

Tickford Park Primary School

Curriculum Map

	Autumn			Spring				Summer			
Weeks	1-2			1							
EY Theme	Fitness Baseline	FUNS skills Movement Animal Magic	FUNs Skills Invaders Capt. Flynn	Gym- Mat Fireman Sam		Gym-Equip Fireman Sam	Fun Games Netters	Dance Flash dance	Fun Games 3 Strikers Fairy tales	Athletics AAA squad	
Year 1 Lesson 1	Fitness Baseline	FUNS skills 1 Movement Down at the Farm		Fit Xmas	Gym 1 Mats		Gym 2 Equipment		Athletics AAA squad		
Lesson 2	Fun Games 1 Invaders Jake & Pirates				Dance Toys			Fun Games 3 Strikers Fairy tales			
Year 2 Lesson 1	Fitness Baseline	FUNS skills 1 Movement Going 2 the zoo			Fit	Gym 1 Mat based	Gym 2 Equipment based		Outdoor Fitness Various	Athletics AAA squad	OAA Explorers in Space
Lesson 2	Fun Games 1 Invaders Peter Pan			Fit Xmas	Dance Superhero or mini beasts		Funs Games Netters		Funs Games Netters	Striking& Fielding	

Curriculum design:

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- Skills based curriculum which also develops key skills and school values
- All lessons aim to develop physical literacy across a variety of skills
- Health and fitness are key principles which underly all lessons

	Autumn				Spring			Summer		
Weeks	1-3	4 -7	8-11	12-15	16-19	20-22	23-26	27-30	31-35	36-39
Yr 3 Lesson 1	Outdoor Fitness	Dance Flintstones Rainforest	Dance Flintstones Rainforest	HRF	Gym (Mat based)	Gym (Mat based)	Gym (Equipment)	Games Invasion Hockey	Games Invasion Hockey	OAA
Lesson 2		Games Handyball	Games Handyball		Games Netball	Games Netball	Games Strike field	Games Strike field	Ath	Ath
Yr 4 Lesson 1	Outdoor Fitness	Games Basketball	Games Basketball	HRF	Gym (Mat based)	Gym (Mat based)	Gym (Equipment)	Games Short tennis	Games Short tennis	OAA
Lesson 2		Dance Electricity	Dance Electricity		Games Football	Games Football	Games Cricket	Games Cricket	Ath	Ath
Yr 5 Lesson 1	Outdoor Fitness	Games Netball	Games Netball	HRF	Gym (Mat based)	Gym (Equipment)	Badminton	Badminton	Ath	Ath
Lesson 2		Dance Sports	Dance Sports		Games Hockey	Games Hockey	Games Rounders	Games Rounders	Swimming	Swimming
Yr 6 Lesson 1	Outdoor Fitness	Games Rugby	Games Rugby	HRF	Gym (Mat based)	Gym (Equipment)	Tennis	Tennis	Ath	Ath
Lesson 2		Dance Stomp	Dance Stomp		Games Basketball	Games Basketball	Games Cricket	Games Cricket	OAA	OAA

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Key focus

- 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.
- 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)