

Windhill21 Primary School Physical Education Curriculum Map 2015 - 2016

<u>Year 1</u>	<u>Term 1</u>	<u>Term 2</u>	<u>Term 3</u>
<i>Indoor Lesson</i>	<i>Dance</i>	<i>Gymnastics</i>	<i>Outdoor Education</i>
	<ul style="list-style-type: none"> • Creating sequences of movements. • Recognising simple rhythms and linking movement. • Creating individual/group sequences. 	<ul style="list-style-type: none"> • Locomotion. • Creating body shapes. • Supporting body weight. • Rotation 	<ul style="list-style-type: none"> • Follow marked tracks. • Decision making as individuals and groups. • Team work exercises.
<i>Outdoor Lesson</i>	<i>Fundamental Skills of Invasion Games</i>	<i>Fundamental Skills of striking and fielding</i>	<i>Fundamental Skills of Athletics</i>
	<ul style="list-style-type: none"> • Throwing – Netball, basketball, rugby. • Catching – Netball, basketball, rugby. • Passing and controlling – Football, rugby, hockey • Kicking - Football 	<ul style="list-style-type: none"> • Throwing – Tennis, cricket, rounders balls. • Catching – Tennis, cricket rounders balls. • Stopping – Long barrier fielding • Striking – Tennis, Rounders, Cricket 	<ul style="list-style-type: none"> • Throwing. • Hopping. • Skipping. • Jumping. • Running.