

## Benington Primary School Physical Education Curriculum Map

Class		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Acorn (R)</b>	Rising Stars	<b>Invasion Games (Football)</b> Develop and refine a range of ball skills including kicking and passing.	<b>Invasion Games (Basketball / Hockey)</b> Develop and refine a range of ball skills including kicking and passing.	<b>Gymnastics (Floor/ Apparatus)</b> Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group	<b>Tri-Golf</b> Develop and refine a range of skills including batting and aiming	<b>Striking &amp; Fielding Games (Cricket)</b> Develop confidence, competence precision and accuracy when engaging in activities that involve a ball.	<b>Athletics</b> Combine different movements with ease and fluency
	Class Teacher	<b>Multi-skills &amp; Spacial awareness</b> Combine different movements with ease and fluency Develop overall body-strength, balance, co-ordination and agility	<b>Dance for performance / Yoga</b> Combine different movements with ease and fluency	<b>Gymnastics (Floor)</b> Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group	<b>Dance</b> Combine different movements with ease and fluency	<b>Athletics</b> Develop overall body- strength, balance, co-ordination and agility	
<b>Willow (Yr 1/2)</b>	Rising Stars	<b>Invasion Games (Football)</b> Participate in team games, developing simple tactics for attacking and defending	<b>Invasion Games (Hockey)</b> Participate in team games, developing simple tactics for attacking and defending	<b>Gymnastics (Floor/ Apparatus)</b> Developing balance, agility and co-ordination	<b>Tri-Golf</b> Developing balance, agility and co-ordination	<b>Striking &amp; Fielding Games (Cricket)</b> Master basic movements including running, throwing and catching	<b>Athletics</b> Master basic movements including running, jumping, throwing and catching
	Class Teacher	<b>Dance</b> Perform dances using simple movement patterns	<b>Multi-skills &amp; Parachute games</b> Master basic movements including running, jumping, throwing and catching	<b>Gymnastics (Floor)</b> Developing balance, agility and co-ordination	<b>Invasion Games (Basketball)</b> Participate in team games, developing simple tactics for attacking and defending	<b>Net/wall Games (Tennis)</b> Master basic movements including running and jumping	<b>Athletics</b> Master basic movements including running, jumping, throwing and catching

<b>Beech (Yr 3/4)</b>	Rising Stars (Mr Webb)	<b>Invasion Games (Football)</b> Play competitive games and apply basic principles suitable for attacking and defending	<b>Invasion Games (Lacrosse)</b> Play competitive games and apply basic principles suitable for attacking and defending	<b>Net/wall (Badminton)</b> Use running, jumping, throwing and catching in combination	<b>Tri-Golf</b> Play competitive games	<b>Striking &amp; Fielding (Cricket)</b> Use running, jumping, throwing and catching in combination	<b>Striking &amp; Fielding (Rounders)</b> Play competitive games and apply basic principles
	Rising Stars	<b>Gymnastics</b> Develop flexibility, strength, technique, control and balance		<b>Dance</b> Perform dances using a range of movement patterns	<b>Invasion Games (Basketball)</b> Play competitive games and apply basic principles suitable for attacking and defending	<b>OAA</b> Take part in outdoor and adventurous activity challenges both individually and within a team	<b>Athletics</b> Use running, jumping, throwing and catching in isolation
		<b>Swimming</b> Swim competently, confidently and proficiently over a distance of at least 25 m, use a range of strokes effectively, perform safe rescue in different water based situations					
<b>Oak (Yr 5/6)</b>	Rising Stars (Mr Webb)	<b>Invasion Games (Football)</b> Play competitive games and apply basic principles suitable for attacking and defending	<b>Invasion Games (Lacrosse)</b> Play competitive games and apply basic principles suitable for attacking and defending	<b>Net/wall (Badminton)</b> Use running, jumping, throwing and catching in combination	<b>Tri-Golf</b> Play competitive games	<b>Striking &amp; Fielding (Cricket)</b> Use running, jumping, throwing and catching in combination	<b>Striking &amp; Fielding (Rounders)</b> Use running, jumping, throwing and catching in combination
	Rising Stars	<b>Gymnastics</b> Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best		<b>Dance</b> Perform dances using a range of movement patterns	<b>Invasion Games (Basketball)</b> Play competitive games and apply basic principles suitable for attacking and defending	<b>OAA/Athletics</b> Take part in outdoor and adventurous activity challenges both individually and within a team	<b>Athletics</b> Develop flexibility, strength, technique, control and balance

