**Foundation & KS1 PE Map 2020-21Adapted to meet reqs. Re Covid-19 and the subsequent needs of the children MKNSSP**

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|  |  **Autumn**  | **Spring**  | **Summer**  |
| **Weeks****Festivals** | 1-2 | 3 -7Fitness | 7-11FUNS | 12-14 | 15-19Gym | 20-23 | 24-26Cricket | 27-30Athletics | 31-35 | 36-39 |
| **Theme** | **NHS 5** | **Indep. learning** | **Teamwork** | **Challenge** | **Fit/health** | **Leading** | **Coop.** |
| **Found***Theme* | Fitness  | FUNS skills 1MovementAnimal Magic | FUNsSkills 2*Invaders**Capt. Flynn* | FitnessXmas |  Gym*Fireman Sam* | DanceFlash Dance  | FunGames Netters | DanceFlash dance | FunGames 3Strikers*Fairy tales* | Athletics*AAA squad* |
| **Yr 1***Theme* | Fitness | FUNS skills 1Movement*Down at the Farm* | Fun Games 1Invaders *Jake &*  *Pirates* | FitnessXmas | Gym *Marvel**Super heroes* | Dance *Toys* |  *Funs* *Games**Netters* | FunGames 2Strikers | Dance Walk on wild side | Athletics *AAA squad* |
| **Yr 2***Theme* | Fitness | FUNS skills 1MovementGoing 2 the zoo | Fun Games 1Invaders *Peter Pan* | Fitness *Xmas* | Gym 2*DC**Super heroes* | DanceSuperhero or mini beasts | *Funs* *Games**Netters* | FunGames 2Strikers | Athletics *AAA squad* |  OAA  Fitness*Various* |

**Key focus**

* **Limited equipment use and outside activities for Autumn 2020**
* Cardio vascular fitness to be developed via Pulse raiser activities within ALL warm ups in EVERY lesson, via fitness games within OAA units and both sprinting and distance running within athletics type units.
* Physical literacy will be developed throughout every unit in EYFS and KS1 to ensure that children are ready to progress to more sport specific skills. No specific sports should be taught within this age range.
* The importance of regular exercise in maintaining a healthy lifestyle will be a focus in **ALL** PE lessons
* Lessons will include a variety of teaching strategies to develop skills such as teamwork, leadership & independent learning and will be a unit focus point

**KS2 PE Map 2020-21 21Adapted to meet reqs. Re Covid-19 and the subsequent needs of the children MKNSSP**

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| --- | --- | --- | --- |
|  |  **Autumn**  | **Spring**  | **Summer**  |
| **Weeks****Festivals** | 1-3Fitness | 4-6TennisAthleticsXcountry | 7-11BadmintonGym | 12-14 | 15-19Basketball | 20-23DodgeballGymHoc | 24-26Hoc allRugbyDance | 27-30SwimcycleHandballNetball | 31-355 /6 CricketAll AthRounderesNet.Lgue | 36-39 |
| **Theme** | **NHS 5** | **Indep. learning** | **Teamwork** | **Challenge** | **Fit/health** | **Leading** | **Coop,** |
| **Yr 3** | Outdoor Fitness/Inv Games | Athletics | Games  Handyball / netball  | HRF | Dance FlintstonesRainforest |  Gym | Games InvasionHockey | Games Strike field | Ath Sports day  | OAA HRF |
| **Yr 4** | Outdoor Fitness/Inv Games |  Athletics | GamesFootball | HRF | Games Basketball | Dance GladiatorsElectricity | Gym | Games Cricket | Ath  |  OAA  HRF |
| **Yr 5** | Outdoor Fitness/Inv Games | Athletics | Games Netball | HRF | Games  Hockey  | Gym | Dance SpaceSports | Games Rounders | Ath  | OAAHRF |
| **Yr 6**  | Outdoor Fitness/Inv Games | Athletics | GamesInvasion | HRF | GamesBasketball | Dance Survival Bullying | Gym | Games Cricket | Ath  | OAAHRF  |

**Key focus**

* **Limited equipment use and outside activities for Autumn 2020**
* Cardio vascular fitness to be developed via Pulse raiser activities within ALL warm ups in EVERY lesson, via fitness games within OAA units and both sprinting and distance running within athletics type units.
* Physical literacy will be developed throughout every unit in EYFS and KS1 to ensure that children are ready to progress to more sport specific skills. No specific sports should be taught within this age range.
* The importance of regular exercise in maintaining a healthy lifestyle will be a focus in **ALL** PE lessons
* Lessons will include a variety of teaching strategies to develop skills such as teamwork, leadership & independent learning and will be a unit focus point

**Basic design principles of a blocked curriculum map**

Children will make better progress if they work on 1 unit twice a week. It allows for information to be more easily retained and skill development and understanding will be enhance (compared with less frequent learning opportunities)