**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 games  Suggested Activities:   * Dodgeball * Benchball/Zone Ball * Tag Ball   Lesson 2:  *Initial Fitness Testing*  Flexibility, strength, control and balance  Suggested 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 balance  Suggested 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 balance  Suggested activities:   * Gymnastics * Dance-Zumba focus | Lesson 1:  Throwing and Catching games  Suggested Activities:   * Dodgeball * Benchball/Zone Ball * Tag Ball   Lesson 2:  *Initial Fitness Testing*  Flexibility, strength, control and balance  Suggested activities:   * Gymnastics * Dance- (*e.g Streetdance, Hakka, Themed*) |
|  | **Active Fusion club = Badminton** | | | |
| Autumn 2 | Lesson 1  Invasion games  Suggested Activities:   * **Basketball** * Tag Rugby   Lesson 2:  Invasion Games  Suggested Activities:   * Field Hockey * Tag Rugby | Lesson 1:  Invasion Games (Y4)  Suggested Activities:   * **Basketball** * Tag Rugby   Lesson 2:  Flexibility, strength, control and balance  Suggested activities:   * Athletics (indoor) * Fitness (Circuits/aerobics etc.) | Lesson 1:  **Swimming**  Invasion Games (Y4)  Suggested Activities:   * **Basketball** * Tag Rugby   Lesson 2:  Flexibility, strength, control and balance  Suggested activities:   * Athletics (indoor) * Fitness (Circuits/aerobics etc.) | Lesson 1:  Invasion games  Suggested Activities:   * **Basketball** * Tag Rugby   Lesson 2:  Flexibility, strength, control and balance  Suggested activities:   * Athletics (indoor) * Fitness (Circuits/aerobics etc.) * Gymnastics |
|  | **Active Fusion Club = Handball** | | | |
| Spring 1 | Lesson 1:  Net and Wall Games  Suggested Activities:   * Seated volleyball * Volleyball * Table Tennis   Lesson 2:  Invasion games  Suggested Activities:   * Netball * Basketball * Handball | Lesson 1:  Net and Wall Games  Suggested Activities:   * Seated volleyball * Volleyball * Table Tennis   Lesson 2:  Invasion games  Suggested Activities:   * Netball * Basketball * Handball | Lesson 1:  Net and Wall Games  Suggested Activities:   * Seated volleyball * Volleyball * Table Tennis   Lesson 2:  Invasion games  Suggested Activities:   * Netball * Basketball * Handball | Lesson 1:  Attacking and defending principles  Suggested activities:   * Football * Hockey * Netball * Basketball * Handball * Rugby   Lesson 2:  Flexibility, strength, control and balance  Suggested activities:   * Fitness * Circuits * Aerobics * Zumba * Cross Country |
|  | **Active Fusion Club = Basketball** | | | |
| Spring 2 | Lesson 1:  Flexibility, strength, control and balance  Suggested activities:   * Sports Hall Athletics   Lesson 2  Attacking and defending principles  Suggested activities:   * Frisbee * Dodgeball | Lesson 1:  Flexibility, strength, control and balance  Suggested activities:   * Sports Hall Athletics   Lesson 2  Attacking and defending principles  Suggested activities:   * Frisbee * Dodgeball | Lesson 1:  Flexibility, strength, control and balance  Suggested activities:   * Sports Hall Athletics   Lesson 2  Attacking and defending principles  Suggested activities:   * Frisbee   Dodgeball | Lesson 1:  Net and Wall Games  Suggested Activities:   * Seated volleyball * Volleyball * Table Tennis   Lesson 2:  Striking and Fielding games  Suggested Activities:   * Rounders * Cricket * Golf (Target game) |
|  | **Active Fusion Club = Athletics** | | | |
| Summer 1 | Lesson 1:  Striking and Fielding games  Suggested Activities:   * Cricket * Golf   Lesson 2:  Athletics  Suggested Activities:   * Running-sprint/hurdles * Jumping * Throwing   SPORTS DAY PREPARATION | Lesson 1:  Striking and Fielding games  Suggested Activities:   * Cricket * Golf (Target game)   Lesson 2: Athletics  Suggested Activities:   * Running * Throwing * Hurdles   SPORTS DAY PREPARATION | Lesson 1:  Striking and Fielding games  Suggested Activities:   * Cricket * Golf (Target game)   Lesson 2: Athletics  Suggested Activities:   * Running * Throwing * Hurdles   SPORTS DAY PREPARATION | Lesson 1:  Lesson 2: Athletic Activities  Suggested Activities:   * Running-sprint/hurdles * Jumping * Throwing-javelin   SPORTS DAY PREPARATION |
|  | **Active Fusion Club = Quik-Cricket** | | | |
| Summer 2 | Lesson 1:  Net and Wall Games  Suggested Activities:   * Tennis   Lesson 2:  Striking and Fielding games  Suggested Activities:   * Rounders * Golf (Target game) | Lesson 1:  Net and Wall Games  Suggested Activities:   * Tennis   Lesson 2:  Striking and Fielding games  Suggested Activities:   * Rounders * Golf (Target game) | Lesson 1:  Swimming  Lesson 2:  Striking and Fielding games  Suggested Activities:   * Rounders * Golf (Target game) | Lesson 1:  Net and Wall Games  Suggested Activities:   * Tennis   Lesson 2:  OAA  Suggested 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