

Our Lady Queen of Peace PE Curriculum Route Map

INTENT:

At Our Lady Queen of Peace Primary School it is our intent to provide a PE curriculum which inspires all pupils to succeed and excel in sport and physical activities. We recognise the importance of PE and the role it has to play in promoting long term, healthy lifestyles. Children will learn how and why exercise is important, the impact it can have on their physical and mental wellbeing, and the values it can instil such as fairness, respect, determination, courage and self-belief. We aim to give children the knowledge, skills and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport.

	PE											
	CYCLE A						CYCLE B					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YR	Introduction to PE	Fundamentals	Gymnastics	Dance	Ball Skills	Games						
KS1	Ball Skills	Sending and Receiving	Gymnastics	Target Games	Strike and field	Athletics	Ball Skills	Sending and Receiving	Gymnastics	Dance	Invasion	Net and Wall
LKS2 Kandinsky	Swimming	Swimming	Gymnastics	Athletics	Netball	Cricket	Swimming	Swimming	Gymnastics	Dance	Basketball	Tennis
LKS2 Seurat	Netball	Gymnastics	Swimming	Swimming	Athletics	Cricket	Basketball	Gymnastics	Swimming	Swimming	Dance	Tennis
LKS2 Picasso	Netball	Gymnastics	Athletics	Cricket	Swimming	Swimming	Basketball	Gymnastics	Dance	Tennis	Swimming	Swimming
UKS2	Netball	Gymnastics	Dodgeball	Handball	Athletics	Cricket	Basketball	Gymnastics	Dance	Handball	OAA	Tennis

Gymnastics and FMS	KS1: master basic movements as well as developing balance, agility and co-ordination. KS2: develop flexibility, strength, technique, control and balance.											
Athletics and FMS	KS1: master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities. KS2: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.											
Dance	KS1 perform dances using simple movement patterns KS2 perform dances using a range of movement patterns											
Net and Wall	Invasion Games	Ball Skills	Target Games	Strike and Field	KS1 master basic movements including throwing and catching. Participate in team games developing simple tactics for attacking and defending KS2 use running, jumping and throwing in isolation and in combination. Play competitive games, and apply basic principles suitable for attacking and defending							

Our Lady Queen of Peace PE Fundamental Curriculum Route Map

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	Fundamental PE					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1	Locomotor 1	Manipulative 1	Stability 1	Stability 2	Locomotor 2	Manipulative 2
LKS2 Kandinsky	Locomotor 1	Manipulative 1	Stability 1	Stability 2	Locomotor 2	Manipulative 2
LKS2 Seurat	Locomotor 1	Manipulative 1	Stability 1	Stability 2	Locomotor 2	Manipulative 2
LKS2 Picasso	Locomotor 1	Manipulative 1	Stability 1	Stability 2	Locomotor 2	Manipulative 2
UKS2	Locomotor 1	Manipulative 1	Stability 1	Stability 2	Locomotor 2	Manipulative 2

The fundamental element of the PE curriculum focusses on mastering the fundamental skills which form the core of each sport listed.

Breakdown of the fundamental areas.

Stability skills
Land
Balance
Twist/rotate
Turn
Stretch
Roll
Stopping

Locomotor skills
Running
Jogging
Walking
Hopping
Leaping
Dodging
Lunging
Sidestep
Skipping
Jumping

Manipulative skills
Throwing
Catching
Kicking
Striking with hand
Striking with equipment
Dribbling with hand
Dribbling with feet