



Physical Education

Key Stage 2 Subject Mapping (Class Buttermere and Derwent)

Dance

Gymnastics

Games

Athletics

Outdoor and Adventurous Activities

The fundamental skills of flexibility, strength, technique, control, agility, balance, running and jumping and throwing and catching are taught through the five areas. Physiotherapy can also be incorporated into PE

| 2018 Autumn Term | 2019 Spring Term | 2019 Summer Term |
|---|---|---|
| <p>Gymnastics in Hall</p> <ul style="list-style-type: none"> Travelling using floor and apparatus Combining movements and performing sequences Holding a shape Working in space safely | <p>Dance in Hall</p> <ul style="list-style-type: none"> Teacher taught range of movements Rythmical responses to range of stimuli /music Animal Dance | <p>Athletics</p> <ul style="list-style-type: none"> Running -sprints Throwing bean bags, balls, foam javelin Relays Standing long jump and high jump |
| 2019 Autumn Term | 2020 Spring Term | 2020 Summer Term |
| <p>Games in Hall or MUGA</p> <ul style="list-style-type: none"> Running and chasing Throwing and catching, kicking, rolling, bouncing, striking. Simple rules – piggy in the middle, dodgeball | <p>Dance in Hall</p> <ul style="list-style-type: none"> Teacher taught dance Exploration of rhythmical movements to range of stimuli – songs, tunes, percussion Weather Dance | <p>OAA outside</p> <ul style="list-style-type: none"> Exploring and negotiating different terrains Helping each other negotiate obstacles Laying and following trails Using photographs for orienteering Treasure hunts |