

Ickford School PE Map for Teachers

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1	<p>Dance Unit Respond to a range of stimuli and types of music. Explore space, direction, elevation, mirroring and partner work. Explore a narrative through a short, structured dance.</p> <p>Hit, Catch & Run To be able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.</p>	<p>Run, Jump & Throw Begin to link running and jumping. Learn and refine a range of running. Develop throwing techniques to throw over longer distances.</p> <p>Ball skills Explore a variety of ways using our hands to move a ball. To explore how to keep control when moving a ball. Explore pushing, rolling and bouncing a ball.</p>	<p>Gymnastics Using simple gymnastics actions and shapes. Apply basic strength to gymnastic actions. Begin to carry apparatus. Recognise like actions and link them.</p> <p>Speed, Agility & Travel Change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause and prepare.</p>	<p>Parachute games Developing cooperative play. Developing gross motor skills through imaginative movement. Developing hand-eye coordination. Developing balance and stability.</p> <p>Send and Return the Ball Able to send an object with increased confidence using hand or bat. Move towards a moving ball to return. Sending and returning a variety of balls.</p>	<p>Attack, Defend & Shoot Change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause and prepare.</p> <p>Balance Explore balance and managing own body. Able to stretch, reach and extend in a variety of ways and positions. Able to control the body and perform specific movements on command.</p>	<p>Athletics Develop a variety of running, jumping and throwing techniques across different distances and disciplines, while emphasising proper form, speed, agility and overall fitness.</p> <p>Multi Skills Develop a wide-range of fundamental movement skills like running, jumping, throwing, catching, dribbling, and balancing, with an emphasis on building coordination, agility, and overall body control.</p>
Class 2	<p>Dance Unit Apply facial expressions to music showing emotions such as fear and anger. Begin to use spatial and dynamic choices in work. Offer feedback and respond to feedback.</p>	<p>Run, Jump & Throw Throw and handle a variety of objects. Develop power, agility, co-ordination and balance. Negotiate obstacles showing increased control.</p>	<p>Gymnastics Describe and explain how performance can transition and link elements. Perform basic actions with control at different speeds and levels. Develop flexibility in a range of shapes and balances.</p>	<p>Parachute games Develop cooperative play skills, gross motor coordination, and spatial awareness through various parachute games and activities, while also introducing basic concepts of air resistance and force through simple explorations; emphasizing</p>	<p>Attack, Defend & Shoot Send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills.</p>	<p>Athletics Develop basic running, jumping, and throwing techniques with a strong emphasis on safety, coordination, and fun, including activities like short sprints, hopping, skipping, underhand</p>

	<p>Hit, Catch & Run To develop hitting skills with a variety of bats. Practise feeding/bowling skills. Hit and run to score points in games.</p>	<p>Football Understand the basic rules of football. Learn how to dribble the ball with feet. Develop coordination and balance.</p>	<p>Ball skills Introduce basic ball skills: catching, throwing, and rolling. Develop hand-eye coordination and control.</p>	<p>fun, active participation, and following directions within a group setting.</p> <p>Send and Return the Ball Be able to track the path of a ball over a net and move towards it. Begin to hit and return a ball with some consistency. Play modified net/ wall games throwing, catching and sending over a net.</p>	<p>Cricket Learn how to hold a cricket bat correctly and use it to control and hit a ball to a target.</p>	<p>throws, and catching, while incorporating simple relay races and team games to foster cooperation and positive competition.</p> <p>Multi Skills Develop and refine fundamental movement skills such as running, jumping, throwing, catching, and balancing. Run with good posture and control. Jump for height and distance. Balance on different surfaces and in various positions. Throw and catch with accuracy and control.</p>
<p>Class 3</p>	<p>Netball Perform basic netball skills such as passing and catching using recognised throws. Implement the basic rules of netball.</p> <p>Badminton Identify and describe some rules of badminton. Serve to begin a game. Explore forehand hitting.</p>	<p>Tag Rugby Handle a rugby ball with confidence. Evade attackers using footwork and body control. Link skills to perform as a team in attack. Consistently perform basic tag rugby skills.</p> <p>Dance Practise and put together a</p>	<p>Gymnastics Coordinate and improve movements and gymnastic actions. Relate strength and flexibility to actions. Develop body management through floor exercises. Use core strength to link elements. Attempt to use rhythm while performing a sequence.</p>	<p>Hockey Play in a hockey-type invasion game. Improve game-based agility. Manipulate objects using a stick and ball with safety and control. Perform skills such as dribbling and push passes.</p> <p>Netball Develop basic netball skills such as passing and</p>	<p>Athletics (Track and Field events) Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force.</p>	<p>Cricket Adhere to some of the basic rules of cricket. Develop a range of skills to use in isolation and a competitive context. Strike a bowled ball.</p> <p>Athletics Control movement in response to instructions. Demonstrate agility</p>

	Practise some trick shots in isolation.	performance using facial expressions and a prop. Build stylistic qualities through repetition. Build basic choreography skills in travelling, dynamics and partner work.	Football Show basic control skills. Send the ball with some accuracy to maintain possession and build attacking play. Implement the basic rules of football.	catching using recognised throws. Implement the rules of netball.		and speed. Jump for height and distance. Throw with speed and power and apply appropriate force.
Class 4	<p>Netball Make choices about which pass to use and where to shoot from. Implement some tactics to get free. Move quickly around the court.</p> <p>Badminton Explore and use different shots with both forehand and backhand. Use different types of serves/shots. Play with others to score and defend. Move confidently around the playing area.</p>	<p>Tag Rugby Implement rules and develop tactics in competitive situations. Increase speed and build endurance during gameplay. Combine skills such as catching and quickly passing in one movement. Increase the power of passes so that the ball can be moved a greater distance.</p> <p>Dance Practise and perform a variety of different formations. Perform different styles of dance, including the use of space, rhythm and expression. Use professional examples to inspire ideas for explosive action.</p>	<p>Gymnastics Create longer and more complex sequences which are remembered/repeated. Develop symmetry. Compare and evaluate performances. Perform more complex actions, shapes and balances.</p> <p>Football Play effectively in a variety of positions and formations. Relate a greater number of attacking and defensive tactics. Become more skilful when performing movements at speed.</p>	<p>Hockey Combine basic hockey skills/passes and apply them in a game. Play effectively in different positions on the pitch, including defence. Increase the power and strength of passes, moving the ball over longer distances.</p> <p>Netball Make informed/reasoned choices about which pass to use. Evaluate where to shoot from. Implement tactics to get free. Move with increasing agility around the court.</p>	<p>Athletics (Track and Field events) Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare. Sustain pace over short and long distances. Run as part of a relay team. Perform a range of jumps and throws.</p>	<p>Cricket Link a range of skills and use in combination. Consolidate existing skills and apply them with consistency. Recognise how some aspects of fitness apply to cricket.</p> <p>Athletics Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare. Sustain pace over short and long distances. Run as part of a relay team. Perform a range of jumps and throws.</p>

<p>Class 5</p>	<p>Netball Choose a range of strategies to attack and defend. Perform a wider range of more complex skills.</p> <p>Badminton Develop a wide range of shots including drop and smash. Begin to use more sophisticated tactics. Play with fluency in partner scenarios.</p>	<p>Tag Rugby Choose and implement a range of strategies and tactics to attack and defend. Combine and perform more complex skills at speed. Observe, analyse and recognise good performances. Suggest, plan and lead a warm-up as a small group.</p> <p>Dance Work collaboratively to include more complex compositional ideas. Talk about different dance styles with understanding, using appropriately terminology. Show tension through pattern and formation.</p>	<p>Gymnastics Experience flight on and off high apparatus. Develop and perform a range of partner balances. Use equipment and formations confidently in a rhythmic sequence. Compose and practise actions and relate to music. Combine ideas with others to build sequences.</p> <p>Football Choose and implement a range of strategies to attack and defend. Perform a wider range of more complex skills. Recognise and describe good performances. Suggest, plan and lead simple drills for given skills.</p>	<p>Hockey Choose and implement a range of strategies and tactics. Combine and perform more complex skills at greater speed. Recognise and describe good individual and team performances.</p> <p>Netball Implement a range of strategies to attack and defend. Perform a wider range of more complex skills, consolidating prior learning. Recognise and describe good performances.</p>	<p>Athletics (Track and Field events) Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities.</p>	<p>Cricket Apply cricket rules in a variety of styles of games. Attempt a small range of recognised shots. Use a range of tactics for attacked and defending in the role of bowler, batter and fielder.</p> <p>Athletics Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement.</p>
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