



Physical Education Curriculum Map

John Clifford School

Autumn 1

FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Movement and using space (Indoors) <ul style="list-style-type: none"> Develop confidence, imagination and some understanding of safety through participation in a range of movement activities Talk about what they are doing Develop body awareness through varying body movement 	Outdoor learning Dance <ul style="list-style-type: none"> Copy and remember moves and positions Link two or more actions to perform a sequence 	Gymnastics Football <ul style="list-style-type: none"> Link two or more actions to make a sequence Show different ways to travel Show different styles of jumps off the floor and off a low bench Starting to throw and catch with some control and accuracy Use rolling, hitting, running, jumping and catching and kicking skills with increasing confidence 	Sports Academy Dance <ul style="list-style-type: none"> Throw and catch with more control and accuracy Choose tactics to cause problems for the opposition Strike a bowled ball with increasing accuracy Move with careful control and coordination Express an idea in original and imaginative ways 	Handball Gymnastics <ul style="list-style-type: none"> Field, defend and attack tactically by anticipating the direction of play Work alone or with a team-mate in order to gain points or possession Hold shapes that are strong, fluent and expressive Vary speed, direction, level and body rotation both on the floor and on the apparatus 	Swimming Rounders <ul style="list-style-type: none"> Develop tactics with growing understanding Maintain possession of a ball Field, defend and attack with increasing knowledge and skill Strike a bowled ball with accuracy 	Netball Cricket <ul style="list-style-type: none"> Field, defend and attack tactically by anticipating the direction of play with a high level of accuracy Choose the most appropriate tactics for a game Lead others and act as a respected team member Uphold the spirit of fair play and respect in all competitive situations
People of interest linked to each unit:						
Bode Miller Skiier https://www.youtube.com/watch?v=MT_6qLLthlo	Michael Jackson Dancer	Simone Biles Gymnastics	Fred Astaire Dancer	Nadia Comaneci Gymnastics	Michael Phelps Swimmer	Sachin Tendulkar Cricket
Vocabulary to be taught:						
	Travel Space Levels	Passing Shooting Shooter	Space Extension Audience	Possession Pass/send/receive Back up	Innings Posts Back stop	Marking Defenders

	Speed Medium/fast/slow Speed High/low Warm up Cool down	Scorer Speed Direction	Repeat Link Canon Sequence	Goal Pitch dribble	Underarm Bowling Rounder Tactics Rules	Sporting behaviour Accuracy Shielding Competitive Attackers Fair play Possession
Topic links to:						
Science- How my body changes	PSHE working together	World Cup/European Championships	Music and film	Science Muscles and skeleton	Water Safety	Geography India
Texts that link to the topic:						
Peppa goes Skiing	Giraffes can't dance	World at Your Feet	The Racehorse who learned to dance	Women in Sport: Fifty Fearless Athletes Who Played to Win Ignotofsky, Rachel	Mad about Swimming	Sportopedia: Explore 50 sports from around the world

Autumn 2

FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Ball handling skills <ul style="list-style-type: none"> Use a range of small and large equipment appropriately Understand the importance of warming up and cooling down Play/create/modify simple games working individually, in pairs or in small groups 	Throwing and catching netball Dance <ul style="list-style-type: none"> Starting to throw and catch with some control and accuracy Use rolling, hitting, running, jumping 	Gymnastics Netball <ul style="list-style-type: none"> Link two or more actions to make a sequence Show different ways to travel Show different styles of jumps off the floor and off a low bench Starting to throw and catch with some control and accuracy Use rolling, hitting, running, jumping and catching and kicking skills with increasing confidence 	Sports Academy OAA <ul style="list-style-type: none"> Throw and catch with more control and accuracy Choose tactics to cause problems for the opposition Strike a bowled ball with increasing accuracy Select appropriate equipment for the OAA activity Identify possible risks and ways to manage them asking and listening to advice To be able to perform as part of a team Embrace both leadership and team roles and gain the respect of the team 	Handball Gymnastics <ul style="list-style-type: none"> Use forehand and backhands when playing racket/b at games Field, defend and attack tactically by anticipating the direction of play Work alone or with a 	Swimming Netball <ul style="list-style-type: none"> 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 	Rounders Basketball <ul style="list-style-type: none"> Field, defend and attack tactically by anticipating the direction of play with a high level of accuracy Choose the most appropriate tactics for a game Lead others and act as a respected team member Uphold the spirit of fair play and respect in all competitive situations

	<p>g and catching and kicking skills with increasing confidence</p> <ul style="list-style-type: none"> • Copy and remember moves and positions • Link two or more actions to perform a sequence 			<p>team-mate in order to gain points or possession</p> <ul style="list-style-type: none"> • Hold shapes that are strong, fluent and expressive • Vary speed, direction, level and body rotation both on the floor and on the apparatus 	<p>breaststroke).</p> <ul style="list-style-type: none"> • perform safe self-rescue in different water-based situations. • Develop tactics with growing understanding • Maintain possession of a ball • Field, defend and attack with increasing knowledge and skill 	
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People of interest linked to each unit:

Serena Williams Tennis	Rudolph Nureyev Ballet Dancer	England Roses https://www.youtube.com/watch?v=wf02E6DLszc	Nikola Karabatić Serbian Handball https://www.youtube.com/watch?v=wf02E6DLszc	Olga Korbut Gymnastics	Rebecca Adlington Swimming	Lisa Leslie Basketball https://www.youtube.com/watch?v=e-wDBakTZCE
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Vocabulary to be taught:

	<p>Catching Striking Bouncing Teamwork Team scoring</p>	<p>Rebound Catching Striking Bouncing Teamwork Team scoring Space Aim Tuck Stretched Pike/straddle Sequence Extension Present Front/back support</p>	<p>Outdoors Adventurous Activity Orienteering Teamwork Communication Problem solving Trail</p>	<p>Explosive Stretch Pathways Combine Symmetrical Evaluate Rotation Asymmetrical Inverted Balance beam A-frames Tables</p>	<p>Float Sink Streamlined Front Crawl Back Crawl Breaststroke Sculling Treading water Woggle Safety Submerged</p>	<p>Rebound Catching Striking Bouncing Teamwork Team scoring Space Aim Shielding Marking Contact Double dribble Travelling</p>
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Topic links to:

Fine motor skills	Science-Keeping Healthy	Science Ecosystems	Geography Using maps, orienteering	Geography Russia	History Local hero within living memory	PSHE Cooperation and teamwork
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Texts that link to the topic:

Yoga for Children (CB has a copy of thhis)	Listening to my Body	The Incredible Ecosystems of Planet Earth Rachel Ignotofsky	Atlas	Russian Fairy tales	Horrid Henry Swimming Lesson	
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Spring 1

FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance <ul style="list-style-type: none"> Develop confidence, imagination and some understanding of safety through participation in a range of movement activities Move with some confidence, imagination and safety Travel showing change of speed and direction 	Throwing and catching cricket Gymnastics <ul style="list-style-type: none"> Starting to throw and catch with some control and accuracy Use rolling, hitting, running, jumping and catching and kicking skills with increasing confidence Link two or more actions to make a sequence Show different ways to travel Show different styles of jumps off the floor and off a low bench 	Cricket Dance <ul style="list-style-type: none"> Starting to throw and catch with some control and accuracy Use rolling, hitting, running, jumping and catching and striking skills with increasing confidence Plan, perform and repeat 	Netball Gymnastics <ul style="list-style-type: none"> Throw and catch with more control and accuracy Choose tactics to cause problems for the opposition Show different ways to travel, roll and jump Show a variety of jumps 	Sports Academy OAA <ul style="list-style-type: none"> Use forehand and backhands when playing racket/bat games Field, defend and attack tactically by anticipating the direction of play Work alone or with a team-mate in order to 	Handball Gymnastics <ul style="list-style-type: none"> Develop tactics with growing understanding Maintain possession of a ball Field, defend and attack with increasing knowledge and skill Develop tactics with growing understanding 	Tag Rugby Dance <ul style="list-style-type: none"> Field, defend and attack tactically by anticipating the direction of play with a high level of accuracy Choose the most appropriate tactics for a game Lead others and act

		<ul style="list-style-type: none"> sequence s Move in a clear and expressive manner Choose movements to communicate a mood, feeling or idea Mostly move in time to the beat of the music 	<ul style="list-style-type: none"> and leaps from the floor and equipment Create sequences using travelling, jumping, balancing and rolling techniques on the floor and on apparatus 	<ul style="list-style-type: none"> gain points or possession Start to use maps, compasses and digital devices to orientate themselves Remain aware of changing conditions and change plans if necessary Remain positive even in more challenging circumstances 	<ul style="list-style-type: none"> Maintain possession of a ball Field, defend and attack with increasing knowledge and skill 	<ul style="list-style-type: none"> as a respected team member Uphold the spirit of fair play and respect in all competitive situations Change speed and levels within a performance Compose creative and imaginative dance sequences Develop physical strength and suppleness by practising moves and stretching
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People of interest linked to each unit:

Michael Flatley Dancer https://www.youtube.com/watch?v=xoU_r7dlvI7g	Rebecca Downie Nottingham Gymnast https://www.youtube.com/watch?time_continue=5&v=JcfsCelbb0I	Margot Fonteyn Ballet Dancer	Geva Mentor UK Netballer	Roger Federer Tennis	Max Whitlock GB Gymnast	Gene Kelly Dancer
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Vocabulary to be taught:

Stretch Curled Travel Levels Tuck Pathway	Overarm throw Bowler Batter Wicket Backstop	Pass Receive Court Defending Tactics	Dance Phrase Imagination Improvise Gesture Perform	Explosive Stretch Pathways Combine Symmetrical Evaluate	Technique Unison Interpret Compose Formation Variation
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	Large point/small point Safely Sequence Rolling (log, egg, teddy bear) Apparatus	Fielder Crease	Finding space	Mood Control Outdoors Adventurous Activity Orienteering Teamwork Communication Problem solving Trail	Rotation Asymmetrical Inverted Balance beam A-frames Tables Climbing frame	Motif Tension Suppleness
Topic links to:						
Art Movement	Local sports person	Music Rhythm and beat	Famous sports people	PSHE Teamwork, cooperation Communication	Music interpret music	5 Nations Rugby competition
Texts that link to the topic:						
Degas and the Little Dancer		Rudolf Nureyev (30) (Little People, BIG DREAMS)	Women in Sport: Fifty Fearless Athletes Who Played to Win Ignatofsky, Rachel		Women in Sport: Fifty Fearless Athletes Who Played to Win Ignatofsky, Rachel (CB has a copy)	Sportopedia: Explore 50 sports from around the world (CB has a copy)

Spring 2

FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Large equipment & Athletics <ul style="list-style-type: none"> Use a range of small and large equipment appropriately Understand the importance of warming up and cooling down Play/create/modify simple games 	Football Gymnastics <ul style="list-style-type: none"> Starting to throw and catch with some control and accuracy Use rolling, hitting, running, jumping and catching and kicking skills with increasing confidence 	Tennis Basketball <ul style="list-style-type: none"> throw and catch with increasing control and accuracy Start to develop striking skills Follow the rules of the games and play fairly Pass to a team-mate at appropriate times 	Cricket Gymnastics <ul style="list-style-type: none"> Throw and catch with more control and accuracy Choose tactics to cause problems for the opposition Strike a bowled ball with increasing accuracy Show different ways to travel, roll and jump Show a variety of jumps and leaps from the floor and equipment 	Sports Academy Basketball <ul style="list-style-type: none"> Use forehand and backhands when playing racket/bat games Field, defend and attack tactically by anticipating the direction of play 	OAA Gymnastics <ul style="list-style-type: none"> Support others and seek support if needed Show resilience when plans don't work out and initiative to try new ways of working Use maps, compasses and digital devices to 	Athletics Athletics <ul style="list-style-type: none"> Compete with others and keep track of personal best performances setting targets for improvement in running, jumping and throwing Throw accurately and refine performance by analysing

<ul style="list-style-type: none"> working individually, in pairs or in small groups Develop confidence, imagination and some understanding of safety through participation in a range of movement activities Use appropriate language to talk about their ideas, feelings and movements Observe, describe and copy what others have done 	<ul style="list-style-type: none"> Link two or more actions to make a sequence Show different ways to travel Show different styles of jumps off the floor and off a low bench 		<ul style="list-style-type: none"> Create sequences using travelling, jumping, balancing and rolling techniques on the floor and on apparatus 	<ul style="list-style-type: none"> Work alone or with a team-mate in order to gain points or possession 	<ul style="list-style-type: none"> orientate themselves with increasing confidence Plan, perform and repeat sequences Travel, jump, roll and balance in a variety of ways with increased control and awareness of space 	<ul style="list-style-type: none"> technique and body shape Jumping in a variety of ways with control
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People of interest linked to each unit:

Usain Bolt Athletics	Lionel Messi Football	Andy Murray Tennis	Stuart Broad Cricket (from Nottingham)	LeBron James Basketball	Kohei Uchimura Gymnast	Michael Johnson Athletics
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Vocabulary to be taught:

	Dribbling Passing Shooting Striking Controlling	Dribbling Passing Shooting Striking Controlling Forehand Backhand Racket	Fielding Bowler Boundary Wicket keeper Wicket Innings Sequence Balance Rolls Travelling Improve Perform Large point/small point balance	Scoring Dribbling Chest pass Bounce pass Overhead pass Lay up Basket Half court	Dynamics Performance Audience Mirroring Co-operate Counterbalance Tables Bird perch Balance beam Outdoors Adventurous Activity Orienteering Teamwork Communication Problem solving Trail Symbols Route Compass	Tracking Speed Stamina Distance Pacing Release Accuracy Performance Sprint Height Distance Measurement Stance
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Topic links to:

Olympic Games	Inspirational sports person	Geography	Science Keeping fit and being healthy	Issues of equality and Race	PSHE Teamwork Communication	TV media Athletics Championships
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		England, Ireland, Scotland Wales linked to Scottish player			Geography mapwork	
Texts that link to the topic:						
	Pele (Little People, Big Dreams)	Map of the UK		LeBron James The Boy who Became King	Map of the school	

Summer 1

FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Movements and Space (Outdoor) Tennis skills <ul style="list-style-type: none"> Use a range of small and large equipment appropriately Understand the importance of warming up and cooling down Play/create/modify simple games working individually, in pairs or in small groups 	Tennis Athletics <ul style="list-style-type: none"> Starting to throw and catch with some control and accuracy Use rolling, hitting, running, jumping and catching and striking skills with increasing confidence Lead others when appropriate Sprint over a short distance up to 60m Run over a longer distance, conserving energy in order to sustain performance. 	Country Dancing Athletics <ul style="list-style-type: none"> Plan, perform and repeat sequences Move in a clear and expressive manner Choose movements to communicate a mood, feeling or idea Mostly move in time to the beat of the music Lead others when appropriate Sprint with more confidence over a short distance up to 60m Run over a longer distance Use a range of throwing techniques Begin to compete with others and aim to improve personal best performances 	Athletics Tennis <ul style="list-style-type: none"> Sprint with confidence over a short distance up to 60m Run over a longer distance Use a range of throwing techniques to throw with accuracy to hit a target or over a distance Begin to compete with others and aim to improve personal best performances Throw and catch with more control and accuracy Choose tactics to cause problems for the opposition Strike a bowled ball with increasing accuracy 	Athletics Swimming <ul style="list-style-type: none"> Show control in take-off and landings when jumping Compete with others and aim to improve personal best performances Keep track of personal best performances setting targets for improvement in running, jumping and throwing 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. 	Sports Academy Tennis <ul style="list-style-type: none"> Develop tactics with growing understanding Maintain possession of a ball Field, defend and attack with increasing knowledge and skill Strike a bowled ball with accuracy 	OAA Gymnastics <ul style="list-style-type: none"> Use maps, compasses and digital devices to orientate themselves with confidence Embrace both leadership and team roles and gain the commitment and respect of the team Remain positive even in the most challenging circumstances, rallying others if needed. Create complex and well executed sequences Show a kinaesthetic sense in order to improve the placement and alignment of body parts Practise and refine the gymnastics techniques used in a performance

People of interest linked to each unit:						
Chris Hoy Cyclist	Daley Thompson Decathlon	Sebastian Coe Athlete	Jessica Ennis Hill Heptathlon	Adam Peaty Swimmer	Jesse Owen Athletics	Vitaly Scherbo Gymnast
Vocabulary to be taught:						
	Throw Bounce Hop Target Baton Take off Improve High Aim Safely Jump Repeat	Jogging Sprinting Relay Landing Leap Underarm Accelerate Push Evaluate Javelin Hurdle Baton Circle Promenade Swing Partners Line dance	Volley Backhand Forehand Smash Court Top spin Slice Singles Doubles	Javelin Hurdle Baton Sprints Handover Steady pace Leading leg Control obstacles Distance	Striking Controlling Forehand Backhand Racket Net Top spin Slice Smash Serve Scoring	Dynamics Performance Audience Mirroring Co-operate Counter-balance Tables Bird perch Balance beam Parallel Aesthetically Trail Symbols Route Compass Obstacle Equipment Terrain Boundary Record
Topic links to:						
Personal, Social and Emotional Development Communication and Language	PSHE- setting and achieving personal goals and targets	Links to social history Mayday, country life	History of Wimbledon	Water safety	History Berlin Olympics 1936	PSHE Teamwork Communication Geography mapwork
Texts that link to the topic:						
			https://www.youtube.com/watch?v=G-rEnjNWnMg Olympics 2012 (22.23)	Water Safety Poster	Wikipedia	OS maps of the local area

Summer 2

FS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics & Races <ul style="list-style-type: none"> Develop confidence, imagination and some understanding of 	Rounders Athletics <ul style="list-style-type: none"> Starting to throw and catch with some control and accuracy 	Outdoor learning Athletics <ul style="list-style-type: none"> Lead others when appropriate Sprint with more confidence over a 	Rounders Athletics <ul style="list-style-type: none"> Throw and catch with more control and accuracy 	Swimming Athletics <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres. 	Sports Academy Cricket <ul style="list-style-type: none"> Develop tactics with growing understanding Maintain possession of a ball 	Swimming Gymnastics <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres.

<p>safety through participation in a range of movement activities</p> <ul style="list-style-type: none"> Use appropriate language to talk about their ideas, feelings and movements Observe, describe and copy what others have done 	<ul style="list-style-type: none"> Use rolling, hitting, running, jumping and catching and striking skills with increasing confidence Lead others when appropriate Sprint over a short distance up to 60m Run over a longer distance, conserving energy in order to sustain performance. 	<p>short distance up to 60m</p> <ul style="list-style-type: none"> Run over a longer distance Use a range of throwing techniques Begin to compete with others and aim to improve personal best performances 	<ul style="list-style-type: none"> Choose tactics to cause problems for the opposition Strike a bowled ball with increasing accuracy Sprint with confidence over a short distance up to 60m Run over a longer distance Use a range of throwing techniques to throw with accuracy to hit a target or over a distance Begin to compete with others and aim to improve personal best performances 	<ul style="list-style-type: none"> use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). perform safe self-rescue in different water-based situations. Show control in take-off and landings when jumping Compete with others and aim to improve personal best performances Keep track of personal best performances setting targets for improvement in running, jumping and throwing 	<ul style="list-style-type: none"> Field, defend and attack with increasing knowledge and skill Strike a bowled ball with accuracy 	<ul style="list-style-type: none"> use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). perform safe self-rescue in different water-based situations. Create complex and well executed sequences Show a kinaesthetic sense in order to improve the placement and alignment of body parts Practise and refine the gymnastics techniques used in a performance
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People of interest linked to each unit:

Tanni Grey-Thompson Athlete	Mo Farah Athlete	Dina Asher-Smith Athlete	Steve Batley Javelin	Elle Simmonds Swimmer	George Best Football	Katie Ledecky Swimmer
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Vocabulary to be taught:

	Underarm throw Aim Fielder Tracking	Outdoors Adventurous Activity Orienteering Teamwork Communication Problem solving Trail	Innings Posts Back stop Underarm Bowling Rounder	Float Sink Streamlined Front Crawl Back Crawl Breaststroke Sculling Treading water	Fielding Bowler Boundary Wicket keeper Wicket Innings Spin Tracking Speed Stamina Distance Pacing Release Accuracy Performance	Float Sink Streamlined Front Crawl Back Crawl Breaststroke Sculling Treading water Woggle Safety Submerged Surface diving Kick Breathe Turning
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Topic links to:

Personal, Social and Emotional Development Understanding the World	Equality Black sporting hero	PSHE Teamwork Communication	Science	Water Safety Keeping safe near water	Links to the English cricket team	Water Safety Keeping safe near water
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		Geography mapwork	Keeping fit and eating well to help lead an active life		Notts Outlaws games at Trent Bridge	
Texts that link to the topic:						
	Ready, Steady, Mo	Women in Sport: Fifty Fearless Athletes Who Played to Win Ignotofsky, Rachel				