



Thomas Harding Junior School PE Curriculum Map



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Spring 2
3	Unit: Tag Rugby	Unit: Gymnastics – Symmetry & Asymmetry	Unit: Tennis	Unit: Netball	Unit: Rounders	Unit: Athletics – Throwing & Jumping
	End point: Pupils will develop their understanding of when, where and why they need to create space when they are attacking.	End point: Pupils will create sequences starting with their symmetrical balance on apparatus, moving out of it and travelling to a new piece of apparatus and ending in their asymmetrical balances applying flow.	End point: Pupils will understand where and why we throw/hit the ball on the court and be introduced to basic shot techniques.	End point: Pupils will learn how to keep possession and eventually score in order to win a modified game	End point: The unit of work will explore the concept of batting and fielding (attack and defence). Pupils will develop an understanding of the purpose of each team. Pupils will learn how to apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low.	End point: The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams. Pupils will also begin to examine how to jump as far as possible and compare throwing accurately with throwing for distance.
3	Unit: OAA – Problem Solving	Unit: Football	Unit: Dance – Wild Animals	Unit: Dance - Festival	Unit: Athletics - Running	Unit: OAA – Orienteering
	End point: Throughout the unit, there will be a focus on pupils developing skills essential to working within a team.	End point: Pupils will learn how to keep possession and eventually score in order to win a modified game.	End point: Pupils will bring together the choreography to create a final performance in groups.	End point: Performance for TH Dance Festival at end of term applying skills learnt in previous lessons	End point: The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams. Pupils will also begin to examine how to jump as far as possible	End point: The unit of work will explore how to orientate a map, locate points on the map, then travel to them and record what they find. Pupils will learn how to collaborate with others and work as

					and compare throwing accurately with throwing for distance.	a team to complete the challenges.
4	Unit: Handball	Unit: Gymnastics – Bridges	Unit: Basketball	Unit: Tennis	Unit: Cricket	Unit: Athletics – Throwing & Jumping
	End point: The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.	End point: The unit of work will focus on exploring bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus. Pupils will create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity.	End point: The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity	End point: The unit of work will develop pupils' ability to apply the principles of attack vs defence in order to win a game of tennis. Pupils will create space to win points and apply the developing racket skills using forehand and backhand techniques.	End point: The unit of work will develop pupils' ability to apply the principles of attack vs defence in a cricket context. Pupils will develop a range of more advanced fielding skills to keep the batter's score as low as possible. Pupils will also develop their batting skills to outwit the fielders and score as many runs (points) as possible.	End point: The unit of work will develop pupils' ability to develop their own sprinting technique, analysing their own performance. Pupils will compare sprinting to running for distance and pacing. The unit will introduce throwing for distance with javelins and explore the triple jump
4	Unit: OAA – Communication & Tactics	Unit: Hockey	Unit: Dance - Space	Unit: Dance – Festival	Unit: Athletics – Running	Unit: OAA – Problem Solving
	End point: The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils applying effective communication skills, essential to working	End point: The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an	End point: The unit of work will challenge pupils to explore movement through improvisation, introducing unison and matching. Pupils will sustain their characters to add drama and emotion to the dance. Pupils will extend their dance skills by using more complex	End point: Performance for TH Dance Festival at end of term applying skills learnt in previous lessons	End point: The unit of work will develop pupils' ability to develop their own sprinting technique, analysing their own performance. Pupils will compare sprinting to running for distance and pacing. The unit will introduce throwing for	End point: The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to apply skills essential to working within a

	within a team to complete the activities	attack that results in a shooting opportunity.	interacting movements, actions and incorporate apparatus.		distance with javelins and explore the triple jump	team as well as create effective tactics.
5	Unit: Tag Rugby	Unit: Gymnastics – Counter Balances & Tension	Unit: Badminton	Unit: Netball	Unit: Rounders	Unit: Athletics - Running
	End point: The unit of work will challenge pupils to apply their prior learning of passing and moving, learning how to execute different passes and understanding where, when they are used in a game. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.	End point:	End point: The unit of work will challenge pupils to apply their understanding of how to create space to win a point. Pupils will refine their understanding of when to apply the forehand and backhand in a game situation to win a point and how to take control of the game from the beginning (serve)	End point: The unit of work will challenge pupils to apply their prior learning of passing and moving to create attacks that result in a shooting opportunity. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their teams.	End point: The unit of work will challenge pupils to apply fielding tactics, exploring how we can maximise our fielding set up and get the most from our players, making it harder for the batting team. Pupils will be able to explore the skill set of each team and tactically select players to play in positions that utilise their skills.	End point: The unit of work will challenge pupils to consolidate their knowledge, understanding and ability to sprint effectively, individually and within a team. Pupils will be able to develop their technique for throwing a shot putt and explore and develop an understanding of how to hurdle safely.
5	Unit: OAA - Orienteering	Unit: Football	Unit: Dance - Greeks	Unit: Dance - Festival	Unit: Athletics – Throwing & Jumping	Unit: OAA – Communication & Tactics
	End point: The unit of work will consolidate pupils' ability to orientate a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will consolidate their	End point: The unit of work will challenge pupils to apply their prior learning of passing, moving and dribbling to create attacks that result in a shooting opportunity. Pupils will be able to develop tactics for	End point: The unit of work will challenge pupils to create movement using improvisation, to select and choreograph ideas into a sequence. Pupils will be able to use their bodies to perform technical movements with control and balance and good dynamics, concluding with	End point: Performance for TH Dance Festival at end of term applying skills learnt in previous lessons	End point: The unit of work will challenge pupils to consolidate their knowledge, understanding and ability to sprint effectively, individually and within a team. Pupils will be able to develop their technique for throwing a shot putt and explore and develop an	End point: The unit of work will refine pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils refining effective communication skills, essential to working

	ability to collaborate with others and work as a team to complete the challenges.	both attacking and defending and apply these successfully within their team.	an opening ceremony performance.		understanding of how to hurdle safely	within a team to complete the challenges.
Unit: Swimming						
End Point: All children able to swim 25m. Interventions in place to support those who can't						
6	Unit: Handball	Unit: Gymnastics – Matching & Mirroring	Unit: Basketball	Unit: Badminton	Unit: Cricket	Unit: Athletics – Throwing
	End point: Pupils will consistently apply effective passes, applying decision making as to which pass to make and when in order to keep possession and score. Pupils will create and apply tactics in games adapting them as the game situation change	End point: The unit of work will focus on applying "excellent gymnastics" through matching and mirroring movements. Pupils will create a sequence of movements, bringing together a combination of both matching and mirroring movements, to create a sequence.	End point: Pupils will learn to consistently apply effective attacking skills, applying decision making in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession effectively	End point: Performance for TH Dance Festival at end of term applying skills learnt in previous lessons	End point: Pupils will consolidate their knowledge, understanding and ability to effectively apply a range of fielding skills, batting skills and tactics into mini games.	End point: The unit of work will challenge pupils to apply their knowledge, understanding and skills into a series of competitions. Pupils will experience competition across all of the different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct technique as well as collaborating in teams.
6	Unit: OAA – Problem Solving	Unit: Hockey	Unit: Dance - Carnival	Unit: Dance Festival	Unit: Athletics – Running	Unit: Rounders
	End point: The unit of work will consolidate pupil's ability to apply effective teamwork through different	End point: Pupils will learn to consistently apply effective attacking skills, applying decision	End point: The unit of work will challenge pupils to experience dances from different cultural traditions. Pupils will	End point:	End point: The unit of work will challenge pupils to apply their knowledge, understanding and skills into a series of	End point: Pupils will learn to consistently apply effective tactics for both batting and fielding. Pupils will

	problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to lead others, applying skills essential to working within a team as well as create, evaluate and adapt tactics.	making in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession effectively	develop group movements selecting and applying choreography into a performance. Pupils will continue to use their bodies to perform technical movements with control and rhythm.		competitions. Pupils will experience competition across all of the different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct technique as well as collaborating in teams.	utilise their prior knowledge of batting and fielding tactics and consider when, where and why they will apply these during a game.
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