

PE Road Map

Year 1

- * Start and stop at speed
- * Variety of jumps
- * Simple gymnastic actions and shapes
- * Movement, patterns and music

- * Scoring points as a team
- * Learning rules
- * House competition
- * Sports Day!

Develop determination and cooperation

- * Controlling the body over obstacles
- * Balance and control
- * Contrasts in gymnastic shapes
- * Using different parts of the body in isolation and combination
- * Basic dance choreography

Year 2

- * Handling and throwing
- * Catching a ball from a short distance
- * Intercepting and retrieving
- * Bouncing a ball
- * Moving on and off objects

- * Jumping for height and distance with control and balance
- * Increasing strength and flexibility in movement
- * Using apparatus to make basic shapes
- * Create short dance phrases

- * Throwing and handling different objects
- * Hitting, bowling and catching skills
- * Sending and retrieving a ball using feet

- * Keeping possession
- * Scoring goals
- * Sports Club
- * House competition
- * Sports Day!

Develop communication skills for peer work.

Year 3

- * Throwing, bowling, hitting, catching over greater distances
- * Basic racquet skills

- * Applying basic rules of a game
- * Playing competitively
- * Moving into space to support others

Understand basic concepts of a warm-up

- * Performing a range of jumps in different activities
- * Create longer and more complex sequences
- * Perform symmetry
- * Different styles of dance
- * Refine and improve dances

- * Applying simple tactics
- * School Sports Club
- * House competition
- * Sports Day!

Year 4

- * Performing a range of jumps consistently
- * Swimming lessons
- * Balance, body shapes, flight, control
- * Smooth transitions and flow in sequences
- * Rhythm and style

- * Throwing, hitting and serving with accuracy and using a variety of objects
- * Returning a served ball

Year 5

- * Fielding and striking skills
- * Passing, controlling, dribbling and shooting
- * Forehand, backhand and overhead shots

- * A range of shots and throwing actions
- * Foot placement, shot selection and aim
- * Accuracy and power with balls

Develop empathy, interdependence, reflection and resilience

Year 7

- * Health and fitness
- * Warm ups
- * Communication
- * Comparing performances
- * Introduction to PE theory

Develop leadership and motivational skills

- * Attacking and defending
- * Competitive matches – internal and external
- * Sports Day

- * Range of athletic and jumping activities
- * Perform increasingly complex sequences
- * Experience flight on and off apparatus
- * Imagination and flair

Year 6

* Develop self confidence and persistence

- * Play modified games with confidence
- * Represent the school in a competitive match
- * House events and Sports Day

Year 8

- * Invasion game principles
- * Safely throw with secondary aged equipment
- * Different bowling techniques

- * Secondary and external sports club
- * Representing school and House
- * Self confidence in team sports

- * Final sports day!

- * Muscles and bones
- * Group warm ups
- * Officiating in Basketball
- * Coaching in Hockey

- * Alternative sports
- * HRF and OAA
- * Tactical knowledge
- * Hardball in cricket
- * Badminton

Year 9

- * Help run a House competition
- * Sports Day

Key
 Movement
 Using objects
 Competitive sport
 Theory and knowledge
 Physical skills
 Personal and social

- * Performance and leadership in sport.
- * Increasing awareness of OAA

Year 10

- * Handball, volleyball and table tennis
- * Differentiate in HRF
- * Advanced serving techniques
- * Cricket nets
- * Running greater distances

- * Performance analysis
- * Developing and demonstrating PE theory
- * Personalising my curriculum

Year 11

- * Health, fitness and well being
- * Anatomy and Physiology
- * Analyse my strengths
- * Biomechanical principles
- * Advanced PE theory
- * Social-cultural influences
- * Explore future careers – sports related work experience

- * Physical training
- * Challenging situations
- * Confident practical moderation
- * Life-long sporting ambitions

- * Increasing awareness of OAA
- * Contemporary issues in sport

- * Psychological theories
- * Exam questions
- * Evaluation
- * Complete PE theory

Supporting Sports Day!

