NORTH DENES PRIMARY SCHOOL - Physical Education – Whole School Overview Based on 2 hours per week Curriculum Map 2017 - 2018

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Year group	Hour	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	1	Invasion Games Tag Rugby Passing / Creating space	Indoor Athletics Agility, Balance & Coordination (ABC's)	Dance/Drama Jai Ho Creative Dance	Passing & Receiving (throwing & catching)	Striking & Fielding - Cricket (throwing, catching & fielding Swimming	Athletics (posture, balance & stability) Swimming & Water Safety
	2	Invasion Games Football FA Skills Coach	Health & Fitness Cross Country / Bleep Test / Know our Muscles	Gymnastics Balance and Agility (different levels)	Badminton (hand/eye coordination)	Athletics Jumping for distance Variety of throwing techniques	Net & Wall Tennis (directing the ball) ABC's
4	1	Invasion Games Tag Rugby Passing / Creating space	Indoor Athletics Agility, Balance & Coordination (ABC's)	Dance/Drama Jai Ho Creative Dance Swimming & Water Safety	Netball Passing & Receiving (throwing & catching) Swimming & Water Safety	Striking & Fielding – Cricket (throwing, catching & fielding	Athletics (posture, balance & stability)
	2	Invasion Games Football FA Skills	Health & Fitness Cross Country / Bleep Test / Know our Muscles	Gymnastics Balance and Agility (different levels)	Badminton (hand/eye coordination)	Athletics Jumping for distance Variety of throwing techniques	Net & Wall Tennis (directing the ball) ABC's

		Invasion Games	Indoor	Dance/Drama	Netball	Striking &	Athletics
	1	Tag Rugby	Athletics	Lindy Hop	Passing &	fielding	Improving
				Explore Simple	Receiving with	Cricket	performance of
5		Support Play &	Agility, Balance	Lifts / Create &	accuracy &		a variety of
3		Formation / Skills &	& Coordination	extend phases	control.	(skill specific)	throwing &
		Drills	(ABC's)	independently	Attacking &	ABC's	jumping
					Defending		techniques
		Invasion Games	Health &	Gymnastics	Badminton	Athletics	Net & Wall –
	2	Football	Fitness		(hand/eye	(track & field)	Tennis
				Group Balances	coordination)	Developing a	(directing the
		FA Skills	Cross Country /	& Complex		greater	ball)
			Bleep Test /	Sequence		fluency &	ABC's
			Know our Body	Building		coordination	
						of movement	
		Invasion Games	Indoor	Dance/Drama	Netball	Striking &	Athletics
6	1	Tag Rugby	Athletics	Lindy Hop	Passing &	fielding	Improving
				Explore Simple	Receiving with	Cricket	performance of
		Support Play &	Agility, Balance	Lifts / Create &	accuracy &		a variety of
		Formation / Skills &	& Coordination	extend phases	control.	(skill specific)	throwing &
		Drills	(ABC's)	independently	Attacking &	ABC's	jumping
				with fluency &	Defending		techniques
		-		coordination	_		
		Invasion Games	Health &	Gymnastics	Badminton	Athletics	Net & Wall –
	2	Football	Fitness	Group Balances &	(hand/eye	(track & field)	Tennis
		E 4 OL "	Cross Country /	Complex Sequence Building with fluency	coordination)	Developing a greater fluency &	(directing the
		FA Skills	Bleep Test	& coordination		coordination of	ball)
			Know our Body			movement	ABC's