Four Acres Academy

P.E Curriculum Map 22/23

Year Group term	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	**Games** (focus on throwing catching games) FMS focus is coordination (ball skills) - moving ball/BB around body before progressing onto rolling, throwing at a target, as well as catching.	**Gym-** balance, different forms of travel FMS focus is static and dynamic balancing	**Dance** FMS focus is agility- moving in various ways in different direction (sidesteps, forwards, backwards)	**Gym** FMS focus is agility and co- ordination through stretching, landing, rolling, twisting and moving in different directions	**Games** (basic skills run,jump,throw catch in game situation) FMS focus is dynamic balancing different jumps (taking off with 2 feet landing on 1 foot) and revisit throwing and catching.	**Athletics** **Net and wall (tennis)** FMS focus: Co-ordination travelling in different methods such as skipping galloping. Striking a ball with different equipment, catching.
Year 1	**Games** (focus on throwing catching games) FMS focus is coordination (ball skills)- moving ball/BB around body before progressing onto rolling, throwing at a target, as well as catching.	**Gym -balance, different forms of travel** FMS focus is static and dynamic balancing	**Dance** FMS focus is agility- moving in various ways in different direction (sidesteps, forwards, backwards)	**Gym** FMS focus is agility and co- ordination through stretching, landing, rolling, twisting and moving in different directions	**Games** (basic skills run, jump, throw catch in game situation) FMS focus is dynamic balancing different jumps (taking off with 2 feet landing on 1 foot) and revisit throwing and catching.	**Athletics** **Net and wall (tennis)** FMS focus:Co-ordination travelling in different methods such as skipping galloping. Striking a ball with different equipment, catching.
Year 2	Games (focus on throwing catching games)	Gym- balance, different forms of travel	Dance FMS focus is agility- moving in various		Games (basic skills run,jump,throw	Athletics Net and wall (tennis)

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	FMS focus is coordination (ball skills)- moving ball/BB around body before progressing onto rolling, throwing at a target, as well as catching	FMS focus is static and dynamic balancing	ways in different direction (sidesteps, forwards, backwards)		catch in game situation) Athletics FMS focus is dynamic balancing different jumps(taking off with 2 feet landing	FMS focus:Co-ordination travelling in different methods such as skipping galloping. Striking a ball with different
Year 3	Invasion games (Basketball/netball)	Gym -balance, different forms of travel and creating a routine	Dance	Net and Wall (tennis)	Striking and Fielding (Cricket)	Athletics
Year 4	Invasion games (Basketball/netball)	Gym- balance, different forms of travel and creating a routine	Dance	Net and Wall (tennis)	Striking and Fielding (Cricket) Swimming (Hedgehogs)	Athletics
Year 5	Invasion games (Basketball/netball)	Gym- balance, different forms of travel and creating a routine	Dance	Net and Wall (tennis) Swimming	Striking and Fielding (Cricket)	Athletics

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				(Owls)	Swimming (Owls)	
Year 6	Invasion games (Basketball/netball) Swimming (Falcons)	Gym- balance, different forms of travel and creating a routine Swimming (Badgers/Falcons)	Dance Swimming (Badgers)	Net and Wall (tennis)	Striking and Fielding Cricket)	Athletics

Additional top up swimming lessons will be offered to all years 5 and 6 pupils.

FMS= Fundemental Movement Skills which consist of Agility, Balance and Co-ordination and will be taught within the areas of P.E termly.