Physical Education Whole School Curriculum Map

At St. Luke's, we follow the 'Complete P.E.' Scheme and endeavour to cover the National Curriculum through adapting it to meet the needs of every child.

All of KS2 use the local swimming pool to do a two-week intensive swimming programme. By year 6, we expect all children to be able to swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes. We also aim for all children to be confident around water allowing them to safely enjoy swimming in the future. We actively encourage them to perform safe self-rescue in different water-based situations.

Our sports premium statement shows how we engage all pupils in regular physical activity – at least 30 minutes a day. It also demonstrates the increased knowledge & skills of all staff in teaching PE & Sport.

In Order to raise the profile of P.E and Sports, we have a number of different sports and broader activities available which support the implementation of the National Curriculum and EYFS Curriculum inside and outside of the school day which includes:

- Inspire Football - Weekly in KS2 – football skills and instilling a strong sense of team-play and fairness.
- Cricket and tennis with sporting charity bodies.
- Running a local interschool football competition.
- Islington Borough schools athletic and sporting competitions as we increase participation in competitive sports

Dance is facilitated by our external specialist dance tutor who delivers dance lessons three half terms a year for every year group. Children in Years 2, 4 and 6, hone these skills in major school performances at the end of the Autumn, Spring and Summer terms respectively.

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	**Dance: Dinosaurs** • Create bog movements • Create small movements • Create movements in role • Add emotion to movement • Expression and working in pairs • As above + exploring relationships between dinosaurs.	**Hands 1** • Pushing a ball • Rolling a ball • Bouncing a ball • Bouncing a ball while moving • Exploring pushing and rolling a ball • Exploring pushing, rolling and rolling a ball	**Hands 2** • Aiming when throwing • Develop aiming when throwing • Using body weight in throwing • Accuracy when rolling a ball • Stopping a ball • Catching a ball / beanbag	**Gymnastics: Moving** • Moving and making shapes with the body • Moving in different directions • Big and small movement on apparatus • Movements in a pair on the floor/apparatus • Shapes in a pair on the floor/apparatus • Transitioning between different zones	**Feet 1** • Kicking a ball • Controlling a ball • Dribbling a ball • Develop technique for dribbling a ball • Develop further and understand dribbling a ball • Collaborate with a partner	**Games for Understanding** • Taking turns • Keeping a score • Following the rules • Evasive skills in a game • Preventing an opponent from scoring • Fish & shark defending/attacking mini game
Dance *(Throughout the year)*	• Responding in movement to words and music • Creating their own movement • Moving in sequence • Exploring character movements					

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Year 1	**Athletics: Running 1** • Explore running • Develop technique • Running at different speeds • Apply correct technique of running • Duration as a team • Competitive running **Dance**	**Athletics: Jumping 1** • Jumping in different directions • Jumping efficiently • Effect on our bodies • Explore skipping • Jumping and skipping in a game • Competitive jumping **Hands 1** • Develop dribbling (bouncing) • Passing a ball • Aiming a ball to be om target • Different ways of stopping a ball • Sending and receiving skills / to keep possession	**Gymnastics: Wide Narrow Curled** • Recap – movement and balances • Movement and balances on apparatus • Movement and balances - curled way • Transitioning between shape and apparatus • Wide, narrow and curled movements • Linking **Dance**	**Hands 2** • Underarm throwing • Underarm throwing – game • Throwing – competitively • Stopping a ball in a game • Roll a ball - target • Consolidate skills **Team Building** • Introduce concept of teamwork • Communication as a strategy • Trusting a partner • Develop cooperation and communication skills • Explore simple strategies • Explore simple strategies as a team	**Gymnastics: Body parts** • Big parts of the body – movements & balances • Small parts of the body • Combining balances • Combinations on apparatus • Adding movement • Adapting sequences **Dance**	**Games for understanding: Attack v Defence** • Basic principles of attack • Apply attack principles in a game • Basic principles of defence • Apply defence principles in a game • How, where and why to attack in a game • How, where and why to defend in a game **Feet 1** • Different ways to kick a ball • Using the inside and outside of feet • Dribbling with feet • Where to dribble and why • Passing a ball • Applying the above skills in a game
Dance *(Throughout the year)*	• Respond to rhythm and patterns through movement • Explore various dynamics and movement qualities • Create a range of controlled movements • Explore movements to represent a character / narrative			• Control and co-ordinate their body • Perform motif / sequence with a partner • Explore expression through movement • Perform a sequence to an audience		

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Year 2	**Dodging** • Explore dodging • Importance of dodging in games • Attacking and defending • How, where and why • Consolidate skills • Apply new learning in competition **Dance**	**Gymnastics: Pathways** • Zigzagging • Link zig-zags on apparatus • Curved pathways • Creating movements • Create sequences • Performing **Dance & Drama** *(Year 2 Performance)*	**Gymnastics: Linking** • Recall previous skills • Linking different movements • Jump, roll, balance • Jump, roll, balance on apparatus • Create sequences • Performing **Dance**	**Hands 1** • Dribbling to keep control • Passing and receiving (ball) to keep possession • Combine dribbling, passing & receiving to keep possession • Passing and receiving to score a point • Dribbling, passing and receiving to score **Feet 1** • Dribbling to keep control of a ball • Passing and receiving to keep control of a ball • Dribbling, passing & receiving to keep possession • Develop dribbling • Dribbling, passing & receiving to score a point / and as a team	**Ball Skills: Rackets, Bats and Balls** • With and against a partner • Hitting accuracy • Tactics • Hitting into space as a strategy • Scoring points • Consolidate skills **Dance**	**Games for Understanding** • Attacking as a team • Defend as a team • Attack / defend choices • Refining understanding and practice of defending • Simple attack and defend tactics (team) **Hands 2** • Develop underarm throw with accuracy • Basic principles of attack and defence • Underarm throwing to beat an opponent • Introduce overarm throwing • mini game
Dance *(Throughout the year)*	• Control and co-ordinate bodies to explore expression • Linking movements together that flow • Exploring expression and emotion • Explore different dynamics (fast & slow) • Extended sequences with a partner • Responding to stimuli using controlled movements • Develop movements			• Develop motifs / movements with a partner • Adding drama and emotion to a performance • Describing and interpreting a movement • Whole group movement • Improvisation in movement • Create a sequence of movement • Respond to music		

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Year 3	**Invasion Games: Basketball** • Dribbling the ball for control and possession • Passing and receiving for possession • Creating space whilst dribbling • Develop passing, moving & dribbling • Introduce children to shooting • Apply above new learning in competition **Inspire Football block**	**Invasion Games: Dodgeball** • Develop understanding of when, where and why to dodge a ball • Introduce dodgeball throwing techniques • Importance of catching a ball in dodgeball • Importance of changing direction • Linking together dodging & throwing • Combine throwing, catching & dodging - teamwork **Dance**	**Gymnastics: Symmetry & Asymmetry** • Movements and balancing in a symmetrical & asymmetrical way • Symmetrical balances on apparatus – moving in & out • Travelling between apparatus – symmetrical sequences • Symmetrical sequences, travelling between apparatus, ending in an asymmetrical sequence **Inspire Football block**	**Athletics** • Using our bodies to run as fast as possible • Understand how and why we need to accelerate at the start of a race • Running for speed, when part of a team • As above on a curved track / simple changeover tactics • Explore differences for throwing for distance / accuracy • Using our bodies to jump as far as possible **Dance**	**Athletics – competition** • Running • Throwing • Jumping • Mini athletics • Mini athletics – selecting on personal strengths **Inspire Football block**	**Games: Rounders** • Batting and fielding • Throwing overarm • Apply both underarm & overarm throw in a mini game • Ways of stopping the ball • Apply the long barrier in a game to keep points down • Apply above new learning in competition **Dance**
Dance *(Throughout the year)*	• Responding to stimuli • Interpret music • Explore musicality • Develop thematic dance into a motif • Develop sequences with a partner			• Ascertain best moves to tell a story / improve a performance • Show expression and creativity • Introduce simple choreography • Develop own movements for choreography • Identify strengths and weaknesses in own and other's performances		

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Year 4	**Invasion Games: Dodgeball** • When to jump & duck to avoid a ball • Throw with accuracy & with increased speed • Catching during a game • Application of dodging, jumping and ducking in a game • Apply above new learning and teamwork in competition **Dance**	**Athletics: Throwing & Jumping** • Differences in throwing for accuracy & distance • Develop pupils understanding of throwing for distance • Shot put – using the body to throw for distance • Discuss – using the body to throw for distance • Using bodies to jump as far as possible • Using bodies to jump as far as possible **Inspire Football block**	**Gymnastics: Bridges:** • Explore movement and balances creating bridges • Re-create bridge balances on apparatus • Move over and under individual apparatus • Develop a sequence by using pair and individual bridges • Complete previous sequences • Perform sequences **Dance**	**Striking & Fielding: Rounders** • Explore batting & fielding • Develop fielding skills • Batting – hitting the ball – where and why • Develop batting skills further • Develop fielding skills – position • Apply above learning into a mini game **Inspire Football block** **Dance** *(Year 4 Easter Performance with an audience)*	**Athletics** • Self-analyse own performance to improve • Stride length during middle of the race • Pacing & running for distance (1) • Pacing & running for distance (2) • Throwing for distance • Explore a combination of jumps for distance **Dance**	**Games: Striking & Fielding – Cricket** • Understanding of Batting & fielding • Introduction to bowling • Stopping and returning the ball (to the bowler) • Ways to retrieve and return the ball to prevent the batters from scoring • Understanding of striking the ball with speed & direction to outwit the opponent • Apply above new learning in competition **Inspire Football block**
Dance *(Throughout the year)*	• Creating rhythmic patterns using the body • Performing with technical control within a group • Develop sequences with a partner interlinking dance moves • Extending sequences with a partner • Chorographical elements including still imagery • Sequences, relationships, choreography and performance					

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	**Invasion Games: Basketball** • Refine dribbling and passing skills • Defending (marking) to prevent attack • Develop shooting, applying this into game situations • Refine attacking skills • Refine defending skills • Consolidate above learning by applying to competition **Dance**	**Invasion Games: Dodgeball** • Understand reasons for blocking a ball • Consolidate catching skills and improve confidence • Throwing with accuracy and power • Explore basic attacking tactics – apply to game • Explore basic defensive tactics – apply to game situations • Apply above new learning in competition **Inspire Football block**	**Gymnastics: Counterbalance & Counter Tension** • Explore counterbalance / moving in and out of counterbalances on apparatus • Form a middle & start section to a sequence • Explore new concepts of counter tension • Move from counterbalance to counter tension on apparatus to end a sequence • Perform a completed sequence **Dance**	**Health Related Exercise** • Understand 4 health related fitness activities • Understand functions of cardiovascular system & how aerobic fitness effects our bodies • Flexibility and how it effects our bodies • Strength & how it effects our bodies • Aerobic fitness & how exercise effects our bodies **Inspire Football block**	**Athletics** • Understand how to finish a sprinting race • Improving performance at the start, middle and end of a race • Evaluate running to achieve personal best • Understand changeovers in a team race • Using the body to aid throwing for distance • Correct hurdling technique **Dance**	**Games: striking & fielding – Rounders** • Accurate understanding of roles when batting or fielding • Full version of rounders • Consolidate fielding • What happens when the batter misses the ball / hits the ball backwards • Tactics which batters can apply during the game • Apply above new learning in competition **Inspire Football block**
Dance *(Throughout the year)*	• Creating movement using improvisation where movement is reactive • Change of speed in our movements • Combining movements with flow and accurate timings • Extend sequences with a partner using compositional principles • Explore canon and unison • Creating / developing character movements • Perform with bold actions					

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Year 6	**Invasion Games: Basketball** • Consolidate previous learning of passing, dribbling and moving skills to keep possession • Understanding rules and applying to the game • Understand defence when ball not in possession • Attacking tactics in game situations • Defensive tactics in game situations • Apply above new learning in competition **Inspire Football Block**	**Athletics: Throwing & Jumping** • Explore differences between throwing for accuracy and for distance • Learn how to throw a javelin / shot-put / discuss using body weight to aid a greater distance • Using bodies to jump as far as possible in one jump • Using a combination of jumps for distance. **Dance**	**Gymnastics: Matching & Mirroring** • Explore the concept of matching • Using apparatus to improve a sequence • Concept of mirroring • Transfer mirroring concept onto apparatus • Bring together matching and mirroring movements to create a final sequence • Perform in pairs **Inspire Football Block**	**Athletics: competition** • Running for speed • Running for distance • Throwing for competition – javelin • Jumping for competition • Jumping, throwing and running in a mini competition **Dance**	**Striking & Fielding: Rounders** • Recap previous learning - batting and fielding • Introduce full version of rounders • Consolidate fielding skills • Recap and apply knowledge of what happens if a batter misses the ball / hits it backwards • Batter tactics in a game • Apply above new learning in competition **Inspire Football Block**	**Games: Striking & Fielding – Cricket** • Recap previous learning – simple batting techniques • Simple bowling techniques • Catching, stopping, throwing • Create and apply tactics to prevent batters from scoring • Creating and applying batting tactics into a game scenario • Apply above new learning in competition **Dance** (End of Year show)
Dance *(Throughout the year)*	• Chorographical elements including still imagery • Creating rhythmic patterns using the body • Extending our choreography through controlled movements, character emotion and expression • Include a change of speed and dynamic in our movements • Performing with technical control and rhythm in a group • Explore the relationships between characters applying character emotion and expression					

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