term

Term



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 behavioir 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 preserver 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







Elmlea Junior School PE Curriculum Map Year 5

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

The **Journey Starts**

Term



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.



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.



Children learn different styles of dance, and

develop an awareness of the historical and

be given the opportunity to create and

cultural origins of different dances. They will

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.



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



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



Dance

Term



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.

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 selfmanage their own games.



perform their work.

Term 6



Interventions

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

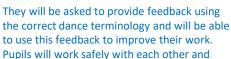
Gymnastics Apparatus

Children explore partner relationships such as canon and synchronization and matching 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.

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



show respect towards others.

Term

Engagement in Sport Audit

take part in outside of school and

signposted to what's on offer.

Children will be asked what sports they

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.

Term

Indoor Athletics

Children will develop the correct technique for optimal performance. They will compare their performances with previous ones and

The **Journey Starts**

demonstrate improvement to achieve their personal best. -

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.

Orienteering

Hockey

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

same.

Fitness

Netball 🕏

Children will take part in a range of

they find a challenge hard and are encouraged to support others to do the

fitness challenges to test, monitor and record their data. They will need to

preserver when they get tired or when

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



Dance

Term

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.

Gymnastics Floor

Term

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 keepr, fielder and batter.

Term

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 use their knowledge compositional priciples 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.

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.

