**Edenthorpe Hall Academy PE Curriculum Map 2018-2019**

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| **2018-2019** |  |
|  | Year 3 | Year 4 | Year 5 | Year 6 |
| Autumn 1 | Lesson 1:Throwing and Catching gamesSuggested Activities:* Dodgeball
* Benchball/Zone Ball
* Tag Ball

Lesson 2:*Initial Fitness Testing*Flexibility, strength, control and balanceSuggested activities:* Gymnastics
* Dance-Zumba focus
 | Lesson 1:Throwing and Catching games (Y4)Suggested Activities:* Dodgeball
* Benchball/Zone Ball
* Tag Ball

Lesson 2:*Initial Fitness Testing*Flexibility, strength, control and balanceSuggested activities:* Gymnastics
* Dance-Zumba focus
 | Lesson 1:**Swimming** Throwing and Catching games (Y4)Suggested Activities:* Dodgeball
* Benchball/Zone Ball
* Tag Ball

Lesson 2:*Initial Fitness Testing*Flexibility, strength, control and balanceSuggested activities:* Gymnastics
* Dance-Zumba focus
 | Lesson 1:Throwing and Catching gamesSuggested Activities:* Dodgeball
* Benchball/Zone Ball
* Tag Ball

Lesson 2:*Initial Fitness Testing*Flexibility, strength, control and balanceSuggested activities:* Gymnastics
* Dance- (*e.g Streetdance, Hakka, Themed*)
 |
|  | **Active Fusion club = Badminton** |
| Autumn 2 | Lesson 1Invasion gamesSuggested Activities:* **Basketball**
* Tag Rugby

Lesson 2:Invasion GamesSuggested Activities:* Field Hockey
* Tag Rugby
 | Lesson 1:Invasion Games (Y4)Suggested Activities:* **Basketball**
* Tag Rugby

Lesson 2:Flexibility, strength, control and balanceSuggested activities:* Athletics (indoor)
* Fitness (Circuits/aerobics etc.)
 | Lesson 1:**Swimming** Invasion Games (Y4)Suggested Activities:* **Basketball**
* Tag Rugby

Lesson 2:Flexibility, strength, control and balanceSuggested activities:* Athletics (indoor)
* Fitness (Circuits/aerobics etc.)
 | Lesson 1:Invasion gamesSuggested Activities:* **Basketball**
* Tag Rugby

Lesson 2:Flexibility, strength, control and balanceSuggested activities:* Athletics (indoor)
* Fitness (Circuits/aerobics etc.)
* Gymnastics
 |
|  | **Active Fusion Club = Handball** |
| Spring 1 | Lesson 1:Net and Wall GamesSuggested Activities:* Seated volleyball
* Volleyball
* Table Tennis

Lesson 2:Invasion gamesSuggested Activities:* Netball
* Basketball
* Handball
 | Lesson 1:Net and Wall GamesSuggested Activities:* Seated volleyball
* Volleyball
* Table Tennis

Lesson 2:Invasion gamesSuggested Activities:* Netball
* Basketball
* Handball
 | Lesson 1:Net and Wall GamesSuggested Activities:* Seated volleyball
* Volleyball
* Table Tennis

Lesson 2:Invasion gamesSuggested Activities:* Netball
* Basketball
* Handball
 | Lesson 1:Attacking and defending principlesSuggested activities: * Football
* Hockey
* Netball
* Basketball
* Handball
* Rugby

Lesson 2:Flexibility, strength, control and balanceSuggested activities: * Fitness
* Circuits
* Aerobics
* Zumba
* Cross Country
 |
|  | **Active Fusion Club = Basketball** |
| Spring 2 | Lesson 1:Flexibility, strength, control and balanceSuggested activities: * Sports Hall Athletics

Lesson 2Attacking and defending principlesSuggested activities: * Frisbee
* Dodgeball
 | Lesson 1:Flexibility, strength, control and balanceSuggested activities: * Sports Hall Athletics

Lesson 2Attacking and defending principlesSuggested activities: * Frisbee
* Dodgeball
 | Lesson 1:Flexibility, strength, control and balanceSuggested activities: * Sports Hall Athletics

Lesson 2Attacking and defending principlesSuggested activities: * Frisbee

Dodgeball | Lesson 1:Net and Wall GamesSuggested Activities:* Seated volleyball
* Volleyball
* Table Tennis

Lesson 2:Striking and Fielding gamesSuggested Activities:* Rounders
* Cricket
* Golf (Target game)
 |
|  | **Active Fusion Club = Athletics** |
| Summer 1 | Lesson 1: Striking and Fielding gamesSuggested Activities:* Cricket
* Golf

Lesson 2:AthleticsSuggested Activities:* Running-sprint/hurdles
* Jumping
* Throwing

SPORTS DAY PREPARATION | Lesson 1:Striking and Fielding gamesSuggested Activities:* Cricket
* Golf (Target game)

Lesson 2: AthleticsSuggested Activities:* Running
* Throwing
* Hurdles

SPORTS DAY PREPARATION  | Lesson 1:Striking and Fielding gamesSuggested Activities:* Cricket
* Golf (Target game)

Lesson 2: AthleticsSuggested Activities:* Running
* Throwing
* Hurdles

SPORTS DAY PREPARATION | Lesson 1: Lesson 2: Athletic ActivitiesSuggested Activities:* Running-sprint/hurdles
* Jumping
* Throwing-javelin

SPORTS DAY PREPARATION |
|  | **Active Fusion Club = Quik-Cricket** |
| Summer 2 | Lesson 1:Net and Wall GamesSuggested Activities:* Tennis

Lesson 2:Striking and Fielding gamesSuggested Activities:* Rounders
* Golf (Target game)
 | Lesson 1:Net and Wall GamesSuggested Activities:* Tennis

Lesson 2:Striking and Fielding gamesSuggested Activities:* Rounders
* Golf (Target game)
 | Lesson 1:Swimming Lesson 2:Striking and Fielding gamesSuggested Activities:* Rounders
* Golf (Target game)
 | Lesson 1:Net and Wall GamesSuggested Activities:* Tennis

Lesson 2:OAASuggested Activities:* OAA
* Orienteering
* Problem solving skills and games
 |
|  | **Active Fusion Club = Rounders** |

**Lesson 1:** *Active Fusion* **Lesson 2:** Class Teacher/Swimming/James Copley

National Curriculum Coverage:

*EYFS and KS1* – Dance

*KS2* – Dance, Gymnastics, Games *(Invasion, Net + Wall, Striking + Fielding),* Swimming *(Y5)*,Athletics, OAA