

P.E. Curriculum Mapping 2018 – 2019

Year	Lesson	Autumn		Spring		Summer	
1	Lesson 1 Indoor	Fundamentals Balance, Agility, Coordination		Dance	Dance	Target Games (aiming)	Hitting (using rackets)
	Lesson 2 Outdoor	Fundamentals Running and Dodging (spatial awareness e.g tags & tails)		Fundamentals (throwing to self – underarm, catching, ball balance)		Sending and receiving (using different equipment) Football	
2	Lesson 1 Indoor	Fundamentals Balance, Coordination, agility		Dance	Dance	Attacking and defending through games/activities 2v1 & 2v2	
	Lesson 2 Outdoor	Throwing and catching	Aiming, hitting and kicking.	Fundamentals Running & Jumping	Team games: football	Target Aiming skills	Relays
3	Lesson 1 Indoor	Movement(Control, balance technique - gym)	Gym	Dance	Dance Tri Golf	Striking & Fielding e.g. (cricket, rounders)	
	Lesson 2 Outdoor	LCC Cricket	Tag Rugby skills	Netball	Football skills 2v2, 4v4 small games s	Athletics (Running,jumping, throwing)	Short Tennis
4	Lesson 1 Indoor	Swimming					
	Lesson 2 Outdoor	Badminton (2 blocks)	Ball Skills (Hockey)	Football and Netball skills Passing, marking, shooting	Outdoor and adventurous	Athletics	Cricket
5	Lesson 1 Indoor	Movement, Fitness Flexibility, strength, control, balance and technique		Dance	Dance	Outdoor & Adventurous	
	Lesson 2 Outdoor	LCFC Football	Leicester Tigers Rugby	Football	Athletics	Netball	Rounders/ cricket
6	Lesson 1 Indoor	Gymnastics (Flexibility, Strength, Control & Balance)	Gymnastics Flexibility, strength, control, balance	Dance	Invasion Games	Athletics	Football
	Lesson 2 Outdoor	Hockey	Tag Rugby	Netball	Cricket	Rounders	Rounders

All year groups take part in the Daily Boost 4 days a week - 10 – 15 minutes boosts.

External Coaching – Badminton Assoc., Leicestershire County Cricket, LCFC, Leicester Tigers