

Oasis Academy Hobmoor – P.E Curriculum Skills Map 2022-23

Year	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
R	<p style="text-align: center;">Dance</p> <p>Recognise that actions can be reproduced in time to music; beat patterns and different speeds.</p> <p>Perform a wide variety of dance actions both similar and contrasting.</p> <p>Copy, repeat, and perform simple movement patterns.</p>	<p style="text-align: center;">Gymnastics</p> <p>To develop confidence in fundamental movements</p> <p>To experience jumping, sliding, rolling, moving over, under and on apparatus</p> <p>To develop coordination and gross motor skills</p>	<p style="text-align: center;">Body Management</p> <p>Explore balance and managing own body including manipulating small objects.</p> <p>Able to stretch, reach, extend in a variety of ways and positions.</p> <p>Able to control body and perform specific movements on command</p>	<p style="text-align: center;">Manipulation & Coordination</p> <p>Send and receive a variety of objects with different body parts.</p> <p>Work with others to control objects in space.</p> <p>Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.</p>	<p style="text-align: center;">Speed Agility Travel</p> <p>Travel with some control and coordination.</p> <p>Change direction at speed through both choice and instructions.</p> <p>Perform actions demonstrating changes in speed. Stop, start, pause, prepare for and anticipate movement in a variety of situations.</p>	<p style="text-align: center;">Cooperate and Solve problems</p> <p>Organise and match various items, images, colours and symbols</p> <p>Work with a partner to listen, share ideas, question and choose</p> <p>Collect, distinguish and differentiate colours and create a shape as a team</p> <p>Move confidently and cooperatively in space. Travel in a range of ways</p>
1	<p style="text-align: center;">Run, Jump, Throw</p> <p>Pupils will begin to link running and jumping.</p> <p>To learn and refine a range of running which includes varying pathways and speeds</p> <p>Develop throwing techniques to send objects over long distances</p> <p style="text-align: center;">Dance</p> <p style="text-align: center; color: red;">Provided by external</p>	<p style="text-align: center;">Gymnastics</p> <p>Identify and use simple gymnastics actions and shapes.</p> <p>Apply basic strength to a range of gymnastics actions.</p> <p>Begin to carry basic apparatus such as mats and benches.</p> <p>To recognise like actions and link.</p> <p style="text-align: center;">Dance</p>	<p style="text-align: center;">Health and Fitness</p> <p>To increase levels of fitness.</p> <p>To learn to use correct technique in a variety of circuit exercises.</p> <p>To understand why physical activity is good for us.</p>	<p style="text-align: center;">Send and return</p> <p>Able to send an object with increased confidence using hand or bat.</p> <p>Move towards a moving ball to return.</p> <p>Sending and returning a variety of balls.</p>	<p style="text-align: center;">Attack Defend Shoot</p> <p>To practice basic movements including running, jumping, throwing and catching.</p> <p>To begin to engage in competitive activities.</p> <p>To experience opportunities to improve agility, balance and coordination.</p>	<p style="text-align: center;">Hit Catch Run</p> <p>Able to hit objects with hand or bat.</p> <p>Track and retrieve a rolling ball.</p> <p>Throw and catch a variety of balls and objects.</p>

	(Mercurial dance)	Provided by external (Mercurial dance)				
2	<p>Run, Jump, Throw</p> <p>Develop power, agility and coordination and balance over a variety of activities.</p> <p>Can throw and handle a variety of objects including, bean bags, balls and hoops</p> <p>Can negotiate obstacles showing increased control of body and limbs</p> <p>Dance</p> <p>Provided by external (Mercurial dance)</p>	<p>Gymnastics</p> <p>Describe and explain how performers can transition and link gymnastic elements</p> <p>Perform with control and consistency basic actions at different speeds and on different levels</p> <p>Challenge themselves to develop strength and flexibility</p> <p>Create and perform a simple sequence that is judged using simple gymnastic scoring</p> <p>Dance</p> <p>Provided by external (Mercurial dance)</p>	<p>Health and Fitness</p> <p>To Increase levels of fitness.</p> <p>To learn to use the correct technique in a variety of circuit exercise.</p> <p>To understand why physical activity is good and what the body does during exercise.</p>	<p>Send and return</p> <p>Be able to track the path of a ball over a net and move towards it.</p> <p>Begin to hit and return a ball using a variety of hand and racquet with some consistency.</p> <p>Play modified net/wall games throwing, catching and sending over a net.</p>	<p>Attack Defend Shoot</p> <p>Can send a ball using feet and can receive a ball using feet.</p> <p>Refine ways to control bodies and a range of equipment.</p> <p>Recall and link combinations of skills, e.g. dribbling and passing.</p>	<p>Hit Catch Run</p> <p>To developing hitting skills with a variety of bats.</p> <p>Practice feeding/bowling skills.</p> <p>Hit and run to score points in games.</p>
3	<p>.Net and Wall</p> <p>Tennis</p> <p>To identify and describe some rules of tennis.</p> <p>To serve to begin a game.</p> <p>To explore forehand hitting.</p>	<p>Gymnastics</p> <p>Modify actions independently using different pathways, directions and shapes.</p> <p>Consolidate and improve the quality of movements and gymnastics actions.</p> <p>Relate strength and flexibility to the actions and</p>	<p>Health and Fitness</p> <p>To increase levels of fitness.</p> <p>To understand how the body feels before and after exercise.</p> <p>To learn to use the correct technique in a variety of circuit exercise.</p>	<p>Athletics</p> <p>Control movements and body actions in response to specific instructions.</p> <p>Demonstrate agility and speed.</p> <p>Jump for height and distance with control and balance.</p> <p>Throw with speed and</p>	<p>Invasion Games</p> <p>Football</p> <p>Able to show basic control skills, including sending and receiving the ball.</p> <p>To send the ball with some accuracy, to maintain possession and bold attacking play.</p>	<p>Striking and Fielding</p> <p>Cricket</p> <p>To be able to adhere to some of the basic rules of cricket.</p> <p>To develop a range of skills to use in isolation and a competitive context.</p>

		<p>movements they are performing.</p> <p>To use basic compositional ideas to improve sequence work—unison.</p>		power and apply appropriate force	<p>To implement the basic rules of football.</p> <p>Swimming</p>	<p>To use basic skills with more consistency including striking a bowled ball.</p>
4	<p>Athletics</p> <p>Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities</p> <p>Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.</p> <p>Yoga (Provided by external)</p>	<p>Gymnastics</p> <p>To become increasingly competent and confident to perform skills more consistently.</p> <p>Able to perform in time with a partner and group.</p> <p>Use compositional ideas in sequences such as changes in height, speed and direction.</p> <p>Yoga (Provided by external)</p>	<p>Health and Fitness</p> <p>To increase levels of fitness.</p> <p>To understand how the body feels before and after exercise.</p> <p>To learn to use correct technique in a variety of circuit exercise.</p> <p>Yoga (Provided by external)</p> <p>Swimming</p>	<p>Net and Wall</p> <p>Tennis</p> <p>Explore different shots (forehand, backhand)</p> <p>Work to return the serve</p> <p>Positions in gameplay</p> <p>Yoga (Provided by external)</p> <p>Swimming</p>	<p>Invasion Games</p> <p>Tag Rugby</p> <p>To perform basic tag rugby skills, throwing and catching.</p> <p>To be able to run and create space while attacking.</p> <p>To implement basic rules of tag rugby.</p> <p>Yoga (Provided by external)</p>	<p>Striking and Fielding</p> <p>Rounders</p> <p>To develop the range of rounders skills that can apply in a competitive context</p> <p>Choose and use a range of simple tactics in isolation and a game context</p> <p>Identify different positions in rounders and the roles of those positions</p> <p>Yoga (Provided by external)</p>
5	<p>Athletics</p> <p>Sustain pace over short and longer distances such as running 100m and running for 2 minutes.</p> <p>Able to run as part of a relay team working at their maximum speed</p> <p>Perform a range of jumps and throws</p>	<p>Gymnastics</p> <p>Create longer and more complex sequences and adapt performances.</p> <p>Take the lead in a group when preparing a sequence.</p> <p>Develop symmetry individually, as a pair and in a small group.</p>	<p>Health and Fitness</p> <p>To increase levels of fitness.</p> <p>To understand what muscles are used and what the body does when exercising.</p> <p>To use the correct technique in a range of exercise aimed to work the</p>	<p>Net and Wall</p> <p>Tennis</p> <p>Introduce Volley shots and Overhead shots</p> <p>Apply new shots into game situations</p> <p>Play with others to score and defend points in competitive games</p>	<p>Invasion Games</p> <p>Football</p> <p>To play effectively in a variety of positions and formations on the pitch.</p> <p>Relate a greater number of attacking and defensive tactics to gameplay.</p> <p>Become more skilful when</p>	<p>Striking and Fielding</p> <p>Cricket</p> <p>Link together a range of skills and use in combination.</p> <p>Collaborate with a team to choose, use and adapt rules in games.</p> <p>Recognise how some aspects of fitness apply</p>

	<p>demonstrating increasing power and accuracy</p> <p>Dance</p> <p>Provided by external (Mercurial dance)</p>	<p>Compare performances and judge strengths and areas for improvement.</p> <p>Select a component for improvement. For example—timing or flow.</p> <p>Dance</p> <p>Provided by external (Mercurial dance)</p> <p>Swimming</p>	<p>whole body.</p> <p>Swimming</p>	<p>Further, explore Tennis service rules</p>	<p>performing movements at speed.</p>	<p>to cricket, e.g. power, flexibility and cardiovascular endurance.</p>
6	<p>Athletics</p> <p>Become confident and expert in a range of techniques and recognise their success.</p> <p>Apply strength and flexibility to a broad range of throwing, running and jumping activities.</p> <p>Work in collaboration and demonstrate improvement when working with self and others.</p> <p>Accurately and confidently, judge across a variety of activities.</p>	<p>Gymnastics</p> <p>Lead a group warm-up showing understanding of the need for strength and flexibility.</p> <p>Demonstrate accuracy, consistency, and clarity of movement.</p> <p>Work independently and in small groups to make up own sequences.</p> <p>Arrange own apparatus to enhance work and vary compositional ideas.</p> <p>Experience flight on and off the high apparatus.</p>	<p>Health and Fitness</p> <p>To Increase levels of fitness</p> <p>To understand what the muscles and the body do when exercising.</p> <p>To use the correct techniques in a range of exercise aimed to work whole body.</p>	<p>Net and Wall</p> <p>Tennis</p> <p>Develop backhand shots.</p> <p>Introduce the lob.</p> <p>Begin to use full tennis scoring systems.</p> <p>Continue developing doubles play and tactics to improve.</p>	<p>Invasion Games</p> <p>Tag Rugby</p> <p>Choose and implement a range of strategies and tactics to attack and defend</p> <p>Combine and perform more complex skills at speed</p> <p>Observe, analyse and recognise good individual and team performances</p> <p>Suggest, plan and lead a warm-up as a small group.</p> <p>Dance</p> <p>Provided by external (Mercurial dance)</p>	<p>Striking and Fielding</p> <p>Rounders</p> <p>Apply rounders rules consistently in conditioned games.</p> <p>Play small-sided games using standard rounder pitch layout.</p> <p>Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.</p> <p>Dance</p> <p>Provided by external (Mercurial dance)</p>

