

Kennington CE Academy Curriculum Map: OUTSIDE PE

Every lesson safety should be discussed as well as the knowledge behind why we learn the skills (transferrable) how they develop / link to other sports.

Year 3	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PE	Tri Golf	Quicksticks Hockey	Football skills	Quik-cricket	Tennis	Athletics
OBJECTIVES Every lesson safety should be discussed as well as the knowledge behind why we learn the skills (transferrable) how they develop / link to other sports.	<ol style="list-style-type: none"> Control the direction of the ball using both a putter and a chipper. Know where to stand safely when playing Tri-Golf games. Control the distance of the ball using both putter and chipper. Control the height of the ball using a chipper. Demonstrate their understanding of aim and distance control through taking part in a number of skills challenges. Work together as a team, measure out and build a challenge. Physically demonstrate a 	Safety a priority – teach how to use stick lesson 1 and remind at the beginning of every lesson. <ol style="list-style-type: none"> Control and move with the ball by dribbling. How to pass the ball effectively. How to receive the ball effectively (also teach bending down with stick to the floor to stop ball). To intercept a ball efficiently. To shoot into a goal. To be able to play a small sided game (2 vs 2) 			<ol style="list-style-type: none"> To balance a ball with control, pass and pass/receive a ball To hit the ball with control at distance To develop an understanding of the rules of the game and be able to serve correctly. To be able take part in a doubles game and score. To play and score. 	<ol style="list-style-type: none"> To Sprint rapidly over short distances and change direction quickly. (<i>Elevating Athletics: Shuttle Run</i>). To pass and receive a baton accurately. (<i>Elevating Athletics: Relay Change Over</i>). To be able to hop, step and jump with speed and control.

	challenge to their peers.					
Equipment	Tri-golf scheme of work / planning. Tri-golf equipment bag Extra clubs Tees Large green target mat Cones	Quicksticks activities cards (Kirsty has them) Plastic hockey sticks Mini pop-up goals Cones	Footballs Cones Ladders Bibs	Cricket sets (bat, Wickets, stumps). Tennis balls / soft cricket balls only	Tennis rackets Tennis balls Nets Cones	Relay batons Cones Javelins
Resources / Scheme of work	Golf Foundation KS2 scheme of work: Golf – striking and fielding (on staff drive).	Quicksticks Challenge Cards. (Kirsty has these) 1 – Dribbling challenge card use: 1 – 6 2 – Passing challenge card use: 7 – 11 3 – Receiving challenge card use: 12 – 14, 16 4 – Intercepting challenge card use: 19, 38 5- Shooting challenge cards use: 21 – 23, 26, 44.		Quik-cricket scheme of work	ITA tennis scheme of work / Tennis skills festival	Outdoor and Sportshall events: -2+2 lap relay - 6 lap paarlaufs Obstacle course -vertical jump -triple jump - speedbounce -chest push -shot

Year 4	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PE	Handball	Tag Rugby	High five Netball	Football skills	Tri-golf	Athletics
<p>OBJECTIVES</p> <p>Every lesson safety should be discussed as well as the knowledge behind why we learn the skills (transferrable) how they develop / link to other sports.</p>	<p>1. To dribble, move with and without the ball, stopping and changing direction.</p> <p>2. To show skills of running, jumping and throwing.</p> <p>3. To develop attack and defence tactics</p> <p>4. To extend to a small sided game situation</p> <p>5. To play a full sized game</p> <p>6. Inter sch tournament</p>	<p>1. To demonstrate key tag rugby skills passing, catching /scoring a try.</p> <p>2. To develop a range of defensive and attack strategies</p> <p>3. To be able to show play linked to try scoring</p> <p>4. To play small sided games</p> <p>5. To play a game</p> <p>6. Intersch Tournament</p>	<p>1. To pass the ball accurately in different ways.</p> <p>2.To be able to receive and release the ball accurately</p> <p>3. To develop defending/attacking skills in Netball.</p> <p>4. To play small sided games</p> <p>5. To play a game of Netball.</p> <p>6. Intersch Tournament</p>		<p>1.Control the direction of the ball using both a putter and a chipper.</p> <p>2.Know where to stand safely when playing Tri-Golf games.</p> <p>3.Control the distance of the ball using both putter and chipper.</p> <p>4.Control the height of the ball using a chipper.</p> <p>5.Demonstrate their understanding of aim and distance control through taking part in a number of skills challenges.</p> <p>6.Work together as a team, measure out and build a challenge.</p> <p>7.Physically demonstrate a challenge to their peers.</p>	<p>1. To develop running techniques to include high stepper and extended relays</p> <p>2. To develop throws to include javelin and shot</p> <p>3. To extend jumps to include triple jump and high jump</p>
Resources	<p>Handballs</p> <p>Min pop-up goals</p> <p>Cones</p> <p>Bibs</p>	<p>Belts and tags</p> <p>Cones</p>	<p>Netballs</p> <p>Netball posts</p> <p>Cones</p> <p>Bibs</p>		<p>Tri-golf equipment bag</p> <p>Extra clubs</p> <p>Tees</p>	

Scheme of work	Shepway Handball SOW National Handball SOW	A complete guide to Tag Rugby Intro to Tag Rugby Includes: - warm up games - skills and practices - refereeing A Complete Guide to Tag Rugby Lesson 1 + 2 – ‘passing’, pg 13-15 Lesson 3 + 4 – ‘Attack and Defence’, pg 18 <i>Beat the Clock</i> Pg 23 – 25 <i>Decision making practices</i> Lesson 5 + 6 – playing a game (section 4)			Golf Foundation KS2 scheme of work: Golf – striking and fielding (on staff drive). Plan also on staff drive.	
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Year 5	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PE	Pop Lacrosse	Basketball	Hockey	Netball	Cricket	Athletics
OBJECTIVES Every lesson safety should be discussed as well as the knowledge behind why we learn the skills (transferrable) how they develop / link to other sports.		1.To learn effective ball handling skills including dribbling/passing 2.To develop a range of defensive/attack strategies in Bball. 3.To demonstrate skills learnt in a mini game situation. 4. To play a game			1. To bowl a ball accurately. 2. To strike a ball with a cricket bat accurately. 3. To develop handling and accuracy skills.	1. To take part in a decathlon identifying stations and accurately recording results 2. To identify personal bests and means for getting better 3. To lead activities for younger students

		5. To be able to referee and score 6. Intersch tournament			4. To be an effective fielder. 5. To be able to identify needs and progress skills. 6. To be able to play small sided games	as officials within PE lessons
Resources					Cricket sets cones	
Scheme of work					Cricket planning if needed on staff drive.	

Year 6	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PE	Basketball	Pop Lacrosse	Handball	Tennis	Rounders	Athletics
OBJECTIVES Every lesson safety should be discussed as well as the knowledge behind why we learn the skills (transferrable) how they develop / link to other sports.			1. To dribble, move with and without the ball, stopping and changing direction. 2. To show skills of running, jumping and throwing. 3. To develop attack and defence tactics 4. To extend to a small sided game situation 5. To play a full sized game	1. Develop forehand, backhand and overhead shots 2.To understand basic tactics and aims of game 3.To be able to play singles and doubles games 4. To play a game and refine skills 5. To understand umpiring and scoring 6. Intersch tournament		1. To take part in a decathlon identifying stations and accurately recording results 2. To identify personal bests and means for getting better 3. To lead activities for younger students as officials within PE lessons
Resources						

