

Curriculum Map – Year 3/4 Year 1

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Autumn Term			Spring Term			Summer Term		
Unit	Learning focus	Assessment focus	Unit	Learning focus	Assessment focus	Unit	Learning focus	Assessment focus
<p>Week 1 – 4 Multi Skills</p> <p>My Personal Best - Resilience</p>	<p>Body and object control.</p> <p>Throwing catching, rolling kicking and SAQ.</p> <p>Include some activity form “Get Moving, Get Active”.</p> <p>Throwing into a target.</p> <p>Trapping a ball or beanbag to stop a goal.</p>	<p>Show good body control when moving; be able to move around objects or opponents with and without a ball.</p> <p>Able to throw into a target, with some consistency.</p> <p>Throw, catch, dribble & roll different objects/balls.</p>	<p>Week 1 – 5 Gymnastics</p> <p>My Personal Best - Communication</p> <p>Core Task Gymnastics Activity 8 - Perform with a partner from start to finish.</p>	<p>Composing a sequence with changes of levels, speed and direction.</p> <p>Balance, control and strength.</p> <p>Balancing with a partner.</p> <p>Performing a range balances, rolls and shapes to include mirroring and matching.</p>	<p>Be able to balance on different body parts with control.</p> <p>Link 6 moves together: showing speeds, levels and directions.</p> <p>Perform a range of rolls and shapes.</p>	<p>Week 1 – 4 Strike/Field</p> <p>My Personal Best - Fairness</p> <p>Core Task Strike/Field Activity 4 - Hit the ball and run between the wickets/posts.</p>	<p>Focus on throwing, catching and fielding.</p> <p>Striking/batting the ball.</p> <p>Retrieving a ball.</p> <p>Sending a ball back.</p>	<p>Able to catch and field a ball moving along the ground. Return the ball with some accuracy.</p> <p>Able to strike a ball either from a tee or bowled to them.</p> <p>Understand when to run safely to a wicket or post.</p>
<p>Week 5 – 8 Gymnastics</p> <p>My Personal Best – Resilience</p> <p>Core Task Gymnastics Activity 7 – Perform a sequence with 6 elements.</p>	<p>To perform a balance on 4, 3, 2 and 1 body parts.</p> <p>To perform a sequence.</p> <p>Show clear changes of speed.</p>	<p>Be able to balance on different body parts with control.</p> <p>Link 6 moves together: showing speeds, levels and directions.</p> <p>Perform a range of rolls and shapes.</p>	<p>Week 6 – 11 Invasion Games</p> <p>My Personal Best - Respect</p> <p>Intra Competition</p> <p>Core Task Invasion Activity 2 – Score in your goal.</p> <p>Invasion Activity 3 – Score from inside the end zone</p>	<p>Control and move with the ball.</p> <p>Throwing and catching games.</p> <p>Develop attacking and defending skills.</p> <p>To understand how to dribble.</p> <p>To use a range of techniques to pass the ball.</p> <p>Move into positions to receive a ball.</p> <p>Move to intercept the ball</p>	<p>Use a range of techniques to pass the ball. Move into positions to receive a ball. Move to intercept the ball.</p> <p>Use a range of passes (underarm, overarm, bounce, overhead).</p> <p>Work as a part of a team cooperatively. Know the difference between attacking and defending.</p> <p>Know how to play by the rules of a game and why they are important.</p>	<p>Week 5 – 8 Athletics</p> <p>My Personal Best – Fairness</p> <p>Intra Competition</p> <p>Core Task Athletics Activity 6 – Try different ways of running, jumping and throwing.</p> <p>Develop Standing long jump and triple jump.</p> <p>Develop different throwing techniques</p>	<p>To use different throwing techniques.</p> <p>To run effectively.</p> <p>To jump from 1 foot and 2 foot.</p>	<p>Use different types of take-off and landings.</p> <p>Know what a standing long & triple jump is and how to perform them.</p> <p>Use different types of throws (underarm, overarm).</p> <p>Able to run at different paces; use arms and legs correctly when sprinting.</p>

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<p>Week 9 – 12 Dance My Personal Best Self – Belief Intra Competition Core task – Dance Activity 5 – Copy and perform a famous dance. Also, use the Dance Matalan Card 13 1960s – Hairspray dance.</p>	<p>To use variety of levels, speeds and directions. To use different parts of the body. To develop own ideas.</p>	<p>Use a variety of levels, directions and speeds. Show different ways of moving to include: turning, twisting, stretching, extending, leaping, jumping, tucking and landing. Show creativity and develop own ideas.</p>				<p>Week 9 – 12 OAA My Personal Best – Courage No Core Task Follow LCP and OAA Matalan cards: 5. Chicken Run 6. Cross the swamp 11. Danger USB 12. Kim’s Trail</p>	<p>Work as a team to solve problems. Read a map to find controls. Cooperate to solve a group task. Work as a team to negotiate obstacles.</p>	<p>Show cooperation in a small team when solving problems. Understand how to read a map to find controls and find the controls on a map. Show effective verbal and non-verbal communication skills.</p>
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