

Beam County Primary School PE Map 2017 - 2018

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 Teacher led	<p><b>Ball &amp; Hand skills</b>  <b>Throwing different weights &amp; sized balls &amp; catching with one and two hands</b></p>	<p><b>Body Management</b>  <b>Travelling - A (5 Lessons minimum)</b>  <b>Travelling in different directions</b>  <b>Travelling on different parts of their body</b>  <b>Spatial awareness.</b></p>	<p><b>Bat &amp; Ball Skills</b>  <b>Hitting/bouncing a ball around a cone &amp; Hitting a ball to partner.</b></p>	<p><b>Netball Skills</b>  <b>Basic Footwork &amp; Passing Skills – chest pass, bounce pass.</b></p>	<p><b>Throwing &amp; Catching skills</b>  <b>Rolling &amp; throwing hitting targets</b>  <b>hitting different sized targets and distances – stopping the ball – focus on different rolling &amp; throwing techniques from further distances.</b></p>	<p><b>ATHLETICS</b>  <b>Throws - larger javelin &amp; throwing a ball (chest push) &amp; short Sprints (further than Reception)</b></p>
Year 1 Teacher led	<p><b>Throwing &amp; Catching skills</b>  <b>Rolling &amp; throwing hitting targets, hitting different sized targets and distances – stopping the ball – focus on different rolling &amp; throwing techniques from further distances.</b></p>	<p><b>Dance - A (6 Lessons minimum unit 1)</b>  <b>Val Sabin – Streamers, Conkers and playing with a ball.</b></p>	<p><b>Body Management</b>  <b>Turning, Spinning and Twisting - A (5 Lessons minimum)</b>  <b>Quarter to full turns, twisting different parts of their body.</b></p>	<p><b>Dance - A (6 Lessons minimum unit 2)</b>  <b>Val Sabin –March, March, March and Jack and the Beanstalk.</b></p>	<p><b>Football Skills</b>  <b>Step-on and inside cut, passing with both feet.</b></p>	<p><b>Bat &amp; Ball Skills</b>  <b>Hitting/bouncing a ball around a cone &amp; Hitting a ball to partner.</b></p>

Year 2	<b>Football Skills</b> Inside & outside Passing & Turns on the inside & outside of the foot.	<b>Orienteering</b> Funny faces- to understand the use of symbols and a key	<b>Netball Skills</b> High five rules Basic Footwork & Passing Skills – chest pass, bounce pass, shoulder pass.	<b>Cricket Skills</b> Batting stance& Fielding techniques with hand & feet.	<b>Tennis Skills</b> Forehand ,the volley etc working on balance, swing From low to high keeping eyes on the ball and keeping racket head up.	<b>ATHLETICS</b> Sprinting (sprint starts) & Standing long jump, throws etc
Year 2 Teacher led	<b>Body Management</b> Turning, Spinning and Twisting - A (5 Lessons minimum) Quarter to full turns, twisting different parts of their body.	<b>Ball &amp; Hand skills</b> Throwing different weights & sized balls & catching with one and two hands	<b>Body Management - A</b> (5 Lessons minimum ) Stretching & Curling on different parts of their body also balancing in a stretched shape.	<b>Bat &amp; Ball Skills</b> Hitting/bouncing a ball at and around a cone, also hitting a ball to a partner.	<b>ATHLETICS</b> Sprinting (sprint starts) & Standing long jump, throws etc	<b>CRICKET</b> Fielding Skills – catching & stopping the ball with the body and feet
Year 3	<b>Royal Ballet School</b> Forces, Motion, Sound and Body.	<b>Orienteering</b> Obstacle Challenge – to encourage team support.	<b>Football Skills.</b> Moves (Ronaldo, Redknapp, etc) & Passing.	<b>Tag Rugby Skills</b> Passing( quick, long and running onto pass)	<b>ATHLETICS</b> Sprinting – start & middle phase & Standing triple jump.	<b>Basketball skills</b> Attacking skills, dribbling, passing and shooting.
Year 3 Teacher led	<b>Tennis Skills</b> Forehand ,the volley etc working on balance, swing From low to high keeping eyes on the ball and keeping racket head up.	<b>Body Management - A</b> (5 Lessons minimum ) Traveling and taking weight on different body parts.	<b>DANCE - A</b> (6 Lessons minimum unit 4) Val Sabin – Mechanical Progress.	<b>CRICKET SKILLS</b> Striking the ball into spaces & fielding – covering space, different throwing techniques.	<b>FOOTBALL SKILLS</b> Dribbling at pace whilst keeping ball under control. Shooting – long and short distance	<b>ATHLETICS</b> Standing Long & Triple Jumps & relays.
Year 4	<b>Football Skills</b> 3v3 - Attacking & Defending Skills	<b>Orienteering</b> Counting cones -To teach the skills of map orientation.	<b>Tag Rugby skills</b> Passing( quick, long and running onto pass)	<b>Basketball skills</b> 3v3- Attacking & Defending Skills	<b>ATHLETICS</b> Throws – javelins, discus, howlers, etc. & Sprints – 75m.	<b>Netball Skills</b> Hi 5 Netball - positions

Year 4 Teacher led	<b>Tennis Skills</b> Forehand, Backhand and The Volley etc, accuracy, Keeping light on your toes Also hitting ball before it bounces.	<b>Body Management - A</b> (5 Lessons minimum ) Symmetry & Asymmetry shape's, traveling and balancing.).	<b>DANCE - A</b> (6 Lessons minimum unit 2) Val Sabin - Electricity	<b>Football Skills</b> Passing and shooting techniques.	<b>Cricket</b> Batting - techniques Fielding – wicket keeper and slip fielding	<b>Athletics</b> Sprints – starts and techniques
Year 5	<b>Sportshall Athletics</b> Standing Long/Triple jump technique. Chest push technique.	<b>Orienteering</b> Matching symbols – to learn the basic orienteering symbols and colours.	<b>Tag Rugby skills</b> Ball handling, movement and running into gaps.	<b>DODGEBALL SKILLS</b> Throwing accurately and catching the ball while on the move	<b>ATHLETICS</b> Throws and relays.	<b>CRICKET</b> Striking the ball into spaces & fielding – covering space, different throwing techniques.
Year 5 Teacher led	<b>Body Management - A</b> (5 Lessons minimum ) Matching and Mirroring, balance, shape and travel.	<b>Football Skills</b> Passing ( Driving & chipping), Tackling (block) Dribbling.	<b>Netball Skills</b> High five rules Footwork, Passing techniques and movement.	<b>Basketball Skills</b> 3v3 Attacking - Dribbling around opponent Defending techniques – rebounding.	<b>CRICKET</b> Striking the ball into spaces & fielding – covering space, different throwing techniques.	<b>ATHLETICS</b> Standing Long & Triple Jumps.
Year 6	<b>Sportshall Athletics</b> Short and long sprints with relays.	<b>Tag Rugby skills</b> Passing( quick, long and running onto pass)	<b>DODGEBALL SKILLS</b> Throwing and catiching skills with tactical strategies.	<b>Football Skills</b> Turns – Moves – Ronaldo, Redknapp Shooting with instep and outside the foot.	<b>ATHLETICS</b> Throws – javelins, discus, howlers, etc. & Sprints – 75m	<b>CRICKET -</b> Striking the ball into spaces, running between wickets quickly also fielding – covering space, and different throwing techniques.

<p>Year 6</p> <p>Teacher led</p>	<p><b>Body Management - A</b>  <b>(5 Lessons minimum )</b>  <b>Synchronisation and</b>  <b>Canon traveling and</b>  <b>partner work.</b></p>	<p><b>Basketball Skills</b>  <b>3v3 &amp; 4v4</b>  <b>Positional (zone) &amp; Team</b>  <b>play (positions of play,</b>  <b>shooting, pressing).</b></p>	<p><b>Body Management - A</b>  <b>(5 Lessons minimum )</b>  <b>Matching and Mirroring,</b>  <b>balance, shape and travel.</b></p>	<p><b>Netball Skills</b>  <b>Hi 5 moves and</b>  <b>positions.</b></p>	<p><b>Cricket Skills -</b>  <b>Fielding -</b>  <b>positional play covering,</b>  <b>learning to 'read' the</b>  <b>game</b></p>	<p><b>ATHLETICS</b>  <b>Standing Long &amp;</b>  <b>Triple Jumps.</b></p>
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