

Rangeworthy Curriculum Map

	EYFS	KS1	LKS2	UKS2
TERM 1	Fundamental Skills / Games (focus on throwing & catching games) focus is coordination (ball skills)- moving ball/BB around the body before progressing onto rolling, throwing at a target, as well as catching.	Games (focus on throwing catching games)	Invasion games (Netball and basketball)	Invasion games (Netball and basketball)
		Multiskills: Throwing and catching	OOA	OOA
TERM 2	Gymnastics (balance) Balance, different forms of travel focus is static and dynamic balancing	Gymnastics Balance, Partner and Floor Work	Gymnastics (movement) Small Apparatus	Gymnastics (movement) Building a routine
		Dance	Dance	Dance
TERM 3	Dance focus is agility- moving in various ways in different directions (sidesteps, forwards, backwards)	Yoga	Dodgeball	Invasion games (handball)
		Circuits	Circuits	Circuits
TERM 4	Games and multi-skills (rolling and bowling)	Multi-skills: Bat and ball, intro to striking and retrieving	Net and wall games (Badminton/Tennis)	Net and wall games (Tennis/Volleyball)
	Curling and Boccia	Curling and Boccia	Invasion games (Football & Hockey quick-sticks)	Invasion games (Football & Hockey)
TERM 5	Gymnastics (Agility & Coordination) Through stretching, landing, rolling, twisting and moving in different directions)	Multi-skills: Target games	Striking and Fielding Cricket/rounders	Striking and Fielding Cricket/rounders
		Gymnastics Movement, Rolls and Dismounts	Gymnastics Large Apparatus	Gymnastics (Flight)
TERM 6	Athletics (Co-ordination travelling in different methods such as skipping/galloping)	Olympics Sports Day Prep	Athletics Sports Day Prep	Athletics Sports Day Prep
		Boccia	Archery	Fencing

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending - Perform dances using simple movement patterns.
- Each subject would be taught on a 3 week rotation.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination - Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Each subject would be taught on a 3 week rotation.