



The Black Pear Trust

Physical Education Road Map B

Swimming



Athletics- running and throwing

Gymnastics – sequence

Dance- sequence

Rounders (Striking and Fielding)- Striking, running, spatial awareness

Outdoor adventure- working as a team.

Hockey (Invasion Games)- Striking, running, spatial awareness

Tag Rugby (Invasion Games)- Running, throwing, spatial awareness.

Falcons Cycle B

Cricket (Striking and Fielding)- Striking, throwing, catching

Swifts Cycle B

Athletics- Running & Throwing

Volleyball (Net/Wall) - throwing, striking, spatial awareness

Handball (Invasion Games) - Running, catching, throwing, spatial awareness

Football (Invasion Games) - Running, kicking, spatial awareness

Dance (Contemporary) - Spatial awareness

Outdoor adventure- Can work individually and as part of a team to solve simple problems

Gymnastics – spatial awareness

Dance (Contemporary) – combine movements

Swimming

Swifts Cycle B

Robins Cycle B

Outdoor adventure (orienteeing & team building) - can work in part of a small group

Athletics- Running & Throwing

Gymnastics- Spatial awareness

Dance – Spatial awareness

Swimming

Multi-skills (Striking & fielding) - Creating games that include striking and fielding

Multi-skills (Kicking) - Creating games that include kicking techniques

Multi-skills (Invasion) - Create games that require sending and aiming

Multi-skills (Net/wall) - throwing a ball over a net to a partner

Robins Cycle B

Owls Cycle B

Dance- basic understanding of the rhythm of the music

Gymnastics- Move with control, coordination and confidence

Dance- basic understanding of the rhythm of the music

Owls Cycle B

Swimming

Multi-skills - coordination and control in games

Multi-skills - sending and aiming, tracking and receiving (link to bouncing)

Multi-skills - spatial awareness and basic motor skills