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Beam County Primary School PE Map 2023 - 2024

Threshold Concepts of Physical Education

Develop practical skills in order to participate, compete and lead a healthy lifestyle

Games		Dance	Gymnastics	Swimming	Athletics	Outdoor & adventurous activities	
Autumn 1		Autumn 2		Spring 1	Spring 2	Summer 1	Summer 2
Year 1		Athletics	Gymnastics	Games	Games	Athletics	Games
SPORTSHALL ATHLETICS – A. Standing Long/Triple jump technique. B. Sprint techniques Pupils should be taught to: <ul style="list-style-type: none"> Consider foot position, landing and arm swings Coordinate running & jumping – Triple jump Observe their & others feet, head and arm position Identify thighs, ham strings and ankles 		Body Management Travelling Pupils should be taught to: <ul style="list-style-type: none"> Travel in different directions Travel using different parts of their body Observe spatial awareness. 		Throwing & Catching skills Rolling & throwing hitting targets, hitting different sized targets and distances – stopping the ball – focus on different rolling & throwing techniques from further distances. Pupils should be taught to: <ul style="list-style-type: none"> Perform different throwing techniques To be able to hit targets from different distances Run, roll, throw and catch Get body and hands in position to catch 	FOOTBALL SKILLS Step-on and inside cut, passing with both feet. Pupils should be taught to: <ul style="list-style-type: none"> To be able to pass with their instep Turns with one touch Turn and pass to their team mate 	ATHLETICS Throws - larger javelin & throwing a ball (chest push) & short Sprints (further than Reception). Pupils should be taught to: <ul style="list-style-type: none"> Getting into a Usain Bolt throwing shape Feet placed in the correct position Keeping head still while sprinting 	BAT & BALL SKILLS Hitting/bouncing a ball around a cone & Hitting a ball to partner. Pupils should be taught to: <ul style="list-style-type: none"> Perform throwing and catching skills with control To watch copy and describe what others are doing Perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control

	Personal-Aut 1	Social-Aut 2	Cognitive-Spr 1	Creative-Spr 2	Physical- Sum 1	Health & Fitness- Sum 2
Year 1 Teacher led- Real PE	FMS-Footwork & One leg. Pupils should be taught to: .Bend their knees to help their balance. .Work off the balls of their feet. I can try several times if at first I don't succeed and I ask for help when appropriate. I can follow instructions, practise safely and work on simple tasks by myself I enjoy working on simple tasks with help	FMS-Dynamic Balance to Agility. Static Balance. Pupils should be taught to: <ul style="list-style-type: none"> • Swing arms back and bend knees to prepare. • Swing arms up and push from legs in take off. • Land through balls of feet with soft knees to absorb impact. • Land softly without noise. 	FMS- Dynamic and Static Balance. Pupils should be taught to: .Use arms to help move and Balance. .Keep feet still .Use smooth, controlled adjustments and movements.	FMS- Coordination and Counter Balance. Pupils should be taught to: .Observe and copy others. .Explore and describe different movements. .Select and link movements together.	FMS- Coordination, sending receiving and agility Pupils should be taught to: .Perform movements with quality. Concentrate on accuracy. Perform a single skill or movement with some control. .Stay focused and ready	FMS- Health and Fitness – Agility and static balance Pupils should be taught to: .Be aware of the changes to the way they feel. . Be aware of why exercise is important for good health. . Control when changing balance and position.
	Athletics	Games	Games	Games	Games	Athletic
Year 2	SPORTSHALL ATHLETICS – C. Standing Long/Triple jump technique. D. Sprint techniques Pupils should be taught to: <ul style="list-style-type: none"> • Consider foot position, landing and arm swings • Coordinate running & jumping – Triple jump 	BALL & HAND SKILLS Throwing different weights & sized balls & catching with one and two hands. Pupils should be taught to: . Perform throwing and catching skills with control . Copy, remember and repeat simple skills . Show control and	BASKETBALL SKILLS Attacking skills, dribbling, passing and shooting Pupils should be taught to: .Apply passing techniques in a game situation. To be able to receive a pass using appropriate footwork. .Body in correct	ROUNDERS SKILLS Batting stance & Fielding techniques with hand & feet. Pupils should be taught to: . Perform a range of rolling, throwing, striking, catching and gathering skills, with control	TENNIS SKILLS Forehand ,the volley etc working on balance and swing Pupils should be taught to: .Swinging low to high keeping eyes on the ball and keeping racket head up. .Perform the	ATHLETICS Sprinting (sprint starts) & Standing long jump, throws etc Pupils should be taught to: .Head, arms and feet in correct position for the sprint start .Have good control and coordination when jogging and sprinting. .Consider foot, body

	<ul style="list-style-type: none"> • Observe their & others feet, head and arm position • Identify thighs, ham strings and ankles • How the use of arms can affect jumping for distance 	accuracy with the basic actions for rolling, underarm, over arm throwing and catching	position to shoot . To use simple tactics	.To throw over and under arm accurately . Striking ball into gaps .Hands and feet in correct position for fielding and batting	correct tennis stance and grip . Be able to hit the ball accurately back to their partner .Volley ball over the net	position, landing and arm swings . Head steady when throwing Vortex
	Personal-Aut 1	Social-Aut 2	Cognitive-Spr 1	Creative-Spr 2	Physical- Sum 1	Health & Fitness- Sum 2
Year 2 Teacher led- Real PE	FMS- Coordination, footwork Static balance, one leg. Pupils should be taught to: .Follow instructions, practise safely and work on simple tasks by their self. Use equipment appropriately and move and land safely. .Keep feet shoulder width apart. .Use arms to help keep centre of gravity steady.	FMS- Dynamic balance to agility Jumping and landing and static balance seated. Pupils should be taught to: .Develop jumping combinations. .Use at least to different jumps. . Hold the balance without straining.	FMS- Dynamic balance on a line and static balance a stance Pupils should be taught to: .Understand and follow simple rules. .Recognise similarities and differences in performance. .Make shapes and balances with eyes closed.	FMS- Coordination, ball skills and counter balance with a partner. Pupils should be taught to: .To select and link movements together to fit a theme. .Use finger tips to move the ball. .Adjust base if necessary to maintain balance. . Observe another pair, compare their performance with yours and see if you can learn from them.	FMS- Coordination and Agility. Sending ,receiving, reaction and response. Pupils should be taught to: .Perform a single skill or movement with some control. .Perform a range of skills with some control and consistency. .Move feet quickly to get in a good position to catch the ball.	FMS- Agility, ball chasing and Static balance, floor work. Pupils should be taught to: .Say how their body feels before, during after exercise. . Describe how and why their body changes during and after exercise. .Good posture and holding balance.

	DANCE	GAMES	GAMES	GAMES	ATHLETICS	GAMES
Year 3	ROYAL BALLET SCHOOL Forces, Motion, Sound and Body. Pupils should be taught to: Copy movements Across the floor Go to one balance to another Listen to the rhythm of the music, where they can a range of expressive language to describe dance Create and link dance phrases using a simple dance structure.	TAG RUGBY SKILLS Passing(quick, long and running onto pass) Pupils should be taught to: Hands in correct position to pass and receive Practice short and long passes Develop a broader range of technique and skills for attacking and defending. Variety of tactics to keep the ball, eg changing speed and direction	FOOTBALL SKILLS Moves – Ronaldo, Redknapp etc & Passing. Pupils should be taught to: Learn the Ronaldo and Redknapp moves using the correct technique Recognise and select the correct pass to their team mate Use the moves in the right areas when playing 2v2 or 3v3 games Analyse your partners Redknapp and Ronaldo's	BALL & HAND SKILLS Throwing different weights & sized balls & catching with one and two hands Pupils should be taught to: Recognise and describe what their bodies feel like during different types of activity. Choose, use and vary simple tactics Perform ball and hand skills with control Watch copy and describe what others are doing	ATHLETICS Sprinting – start & middle phase & Standing triple jump. Pupils should be taught to: Practice sprint starts for primary and secondary school Control their speed at 25m for 50m finish Remember their three sequence's in the triple jump	BASKETBALL SKILLS Attacking skills, dribbling, passing and shooting. Pupils should be taught to: Demonstrate good passing techniques Select different shooting techniques .

	Personal-Aut 1	Social-Aut 2	Cognitive-Spr 1	Creative-Spr 2	Physical- Sum 1	Health & Fitness- Sum 2
Year 3 Teacher led- REAL PE	FMS- Coordination, footwork and Static balance, one leg Pupils should be taught to: .Keep their head up and back straight. .Bend their knees to push off and land..	FMS- Dynamic balance to Agility,jumping and landing also Stastic balance seated. Pupils should be taught to: .Swing arms to get height and use them to help with their	FMS- Dynamic balance on a line.Coordination, ball skills. Pupils should be taught to: . Concertrate on smooth, controlled movements rather than speed.	FMS- Coordinataion, sending and receving.Counter balance, with a partner. Pupils should be taught to: . Keep your eyes focussed on the ball. .Getting in a good position to receive	FMS- Agility,reaction and response.Static Balance, floor work. Pupils should be taught to: .Take a ready position, with knees bent and feet apart. .Move quickly to into	FMS- Agility, ball chasing.Static balance,stance. Pupils should be taught to: .Start quickly by pushing off hard with your feet and by driving your arms. .Run well past the ball to give your self more time. .Try to spot the ball quickly

	<p>.Use their arms to help them balance. .Performing movements in both directions on both sides.</p>	<p>balance. .Use smooth, controlled movements. .Maintain stability without straining. .Keeping core muscles tight.</p>	<p>. Take longer strides to help them balance. .Able to work the ball in both directions. .Concerntrate on the weight of the throws,avoiding throwing the ball too hard.</p>	<p>the ball. .Communicate with partner so you know when they are ready. .Start leaning in and then slowly lean back using smooth,controlled movements.</p>	<p>catching position. .Extend front leg and bend your knees to help you stop quickly and get into a balanced position to catch the ball. .Keep hands in line with your shoulders and knees in line with your hips. .Keep your back striaght and flat, tummy up.</p>	<p>and react as quickly as possible. .Good posture,headup/back striaght. .Use your arms to help you balance when volling the ball.</p>
stance	ATHELETICS	GAMES	GAMES	GAMES	ATHELETICS	GAMES

Year 4	SPORTSHALL ATHLETICS Javelin and chest push technique's. Pupils should be taught to: . Perform a range of throwing and pushing skills with control, accuracy, power and sound technique . Identify what they need to do to improve their own fitness . Know the rules of Javelin and chest push when competing against each other . Observe and help each other to improve in their events.	Netball Skills High five Basic Footwork & Passing Skills – chest pass, bounce pass, shoulder pass. Pupils should be taught to: . Have the correct passing technique for every pass, where they will be observed by their partner . Practice and evaluate footwork . Select the correct passes when playing 3v3 games . Recognise all the high five positions where they should be on the court . Quick passing when playing high five games.	Tag Rugby skills Passing(quick, long and running onto pass) Pupils should be taught to: . Quick short passes in the numbers, where they will analyse how they can perform better . Adjust their long and short passes for players running on to the ball . Running and catching the rugby ball with one and two hands . Play 3v3 or 4v4 games and analyse their performance	Football Skills - Passing(with both feet, long and short passes with turns) Pupils should be taught to: . Practice dribbling, turns and passing at pace . 2v2 games with one, two's to score a goal . Recognise when to do a long or short pass in a game . When to do a fake pass to go pass an opponent in a game.	ATHLETICS Throws – javelins, discus, howlers, etc. & Sprints – 75m. Pupils should be taught to: . Keep the Usain Bolt shape and not to twist their body when throwing . Be side on when running to the throw line . Select a throw technique, bowling or throw . Analyse sprint starts . Keeping relaxed in the shoulders at all times.	DODGEBALL SKILLS Throwing accurately and catching the ball while on the move. Pupils should be taught to: . Perform skills with accuracy, confidence and control . Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations . Recognise parts of a performance that could be improved, and identify practices that will help them.
	Personal-Aut 1	Social-Aut 2	Cognitive-Spr 1	Creative-Spr 2	Physical- Sum 1	Health & Fitness- Sum 2
Year 4 Teacher led-	FMS- Coordination,footwork.Static balance, one leg Pupils should be taught to: . Have smooth, controlled movements. . Keep feet close to the	FMS- Dynamic balance to Agility,jumping and landing. Static balance, seated. Pupils should be taught to: . Using different parts while travelling.	FMS-Dynamic Balance,on a line. Coordinaton, ball skills. Pupils should be taught to: . Use arms to help you move and balance as you walk.	FMS-Coordination, sending and receiving. Counter balance, with a partner. Pupils should be taught to: . Take up a balanced position,making sure	FMS-Agility, reaction/responce. Static Balance, floor work. Pupils should be taught to: . React and move early so it gives you time to	FMS- Agility, ball chasing. Static balance, stance. Pupils should be taught to: . Why we should warm up and cool down. . Record and monitor how hard they and the partner are working.

REAL PE	ground as you move. .Develop a good rhythm and perform the movements smoothly and with control. .Look forward and imagine a focus point. .Keep your core muscles tight. .When reaching,you may need to stretch your other arm and leg back to counter balance.	.Balancing on different levels .Demonstrate several balances into a sequence .Analyse pupils performance	.Use smooth, controlled movements. .Keep the ball moving away from your body. .Keep your head up, looking forward. .Able to work the ball in both directions.	your hands are in a good ready position. .Keep your eyes on the ball or balls. Keep your weight through the balls of your feet so you can move in line with the ball. .Staying in balance .Coordinated movements. .Keep your body straight throughout.	get balanced. .Reverse pivot,bend your knees and push off to turn and move quickly. .Keep your hands in line with your shoulders. . Perform movements slowly with control.	.Balance/control when collecting the ball. .Keep your feet shoulder width apart and bend your knees. .Keep your weight on your balls of your feet.
	ATHLETICS	GAMES	GAMES	GAMES	ATHLETICS - Outdoor	GAMES
Year 5	SPORTSHALL ATHLETICS Standing Long/Triple jump technique. Chest push technique. Pupils should be taught to: .Body, arms and feet in the correct position .Standing long ,triple jump arms and legs practice the correct technique .Locate medicine ball on chest before pushing .Identify and select good techniques in all three field events	TAG RUGBY SKILLS Ball handling, movement and running into gaps. Pupils should be taught to: . Perform skills with accuracy, confidence and control . Know the difference between attacking skills and defending skills .Draw the opponent towards them before passing the ball to their teammate .6v6, 7v7 games identify gaps to run into to score a try	FOOTBALL SKILLS Passing (Driving & chipping), Tackling (block) Dribbling. Pupils should be taught to: .Practice the passing technique in chipping and driving .Be side on to make a block tackle to come away with the ball .Dribble the in and out of the cones also dribbling in a straight line with close control .Use all the skills in a 3v3 and 4v4 games and analyse after	DODGEBALL SKILLS Throwing accurately and catching the ball while on the move Pupils should be taught to: .Develop a broader range of technique and skills for attacking and defending .Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations .5V5 games where the teams have to switch play quickly	ATHLETICS Throws and relays. Pupils should be taught to: .Basic relay change overs, left hand out to receive the baton straight to right hand .Four pace run for the Vortex throw .Practice jogging forward before they receive the baton.	ROUNDERS-Striking the ball into spaces & fielding – covering space, different throwing techniques. Pupils should be taught to: .Develop their under arm bowling . Direct the ball away from fielders when striking, using different angles and speeds when bowling and fielding. .Use and adapt rules, strategies and tactics, using their knowledge of basic principles of batting and fielding.

			each game	.Know and understand the basic principles of warming up by choosing appropriate activities for the games they are going to play.		
	Personal-Aut 1	Social-Aut 2	Cognitive-Spr 1	Creative-Spr 2	Physical- Sum 1	Health & Fitness- Sum 2
Year 5 Teacher Led- REAL PE	Coordination, ball skills.Agility, reaction/responce Pupils should be taught to: .Keep ball moving away from your body. .Keep your head up looking forward. .To work the ball in both directions. .Balance and control after catching.	Dynamic balance,on a line.Counter balance, with a partner . Pupils should be taught to: .Hold on to your partners forearms. .Hold with straight arms when leaning back. .Concentrate on keeping your centre of gravity over your base of support. .Use feints and changes of speed and direction to try and outwit your opponents.	Static balance,stance. Coordination,footw or. Pupils should be taught to: .Understand the simple tactics of attacking and defending. .Use awareness of space/others to make good decisions. .Suggest patterns of play which will increase chances of success.	Static balance,seated. Static balance, floor work. Pupils should be taught to: .Link actions and develop sequences of movements that express their own ideas. .Can change tactics,rules or tasks to make activities more fun or more challenging. .Adapt and adjust their skills, movements or tactics so they are different to others.	Dynamic balance to agility, landing/jump. Static balance, one leg Pupils should be taught to: .Perform a variety of movements and skills with good body tension. .Link actions together so that they flow. . Use combinations of skills confidently in specific contexts. .Perform a range of skills fluently and accurately.	Coordination,sending/rec eiving. Agilty, ball chasing. Pupils should be taught to: .Explain why we need to warm up and cool down. .Describe the basic fitness components. .Record and monitor how hard they are working.

	ATHLETICS	GAMES	GAMES	GAMES	ATHLETICS	GAMES
Year 6	<p>SPORTSHALL ATHLETICS Short and long sprints with relays. Pupils should be taught to:</p> <ul style="list-style-type: none"> . Develop the consistency of their actions in a number of events and choose appropriate techniques for specific events .Evaluate your starting and receiving position of the baton .Push of the back foot to get a good start .Demonstrate good control in the long sprints. 	<p>VOLLEYBALL SKILLS Pass,Dig, Setting, Spiking and Blocking. Rotating positions. Pupils should be taught to:</p> <ul style="list-style-type: none"> .Recognise all the positions on the court and what each position has to do .Have hands in correct position to be able to set the ball for their teammate to spike the ball .Practice setting, digging, blocking and spiking, identify problems to improve .4v4,5v5 games practice rotating after each point 	<p>DODGEBALL SKILLS Throwing and catching skills with tactical strategies. Pupils should be taught to:</p> <ul style="list-style-type: none"> .Catching, throwing, dodging and changing of direction .Develop a broader range of technique and skills for attacking and defending .Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations. 	<p>TAG RUGBY SKILLS, 6v6 and 7v7 games Passes long and short and running onto pass at pace Pupils should be taught to:</p> <ul style="list-style-type: none"> .Be consistent with their passes,so the pass can be caught with one or two hands .Pass and support with overlaps and change of direction runs .Know and understand the basic principles of warming up by choosing appropriate activities for the games they are going to play .Move and pass the ball down the line quickly. 	<p>ATHLETICS Throws – javelins, discus, howlers, etc. & Sprints – 75m Pupils should be taught to: .Control your speed for the whole 75 metres .Put the feet into the correct position for discus spin .Evaluate their own and other’s work and suggest ways to improve it .Open leg stride on the last 20 metres of the race.</p>	<p>ROUNDERS- Striking the ball into spaces, running to bases quickly also fielding – covering space, and different throwing techniques. Pupils should be taught to:</p> <ul style="list-style-type: none"> . Move quickly into position and throw in one motion .Evaluate strengths and weaknesses in their own and others performances and suggest improvements. .Communicate with their team mates,while the game is being played.
	Personal-Aut 1	Social-Aut 2	Cognitive-Spr 1	Creative-Spr 2	Physical- Sum 1	Health & Fitness- Sum 2

<p>Year 6</p> <p>Teacher Led- REAL PE</p>	<p>Coordination, ball skills. Agility, reaction/response Pupils should be taught to:</p> <ul style="list-style-type: none"> .Know where they are with their learning and to begin to challenge their themselves. .Persevere with a task and improve my performance through regular practice. .Recognise their strengths and weakness and can set themselves appropriate targets. 	<p>Dynamic balance, on a line. Counter balance, with a partner. Pupils should be taught to:</p> <ul style="list-style-type: none"> .Lean in and then slowly lean back using smooth, controlled movements. .Keep your core muscles tight . Coordinated movements. 	<p>Static balance, stance. Coordination, footwork. Pupils should be taught to:</p> <ul style="list-style-type: none"> .Understand ways to judge a performance. .Explain what they are doing well and to begin to identify areas to improve. .Develop a good rhythm and perform the movements smoothly and with control. 	<p>Static balance, seated. Static balance, floor work. Pupils should be taught to:</p> <ul style="list-style-type: none"> .Recognise similarities and differences in movements and expression. .Respond imaginatively to different situations. .Adapt and adjust their skills, movements or tactics so they are different to others. 	<p>Dynamic balance to agility, landing/jump. Static balance, one leg. Pupils should be taught to:</p> <ul style="list-style-type: none"> .Select and apply a range of skills with good control and consistency. .Use smooth, controlled movements. 	<p>Coordination, sending/receiving. Agility, ball chasing. Pupils should be taught to:</p> <ul style="list-style-type: none"> . Explain how often and how they should exercise to be healthy. .Record and monitor how hard they are working. .Move your feet to get inline with the ball when receiving. .Use back swing and follow through when striking/kicking.
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