

## **Whitemoor Academy**

### **PE Curriculum Map**

A wide range of PE is delivered to the pupils at Whitemoor Academy, with the aim to engage and inspire all pupils. Lessons are taught by our teachers and qualified teaching assistants, as well as external providers for blocks and one off sessions.

As members of the Mid Cornwall Sports Network, we are able to offer an extensive range of extra-curricular sporting activities. These include after school clubs, adventure days, intra-school and inter school competitions. The majority of our after school clubs are run by our committed staff and are free of charge. We also employ Plymouth Argyle sports coaches to train our footballers. We target children who lack engagement in KS2 sport and try to find alternatives to encourage them to lead healthy lifestyles. We also enter a variety of competitions with our most able children including football, netball, hockey and tag rugby among others.

PE overview EYFS

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Body management  <i>Travelling on different parts of the body;</i>  <i>introduction to different apparatus;</i>  <i>Focus on moving, control and co-ordination</i></p>	<p>Body management  <i>Balance on different parts of the body;</i>  <i>travel under, over and through apparatus,</i>  <i>Negotiate space</i></p>	<p>Dance  <i>Action rhymes and rhythms,</i>  <i>dance a nursery rhyme/story</i></p>	<p>Dance  <i>Agility and co-ordination,</i>  <i>Dance to known songs,</i>  <i>make up a dance to a known song.</i></p>	<p>Games  <i>Running, jumping,</i>  <i>Rolling activities,</i>  <i>aiming activities,</i>  <i>sending and receiving</i></p>	<p>Games  <i>Rolling activities,</i>  <i>aiming activities,</i>  <i>sending and receiving,</i>  <i>throwing</i></p>

PE overview Year 1 and 2 (Rolling programme)

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>A</b>	Gymnastics <i>Balances and agility</i>  Games <i>Bouncing, catching and throwing</i>	Dance <i>Creating short dances</i>	Games <i>Sending and receiving the ball</i>	Dance <i>Transferring weight, creating patterns</i>	Athletics <i>Running, jumping, Hopping, throwing</i>	Games <i>Attacking and defending</i>
<b>B</b>	Gymnastics <i>Balances and agility</i>  Games <i>Bouncing, catching and throwing</i>	Games <i>Travelling with the ball</i>	Dance <i>Performing simple movement patterns</i>	Games <i>Hitting and striking</i>	Athletics <i>Running, jumping, throwing</i>	Games <i>Sending and receiving the ball</i>

PE overview Year 3 and 4 (Rolling programme)

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>A</b>	Net/wall games	Gymnastics	Dance	Invasion games	Athletics  Swimming	Striking and fielding  Swimming
<b>B</b>	Invasion games	Dance	Gymnastics	Outdoor/ Adventurous Activities	Athletics  Swimming	Athletics  Swimming

PE overview Year 5 and 6 (Rolling programme)

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>A</b>	Net/wall games	Dance	Gymnastics	Invasion games	Striking and fielding	Athletics
<b>B</b>	Net/wall games	Gymnastics	Dance	Invasion games	Athletics	Outdoor adventurous activities