

Stramongate PE Curriculum Map 2021/22

Key stage 1

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.

Key stage 2

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Swimming and water safety. All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.

To accompany the map below and help staff understand the skills to be taught within each year group, progression maps for Athletics, Dance, Gymnastics, Games and Outdoor and Adventurous Activities can be found in the staff PE folder at W:\PE\Progression docs

Staff will be directed to use these when planning units of work to avoid repetition, help them understand what has been taught previously and direct them towards the logical next steps in their children's learning journey within their year group/s.

Academic Year A/B	JM/CF & MO/SB Y1/2		TM/EA & LF/JS Y3/4		CC/BH/FS Y5/Y6	
	Y1/Y2		Y3/Y4		Y5/Y6	
A 2020/ 21	<u>Autumn 1</u> Lancs S of W 'Piggy in the Middle' small-sided team games Ceilidh dance linked to Katie Morag theme	<u>Autumn 2</u> Lancs S of W 'Piggy in the Middle' small-sided team games Key Steps Gymnastics- Body management	<u>Autumn 1</u> WW2 Dance Invasion Games – basic principles, passing, defending, attacking and applying in games	<u>Autumn 2</u> WW2 Dance Cross Country – 400m time trials, developing technique, maintaining pace, personal bests[p0]	<u>Autumn 1</u> Football - extending dribbling, passing, use of space and tactics in game situations Tag Rugby – attacking, defending, passing, catching, running with the ball, tactics (defensive/attacking lines), offsides Table Tennis Basketball (MO)	<u>Autumn 2</u> Football - extending dribbling, passing, use of space and tactics in game situations Tag Rugby - – attacking, defending, passing, catching, running with the ball, tactics (defensive/attacking lines), offsides Table Tennis Gymnastics (MO)
	<u>Spring 1</u> Key Steps 2 Gymnastics- floor exercise, vault and apparatus Lancs S of W Net and wall games	<u>Spring 2</u> Lancs S of W Net and wall games Australia-themed dance	<u>Spring 1</u> Outdoor and Adventurous Activities based on Lancs Scheme of Work Gymnastics – floor and apparatus	<u>Spring 2</u> Net and Wall Games based on Lancs Scheme of Work Football – developing dribbling, passing, use of space and tactics	<u>Spring 1</u> Football – extending dribbling, passing, use of space and tactics in game situations Tag Rugby – attacking, defending, passing, catching, running with the ball, tactics (defensive/attacking lines), offsides Table Tennis Cross Country (MO)	<u>Spring 2</u> Year 5 residential (High Borran) O&A Athletics – sprinting, middle distance, throwing (javelin and shot), jumping Netball Lacrosse (MO)
	<u>Summer 1</u> Lancs S of W Striking and fielding games Athletics – Sports Day preparations	<u>Summer 2</u> Lancs S of W- Athletics	<u>Summer 1</u> Net and Wall: Tennis Athletics – to practise existing running, jumping and throwing skills and develop new throwing techniques	<u>Summer 2</u> Rounders – developing tactics (roles in a team), batting, bowling and fielding Cricket – overarm throws, bowling overarm, catching techniques, attacking and defending when batting	<u>Summer 1</u> Year 6 residential O&A Tennis Cricket coaching – Cumbria Cricket Extending bowling, batting and fielding techniques	<u>Summer 2</u> Rounders – independent games, changing rules and tactics, scoring and refereeing Athletics - Athletics – sprinting, middle distance, throwing (javelin and shot), jumping

B 2021/ 22	<u>Autumn 1</u> Basic Moves and teamwork games (co-ordination and agility) Multi-skills	<u>Autumn 2</u> Dance (Basic Moves) Lancs S of W – Gymnastics sequences	<u>Autumn 1</u> Gymnastics – floorwork Indoor athletics – consolidate running, jumping and throwing techniques and introduce new variants	<u>Autumn 2</u> Gymnastics – apparatus Basketball – dribbling, passing, tactics and applying in games	<u>Autumn 1</u> Carousel – one class: Basketball (FS) Tag Rugby (CC) Football (BH) Netball (MO)	<u>Autumn 2</u> Carousel – one class: Basketball (FS) Tag Rugby (CC) Football (BH) Cross-Country (MO)
	<u>Spring 1</u> Lancs S of W – Throwing and rolling games Gymnastics – Key Steps 1	<u>Spring 2</u> Football skills Lancs S of W – Catching and bouncing games	<u>Spring 1</u> Dance – water-themed Hockey – passing and receiving, shooting, tackling, dribbling, game tactics	<u>Spring 2</u> Dance – Ceilidh Outdoor and adventurous – problem-solving; map-reading; orienteering	<u>Spring 1</u> Carousel – one class: Basketball (FS) Tag Rugby (CC) Football (BH) Gymnastics – MO Key Steps 3 Brewery Dance project – RT	<u>Spring 2</u> Cricket Coaching through Cumbria Cricket Brewery Dance project – RT Lacrosse – MO Kendal College Adventure Days (Year 6) Year 5 residential – High Borrans
	<u>Summer 1</u> Lancs S of W – Overarm throw games Sports Day preparation	<u>Summer 2</u> Multi-sport games (recap of the year) Lancs S of W - Athletics	<u>Summer 1</u> Circuit Training – effects of exercise, upper and lower body exercises, core exercises, targets and personal bests Athletics	<u>Summer 2</u> Striking and Fielding – Cricket Tag Rugby – throwing and catching a rugby ball, tagging, attacking and defending skills, apply in games	<u>Summer 1</u> Year 6 residential – Kingswood, Hexham Athletics - Sports Day preparations	<u>Summer 2</u> Cricket – applying skills previously learned in Kwik Cricket games, tactics Tennis Rounders

Intent	<p>Stramongate School believes that PE is the ideal platform to provide our children with opportunities to become physically and emotionally confident in a way that supports their health and fitness. Our five school values of PERSISTENCE, PRIDE, SELF-BELIEF, ACHIEVEMENT and RESPECT underpin everything we do in PE and it is these values that we look for and celebrate when assessing the children's performance in PE lessons and beyond. Using these values as a basis for assessment, we give every child the opportunity to succeed both in PE and in developing valuable life skills. We want to teach children skills to keep them safe, such as swimming; skills to help them cooperate and work with others as part of a team; a sense of fairness and respect for officials and opposing teams; an understanding of inclusion and equity of play; and to promote healthy lifestyle choices. By providing our staff with the necessary resources and training, our curriculum aims - not only through the sporting skills taught but also our core values - to improve the knowledge, well-being and fitness of every child at Stramongate.</p>
Implementation	<ul style="list-style-type: none"> • All children will be taught at least two hours of high-quality timetabled PE per week, through a range of activities such as Dance, Games, Gymnastics, Swimming and Outdoor and Adventurous. We employ a PE specialist to teach one hour for each phase, e.g. Y3/4, 5/6 etc, per week, as well as after school clubs. External coaches also deliver sessions, such as six weeks of cricket coaching for Year 1/2 and 5/6. • The map above sets out the content to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. • We encourage participation in extra-curricular activities and offer at least four different after-school clubs every week (these change half-termly and we use our Sports Premium to ensure that these are free of charge for parents, thus promoting inclusion for those from different socio-economic backgrounds and boosting attendance). We monitor attendance and aim to include as many different children on roll. • The PE lead will undertake regular CPD and communicate updates/pedagogy to the remainder of the teaching staff, as well as audits to ascertain confidence/needs/resources amongst the staff. • We will attend numerous off-site competitions throughout the year, including inclusive events (e.g. SEN ten-pin bowling event in Morecambe; girls football at Vicarage Park; bouldering event at Kendal Climbing Wall), giving as many of our children as possible the chance to represent the school and participate in competitive sport. We will also host a Lacrosse tournament and boys' football competition at Stramongate in summer 2022. • Classes take part in regular 'intra' competitions throughout the year across year groups. • Children's voice is important to us at Stramongate; we will review our PE content regularly and listen to the children's input regarding what they would like to see and experience in their PE lessons and clubs. Surveys conducted termly with different groups of children across the whole school. • We have ongoing links with institutions such as Kendal College, KCP, School Games, which benefit our children. Kendal College deliver around 15 Outdoor and Adventurous days per year with our Year 3/4 and 5/6 groups, including activities such as ghyll scrambling, climbing and kayaking in the Lake District. • Each year a group of around 20-25 Year 6 children are invited to become Sports Leaders, who help set up (and within) PE lessons and Sports Days; run lunchtime activities with KS1 children and assist our sports specialist in the running of after-school clubs. • Our Year 3/4 and 5/6 children now complete a 10-minute Daily Dash every day, which has had a positive impact on physical activity levels and the lessons that follow, where children feel invigorated and ready to learn. • KS1 and KS2 Sports Days in the summer term. • Children's achievements within PE or competitions are celebrated on our school displays and on our social media pages, e.g. Facebook link on school website.
Impact	<p>We help motivate children to participate in a variety of sports and competitions through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness and understand the physical and emotional benefits of PE, as well as developing a healthy desire to improve their performance. We equip our children with the necessary skills, a love for sport and provide opportunities for all of our children, regardless of background, to succeed in PE and enjoy memorable experiences of competitive sport. Through numerous, varied and challenging outdoor experiences, our children will have the opportunity to explore and understand the geography of our local area and what it has to offer, while pushing themselves to overcome barriers and open themselves up to new interests. We aim for all of our children to grow up to live happy and healthy lives utilising the skills, knowledge and values acquired through PE.</p>

