

Castledon School PE Curriculum Map - Primary KS1/2

YEARS 1 - 4		Year 1	Year 2	Year 3/4
Autumn	First	Movement in games <ul style="list-style-type: none"> Fundamental motor skills 	Team games <ul style="list-style-type: none"> Helping a friend 	Team games <ul style="list-style-type: none"> How to work in a team.
	Second	Dance, Yoga and mindful games. <ul style="list-style-type: none"> Movement patterns. 	Dance, Yoga and mindfulness <ul style="list-style-type: none"> Introduction to basic yoga poses. Linking movement. 	Dance, Yoga and mindfulness <ul style="list-style-type: none"> Sharing emotions (Zones) Performing a small sequence.
Spring	First	Skill related fitness <ul style="list-style-type: none"> Gross motor skills (Running, jumping, agility). 	Skill related fitness <ul style="list-style-type: none"> Coordination and balance 	Skill related fitness <ul style="list-style-type: none"> Speed and Flexibility
	Second	Creative performance <ul style="list-style-type: none"> Leaps, jumps, turns Trampolining Basic shapes 	Creative performance <ul style="list-style-type: none"> Exploring balance Trampolining Height and control 	Creative performance <ul style="list-style-type: none"> Movement patterns, rolls Trampolining Tuck/straddle/seat drop
Summer	First	Striking/fielding <ul style="list-style-type: none"> Throwing, catching. Target games 	Striking/Fielding <ul style="list-style-type: none"> Coordination 	Striking/Fielding <ul style="list-style-type: none"> Teamwork skills - games
	Second	Athletics <ul style="list-style-type: none"> Introduction to sports day events 	Athletics <ul style="list-style-type: none"> Sports day events - skill development 	Athletics <ul style="list-style-type: none"> Sports day events – rules

YEARS 5 - 6		Year 5	Year 6
Autumn	First	Competition games <ul style="list-style-type: none"> ● Attacking/Defending 	Games <ul style="list-style-type: none"> ● Switching from attack to defence/ Combining movements.
	Second	Dance, Yoga and mindfulness <ul style="list-style-type: none"> ● Linking moves together, breathing techniques 	Dance, Yoga and mindfulness <ul style="list-style-type: none"> ● Performing in a group. ● Self-reflection using zones of regulation
Spring	First	Developing Health related fitness (HRF), Skill related fitness (SRF) and Outdoor adventurous activities (O.A.A) <ul style="list-style-type: none"> ● Speed and self awareness 	Developing Health related fitness (HRF), Skill related fitness (SRF) and Outdoor adventurous activities (O.A.A) <ul style="list-style-type: none"> ● Agility & Stamina
	Second	Performance & Movement patterns <ul style="list-style-type: none"> ● Flexibility and control. ● Trampolining ● Shapes in the air 	Creative performance <ul style="list-style-type: none"> ● Performance skills ● Working in a group. ● Trampolining ● Twists/Swivel hips
Summer	First	Striking & Fielding <ul style="list-style-type: none"> ● Target sports 	Striking/Fielding <ul style="list-style-type: none"> ● Applying the rules into a game situation.
	Second	Athletics <ul style="list-style-type: none"> ● Sports day practice ● Reaction time/Personal bests 	Athletics <ul style="list-style-type: none"> ● Introduction to the Track and Field events

Castledon School PE Curriculum Map - Secondary KS3

YEARS 7 - 9		Year 7	Year 8	Year 9
Autumn	First	Competition games <ul style="list-style-type: none"> ● Tactics and strategy. ● Teamwork. 	Team games <ul style="list-style-type: none"> ● Rules and leading warm ups. 	Team games <ul style="list-style-type: none"> ● Refereeing and peer reflection.
	Second	Developing HRF/SRF <ul style="list-style-type: none"> ● Circuit training 	HRF/SRF <ul style="list-style-type: none"> ● Physical changes in the body during exercise 	HRF/SRF <ul style="list-style-type: none"> ● Personal goal setting.
Spring	First	Outdoor adventurous activities (O.A.A) PE in the park <ul style="list-style-type: none"> ● Team games ● Teamwork 	Outdoor adventurous activities (O.A.A) PE in the park <ul style="list-style-type: none"> ● Team games ● Problem solving 	Outdoor adventurous activities (O.A.A) PE in the park <ul style="list-style-type: none"> ● Team games ● Map reading skills
	Second	Performance and movement patterns <ul style="list-style-type: none"> ● Introduction to parkour. ● Dance, Yoga and breathing techniques. ● Trampolining ● Linking movements. 	Creative performance <ul style="list-style-type: none"> ● Parkour Leaps/jumps ● Peer reflection ● Dance, Yoga and Mindfulness games/breathwork ● Trampolining ● Sequencing moves. 	Creative performance <ul style="list-style-type: none"> ● Parkour under/over objects safely. ● Self-reflection ● Dance, Yoga and Mindfulness - 5 ways to wellbeing. ● Trampolining ● Creating own routine of moves.
Summer	First	Striking and Fielding <ul style="list-style-type: none"> ● Competition games. 	Striking/Fielding <ul style="list-style-type: none"> ● Tactical awareness 	Striking/Fielding <ul style="list-style-type: none"> ● Leadership
	Second	Athletics <ul style="list-style-type: none"> ● Personal bests. 	Athletics <ul style="list-style-type: none"> ● Technique development Throws/Jumps 	Athletics <ul style="list-style-type: none"> ● Self-reflection ● Improving my own technique

Games	Basketball, Dodgeball, Football, Netball, Tag Rugby, Handball, Hockey, Volleyball and Table tennis, Tennis, Lacrosse.
Creative performance	Dance, Trampolining, Aerobics, Gymnastics, Parkour.
HRF/SRF/O.A.A	Circuits, boxing, cross-country, weight training, boxercise, training methods, SAQ training, orienteering.
Yoga and Mindfulness	Yoga, relaxation, meditation, reflection/mindful activities (on and off site).
Athletics	Long jump, High jump, Javelin, Discus, Shot put, sprints, distance running, hurdles
Striking/Fielding	Rounders, Cricket, Softball, kickball.

Curriculum Map for Physical Education – Secondary KS4

YEARS 10 - 11		Year 10	Year 11
Autumn	First	Competition games <ul style="list-style-type: none"> ● Teamwork. ● Leadership, positions, refereeing and coaching 	Team games <ul style="list-style-type: none"> ● Introduction to leadership skills – Communication and organisation. ● Analysing team performances.
	Second	Developing Health related fitness (HRF) and skill related fitness (SRF) <ul style="list-style-type: none"> ● Types of fitness ● How to measure fitness ● Managing own performance. 	Developing Health related fitness (HRF) and skill related fitness (SRF) <ul style="list-style-type: none"> ● Goal setting. ● Components of fitness. ● Leadership –Safety and Leading a warm up to a partner.

Spring	First	<p>Outdoor adventurous activities (O.A.A)</p> <ul style="list-style-type: none"> • PE in the park/community • Team games • Working in a group/sharing feedback. • Verbal/non verbal communication 	<p>Outdoor adventurous activities (O.A.A)</p> <ul style="list-style-type: none"> • PE in the park/Community • Team games • Setting personal goals. • Managing own performance. • Positive communication in a team.
	Second	<p>Performance and movement.</p> <ul style="list-style-type: none"> • Parkour - developing fluidity and strength. • Evaluating performance. • Video analysis - peer review • Trampolining • Performing moves in isolation/small sequences • Yoga and breathwork • Holding yoga poses. • Relaxation/guided meditation 	<p>Creative performance</p> <ul style="list-style-type: none"> • Parkour • Independence skills - Creating a sequence/pathway. • Leadership – Planning a warm up to a small group. • Trampolining • Linking movements/creating own routine. • Video analysis - peer and self review • Yoga and breathwork • Yoga toolkit - Finding techniques to use in/out of school. • Relaxation/guided meditation
Summer	First	<p>Competition games</p> <ul style="list-style-type: none"> • Hand eye coordination/reaction time • Striking and Fielding • Team tactics • Sportsmanship • Keeping score 	<p>Competition games</p> <ul style="list-style-type: none"> • Hand eye coordination/reaction time • Striking and Fielding • Fair play. • Umpiring and score keeping.
	Second	<p>Athletics</p> <ul style="list-style-type: none"> • Personal bests. • Improving performance (peer reflection) 	<p>Athletics</p> <ul style="list-style-type: none"> • Analysing performances (Self and peer) • Leadership – Positive feedback.

Games	Basketball, Dodgeball, Football, Netball, Tag Rugby, Handball, Hockey, Volleyball and Table tennis, Tennis, Lacrosse, boccia, curling.
Creative performance	Dance, Trampolining, Aerobics, Gymnastics, dance circuits, Parkour.
HRF/SRF/O.A.A	Circuits, boxing, cross-country, boxercise, training methods, SAQ training, fitness tests, orienteering, virtual spin.
Yoga and Mindfulness	Yoga, relaxation, meditation, reflection/mindful activities (on and off site).
Athletics	Long jump, High jump, Javelin, Discus, Shot put, sprints, distance running, hurdles.
Striking/Fielding	Rounders, Cricket, Softball, kickball.

Curriculum Map for Community sport – Sixth form KS5

YEARS 12 - 14		Year 12	Year 13/14
Autumn	First	Gym induction <ul style="list-style-type: none"> ● Using changing rooms safely ● Warm up and cool down. ● How to clean the equipment. ● Hygiene after gym use. ● Travel training. ● Time management. ● How to use the bus app. 	Following my own training programme. <ul style="list-style-type: none"> ● Warm up/cool down independently. ● Apply reps/sets/durations in my workout. ● Travel training (new students).
	Second	Following my own training programme. <ul style="list-style-type: none"> ● Travel training ● Recording progress 	Reviewing my training programme. <ul style="list-style-type: none"> ● Identifying progress made.

Spring	First	<p>Induction to non weight bearing exercises</p> <ul style="list-style-type: none"> • Mat based exercises • Yoga stretches • Free weights • Independent travel 	<p>How to keep motivated. Peer workouts</p> <ul style="list-style-type: none"> • Induction to new exercises/training methods. • Music playlists, timers. • Independent travel.
	Second	<p>Review training programme.</p> <ul style="list-style-type: none"> • Setting new goals. • Reps/sets/duration 	<p>Creating a new training programme goals.</p> <ul style="list-style-type: none"> • How to use fitness/sports apps to track progress. • How to exercise when at home. • Coaching a partner.
Summer	First	<p>Identifying progress made.</p> <ul style="list-style-type: none"> • Introduction to new exercises/virtual classes. 	<p>Identifying fitness area progress has been made.</p> <ul style="list-style-type: none"> • Aspects of fitness that have improved. • Setting new fitness goals. • How to keep motivated.
	Second	<p>Review of goals achieved this year.</p> <ul style="list-style-type: none"> • Exercise in the community. • Experience new fitness facilities in the community. 	<p>Review of fitness goals this year.</p> <ul style="list-style-type: none"> • Experience other fitness facilities in the local community (College). • Explore local gyms/fitness activities (home).