

NORTH DENES PRIMARY SCHOOL - Physical Education – Whole School Overview KS2
Based on 2 hours per week Curriculum Map 2018-2019



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

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