Birchwood Physical Education Curriculum Map: Team Games

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Year Group	Substantive Knowledge	Disciplinary Knowledge	Vocabulary	Resources
Reception	Autuma 1	Autumn 1	Control, move, body,	Bean bags, hoops,
Reception	Autumn 1 Control	Autumn 1 Control	ball, beanbag, hoop,	large balls, hall
	-Know how to pass a ball around my body	-Control -Control a ball by moving it around my body	travel, walk, run,	large balls, flall
	-Know how control a piece of equipment without dropping it.	-Move a ball around my body	jump, hop, jog, space,	
	-know now control a piece of equipment without dropping it.	-Show good control with a range of equipment (balls, bean bags, hoops)	target, bounce, catch,	
		-Show good control with a range of equipment (balls, beam bags, noops)	kick	
	Travel		RICK	
	-Know how to run			
	-Know how to walk	Travelling		
	-Know what space is	-I can travel confidently in a range of ways		
	-Know how to hop	· · · · · · · · · · · · · · · · · · ·		
	-Know how to Jump	-l can travel confidently and jump.		
	-Know how to jog	I can travel confidently and hop.		
		-I can travel confidently when jogging.		
		-I am aware of the space around me.		
	Throwing and Catching	Throwing and Catching		
	-Know how to throw			
	-Know what a bounce is.	-Throw a beanbag at a target -I can pat a large ball and make it bounce		
	-Know how to pat a ball	· · ·		
	-Know how to kick	-l can catch a large ball.		
	-Know what a target is.	-I can stop an object from moving when it is travelling towards me.		
	Know what a target is.	-I can kick a ball		
		-I can kick a ball into a target.		
Reception	Spring 1	Spring 1	Travel, different,	Ball, cones, bibs
	Travelling	Travelling	direction, move, pass,	
	-Know how to change direction.	-Travel in two different ways changing direction.	ball, forwards,	
	-Know how to pass.	-Pass a ball to another person.	backwards, side to	
	-Know where forwards, backwards and side to side is.	-Demonstrate moving forwards, backwards and sideways.	side, space, throw	
	Know what space is.	-Select the most effective way to travel in order to find space.		
	'	· ·		
	Control	<u>Control</u>		
	-Know how to move with a ball.	-Change direction while travelling with a ball		
	-Know how to pass with your feet.	-Find useful space.		
	Milot flow to pass with your rect.	-Pass a ball with your foot to another person.		
		-Try and keep control of a ball when travelling		
	Throwing and Catching			
	-Know how to throw	Throwing and Catching		
		-Throw a ball using your hands to another person.		

Reception	Summer 1	Summer 1	Move, Ball, team,	Balls, hoops, cones,
	Control	<u>Control</u>	game, run, bounce,	chasing game,
	-Know the different ways to move a ball.	-Move a ball in a range of ways – bounce, kick, throw, catch.	kick, pass, throw,	
	-Know how to jump.	-Jump over a range of things – balls, hoops, cones.	catch, challenge,	
	-Know that a challenge is a target for yourself to achieve.	-Challenge themselves further.	hoop, cone, speed,	
	-know that a chancinge is a target for yourself to achieve.	-Chancinge themselves further.	fast, slow, travel	
			iast, slow, travel	
	Travelling			
	-Know how to run.			
	-Know that speed can vary	Travelling		
	-Know that to change direction if to go a different way.	-Run at differing speeds, Fast – Slow.		
	-Know that to avoid something you do not hit it.	-Play a chasing game with friends – tag, stuck in the mud, tails.		
	Throwing and catching	-Change direction when travelling at speed – play the bean game, traffic lights.		
	-Know what a target is.	-Avoid objects when running – other children, bins, equipment.		
	-Know what an underarm throw is.			
	- Know what an overarm throw is.	Throwing and Catching		
		-Throw a ball at a target under arm.		
		-Throw a ball at a target over arm.		
		-Throw a been bag at a target underarm.		
		-Throw a bean bag in a target underarm.		
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Year 1	 Describe how the body feels before, during and after exercise. Carry and place equipment safely. Striking and Hitting a Ball Know that you can move a ball in different ways i.e. hitting, pushing and rolling. Throwing and Catching a Ball Knowledge of underarm and overarm throw Know how to catch a ball – two hands in cup shape. Know that bouncing the ball means throwing the ball at the floor causing it to come back up. Travelling with a Ball To know different ways of travelling. Passing a Ball How to kick a ball – foot puts force onto a ball. Tactics and Rules Know it is important to follow rules of games. 	Striking and Hitting a Ball Use hitting skills in a game. Practise striking, sending and receiving. Throwing and Catching a Ball Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in a game. Practise accurate throwing and consistent catching. Travelling with a Ball Travelling with a ball in different ways and in different directions (side to side, forwards and backwards) with control and fluency. Use equipment to control a ball. Passing a Ball Pass the ball to another player in a game using feet. Use kicking skills in a game. Using Space Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game. Tactics and Rules Follow simple rules to play games, including team games. Compete/Perform/Evaluate Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control. Engage in competitive activities and team games. Watch and describe performances. Begin to say how they could improve.	Striking Sending Receiving Underarm throw Overarm throw Bounce Travelling	 Sponge ball Cones Hoops Quoits Beanbags Balls Footballs Basketballs Bats
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2	Health and Fitness	Striking and Hitting a Ball	 Strike/striking 	Bibs
	- Recognise and describe how the body feels during and after different physical	Strike or hit a ball with increasing control.	Hand-eye co-	Balls
	activities.	Apply skills for playing striking and fielding games.	ordination	Cones
	Striking and Hitting a Ball	Position the body to strike a ball.	Dribbling	Footballs
	- Know how to strike or hit a ball.		Attacking	Hoops
	- Know the correct stance for hitting and striking the ball.	Throwing and Catching a Ball	Defending	Ropes
	Throwing and Catching a Ball	Throw different types of equipment in different ways, for accuracy and distance.	Deterioring	•
	- Know how to throw overarm and underarm.	Throw, catch and bounce a ball with a partner.		Coloured
	- Know how to bounce a ball.	- Use throwing and catching skills in a game.		spots
	- Know the technique for catching a ball.	- Throw a ball for distance.		Rugby ba
	Travelling with a Ball	- Use hand-eye coordination to control a ball.		• Tags
	Know what the word dribble means and begin to know how to dribble a ball	- Vary types of throw used.		Beanbags
	(ball inside of foot).	vary types of throw used.		 Quoits
	Using Space	Travelling with a Ball		 Skipping
	- Know the most effective way of changing direction.	- Bounce and kick a ball whilst moving.		Ropes
	Attacking and Defending	- Use kicking skills in a game.		
	Know at least one technique to attack or defend to play a game successfully.	- Use dribbling skills in a game.		
	Attacking and Defending	Ose unibuling skills in a game.		
	- Begin to know what attacking and defending means.	Using Space		
		- Use different ways of travelling at different speeds and following different pathways, directions or		
	<u>Tactics and Rules</u> - Understand the importance of rules in games.	courses.		
	- Officerstand the importance of rules in games.	- Change speed and direction whilst running.		
		- Begin to use space in a game.		
		Attacking and Defending		
		- Begin to use the terms attacking and defending.		
		- Use simple defensive skills such as marking a player or defending a space.		
		- Use simple attacking skills such as dodging to get past a defender.		
		Compete/Perform/ Evaluate		
		Perform learnt skills with increasing control.		
		- Compete against self and others.		
		Watch and describe performances, and use what they see to improve their own performance.		
		Talk about the differences between their work and that of others.		
		Talk about the americanes between their work and that or others.		

ear 3	- Recognise and describe the effects of exercise on the body.	Dodgeball (Autumn 2)		
.u. J	- Explain why it is important to warm up and cool down.	Bougesun (Autumn 2)		
	Dodgeball (Autumn 2) Know how to move with the ball in a variety of ways such as walk, run and sidestep. Know how to perform an overarm (from your shoulder), underarm (from hip upwards) and overhead (two hands from behind head) throw. Know how to roll a ball. Understand what defending is (for example dodging, using a ball to hit a ball away). Understand what attacking is (throw the ball at an opponent below shoulders). Know the rules of dodgeball.	Move with the ball in variety of ways with some control. E.g. walk, run, side step Use a range of techniques to throw the ball. E.g. over arm, under arm, roll, overhead Apply the basic principles of defending in invasion games E.g. dodging, using a ball to hit a ball away Apply the basic principles of attacking in invasion games E.g. throw the ball to get an opponent out Apply and follow rules fairly Win back possession of the ball in a team game Find a useful space and get into it to support teammates. Describe how their performance has improved over time.	Invasion games, defending, attacking, opponent, overarm, underarm, overhead	Dodgeballs, cones
	- Know the rules of dougenali.			
		Football (Spring 1)		
	Football (Spring 1)	Tootsan (Spring 1)		
		Pass the ball in a game situation with some success.		
	- Know to use the inside of foot to pass the ball.	Keep and win back possession of the ball in a team game.	Possession, space,	Footballs,
	- Know to tackle by gaining possession of the ball rather than tackling the	Find a useful space and get into it to support teammates.	tackle, 1 to 1	cones
	opponent.	Use simple attacking and defending skills in a game.	marking/defending.	
	- Recognise space in a game.	- Apply and follow rules fairly.		
	- Know what the word defending means (1 to 1 marking)	Describe how their performance has improved over time.		Cricket balls,
	- Know what the word attacking means (keeping possession and gaining ground).	•		cricket bats,
	- Know the basic rules of football.			wickets, cones.
				Batting
	Cricket (Spring 2)	Cricket (Spring 2)		technique –
		antice (opining 2)		https://www.y
	- Know to use hand-eye coordination when hitting the ball.	Practise the correct batting technique and use it in a game.	Batting, bowling,	outube-
	- Know the correct batting technique (see video in resources).	Begin to use fielding skills to stop a ball from travelling past them.	stumps, wickets,	nocookie.com/
	 Know the correct technique for catching a ball (cup – two hands). 	Throw with greater control and accuracy E.g. to get the ball to where they want to	fielding.	embed/8oOj2x
	- Know to throw overarm for distance when fielding.	Perform range of catching and gathering skills with control E.g. long barrier,		4 OMs?playlist
	 Know how to safely bowl over arm (see video in resources). 	Begin to throw a ball in different ways (e.g. high, low, fast or slow).		=80Oj2x4_OM
		Begin to develop a safe and effective overarm bowl.		&autoplay=1&
		Describe how their performance has improved over time.		v_load_policy
				3&loop=1&mo
				destbranding=
				<u>&start</u> =
				Bowling
				technique -
				https://www.y
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				Fulis
				. 4115

Vac: 4	Describe how the hady reacts at different times and have this affect	Hockey/Automory 1)	Dribble organis	Hookov stialia
Year 4	- Describe how the body reacts at different times and how this affects	Hockey (Autumn 1)	Dribble, opponent,	Hockey sticks,
	performance.		tackle, pass and	hockey balls,
	- Explain why exercise is good for your health.	- Begin to pass and receive the ball	receive.	cones.
	 Know some reasons for warming up and cooling down. 	- Begin to dribble with the ball		Dribbling a
		- Begin to get past an opponent		hockey ball
	Hockey (Autumn 1)	- Start to tackle an opponent and win the ball back		video -
		- Hit the ball.		https://www.y
	- Know how to hold a hockey stick (two hands).	- Modify their use of skills or techniques to achieve a better result.		outube.com/w
	- Know the rules of hockey.	,		atch?v= vPYsq
	- Know how to pass and receive the ball using a hockey stick.			aTCXk
	- Know how to pass and receive the ball using a hockey stick Know how to dribble using a hockey stick (see video in resources).			arcak
	- Know now to unbbie using a nockey stick (see video in resources).	- 1 W/a		
		Football (Autumn 2)		
		- Pass and receive a football with increasing accuracy and success.		Footballs,
		- Use goalkeeping skills and strategies to protect a goal.	Goalkeeping,	goals, cones.
	Football (Autumn 2)	- Contribute towards helping their team to keep and win back possession of the ball in a team	possession,	
	- Know the rules of football	game.	defending,	
	- Know how to control a football using feet.	- Make the best use of space to pass and receive the ball.	goalkeeper's box.	
	- Understand goalkeepers can use their hands and feet to stop the ball going in	- Modify their use of skills or techniques to achieve a better result.		
	the goal.			Tennis balls,
	- Know goalkeepers can only use their hands in the box.	Tennis (Spring 1)		tennis rackets,
	Mon Bounceberg can only assertical native some	- Use a racket to hit a ball with some accuracy and control.		cones.
	Tennis (Spring 1)	- Begin to accurately serve underarm.		Tennis rules –
	- Know the rules of tennis	- Begin to build a rally with a partner.		https://www.y
	- Know how to hold a tennis racket	, ,		
		Debit to use at least two affects in a barne stead of Elbi for chara, backfara		outube.com/w
	- Know the principles of passing and receiving a ball using a tennis racket	- Modify their use of skills or techniques to achieve a better result.	Tennis racket, rally,	atch?v=KCaxZaI
	- Begin to know how to perform an underarm serve (see videos).		forehand, backhand,	ZYs8
			underarm serve.	Underarm
				serve -
				https://www.y
				outube-
				nocookie.com/
				embed/E4OJI6K
				otmU?playlist=
				E40JI6KotmU&
				autoplay=1&iv_
				load_policy=3&
				loop=1&modes
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	Tag Rugby (Summer 1)	Tag Rugby (Summer 1)	Possession,	Rugby balls,
	 Know the techniques to passing and catching a rugby ball. Understand the rules of Tag Rugby. Understand how to intercept the ball. 	To throw and catch a rugby ball Begin to execute a successful pass of a rugby ball while on the move. Move with the ball into space. Begin to apply the rules of tagging in tag rugby. Begin to gain possession by intercepting a pass. Begin to use my attacking and defending skills and knowledge to make tactical decisions. Begin to apply attacking and defending skills in a game of tag rugby. Modify their use of skills or techniques to achieve a better result.	intercepting, tactical decisions.	rugby tags, cones. Rules of Tag https://www.y outube.com/w atch?v=cjrFEOo oe7g Rugby video – https://www.y outube.com/w atch?v=WTyYy
	Netball (Summer 2) Know the rules of High5 Netball. Know what the footwork rule is (cannot move landing foot). Know how to perform a chest pass, shoulder pass, bounce pass. Know to mark 1 on 1. Know how to pivot. Know what space looks like.	Netball (Summer 2) Apply the footwork rule in netball. Use a range of techniques to throw the ball. E.g. chest pass, shoulder pass, bounce pass Apply the basic principles of defending in invasion games E.g. 1 to 1 marking Apply the basic principles of attacking in invasion games E.g. passing the ball to get to the net Apply and follow rules fairly Find a useful space and get into it to support teammates Perform a pivot.	Pivot, chest pass, shoulder pass, bounce pass.	Netballs, netball posts, bibs, netball courts, cones. Rules for High 5 Netball video - https://www.y outube.com/w atch?v=a1Jn0R aaL24
Year 5	 Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise. Hockey (Autumn 1) Know the rules of hockey. Know the principles of passing and receiving the ball using a hockey stick. Know how to dribble using a hockey stick. Know how to tackle an opponent to win the ball back (see video in resources). 	 Hockey (Autumn 1) Dribble in a game with success. Pass a ball with speed and accuracy using appropriate techniques in a game situation. Keep and win back possession of the ball effectively in a team game. Demonstrate an increasing awareness of space. Choose the best tactics for attacking and defending. Shoot in a game. Know when to pass and when to dribble in a game. Explain why they have used particular skills or techniques, and the effect they have had on their performance. 	Dribbling, tackling, possession, space.	Hockey sticks, hockey balls, cones. Tackling in hockey video – https://www.y outube.com/w atch?v=mNllyg Epuf8
	 Tennis (Spring 1) Know the technique for an overhead serve. Know the different strokes for tennis (forehand, back hand, volley). 	 Explore when different shots are best used. Develop a backhand technique and use it in a game. Practise techniques for all strokes (forehand, back hand, volley). Play a tennis game using an overhead serve. Explain why they have used particular skills or techniques, and the effect they have had on their performance. 	Shots, strokes, backhand, forehand, volley, overhead serve.	Tennis rackets, tennis balls, cones Overarm serve https://www.y outube.com/w atch?v=AZECER NmVls

	Example 2	Dodgeball (Spring 2) - Aim at and consistently hit a moving target, ever from longer distances. - Use the technique of dodging with efficiency and success (jump, duck, sidestep, leap) - Catch a ball aimed at their knees and lower legs with efficiency and success.	Aim, dodging, jump, duck, sidestep, leap, body position	Dodgeballs, cones
	Rounders (Summer 1) Know different techniques for throwing (overarm for distance underarm to bowl) and catching (cup 2 hands). Know and understand the rules of Rounders. Know how to field effectively (children on posts and deep fielders). Know to use hand-eye coordination to hit the ball with a rounders bat.	Begin to use the correct techniques for batting and bowling in rounders. Begin to use the correct techniques for throwing and catching when fielding in rounders. Begin to field effectively in these positions of backstop, deep fielders and base fielders and demonstrate good skill. Apply the rules of rounders during a game. Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Batting, bowling, fielding, backstop, bowler, deep fielders.	Rounders bases and posts, rounders bats, rounders balls.
	Basketball (Summer 2) - Know and understand the rules of basketball. - Know to use a chest pass in basketball. - Know how to dribble with a basketball. - Know how to pivot.	Dribble with a basketball. Use a range of techniques to pass a basketball successfully E.g. bounce pass, chest pass Know how to pivot. Use strategies to keep possession of the ball. Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Dribble, bounce pass, chest pass, pivot, possession.	Basketballs, cones,
Year 6	 Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can be healthier. Tag Rugby (Autumn 2) Know the techniques to passing and catching a rugby ball (see video in resources). Understand how to intercept the ball. Know to communicate and use tactics within a game. 	 Tag Rugby (Autumn 2) Throw and catch accurately and successfully under pressure in a game. Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move. Keep and win back possession of the ball effectively and in a variety of ways in a team game, demonstrating a good awareness of space. Think ahead and create a plan of attack or defence. Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements. 	Under pressure, passing and receiving, possession, spatial awareness.	Rugby balls, rugby tags, cones. Rules of Tag – https://www.youtube.com/watch?v=cirFEOooe7g Rugby video – https://www.youtube.com/watch?v=WTyYyHLOfTU

Netball (Spring 1)

- Know how to pivot.
- Know to intercept the ball.
- Know attacking tactics i.e. dodging and finding space.
- Know the rules of high 5 netball.

Cricket (Spring 2)

- Know how to catch a ball at different heights and angles (one or two hands),
- Know how to perform a long and short barrier.
- Know correct batting technique.
- Know the correct technique for catching a ball at different heights and angles.
- Know how to throw accurately over a large distance.
- Know how to safely bowl over arm.

Rounders (Summer 1)

- Understand the rules of Rounders.
- Know how to perform a long and short barrier.
- Understand how to field effectively by communicating.
- Know the roles and responsibilities of the backstop, deep fielders and base fielders in rounders.
- Know the correct techniques for batting and bowling in rounders.

Basketball (Summer 2)

- Know how to mark a player effectively 1 to 1.
- Know how to get free from a defender (dodging).

Netball (Spring 1)

- Select the most appropriate netball pass each time (shoulder pass, chest pass or bounce pass).
- Pivot within a netball game
- Use attacking tactics i.e. dodging and finding space within a game.
- Apply knowledge of attacking and defending tactics to a game of 'High 5 Netball'.
- Win back possession of the ball in a team game.
- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
- Modify their use of skills or techniques to achieve a better result.

Cricket (Spring 2)

- React quickly and catch balls thrown at different heights and angles.
- Use effective fielding techniques (long barrier and short barrier) within a game under pressure.
- Throw the ball accurately over a large distance.
- Strike a bowled ball over a large distance into space.
- Use good hand-eye coordination to be able to direct a ball when striking or hitting.
- Bowl a ball overarm at a target.
- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.

Rounders (Summer 1)

- Hit a bowled ball over longer distances.
- Use good hand-eye coordination to be able to direct a ball when striking or hitting.
- Work as a team to develop fielding strategies to prevent the opposition from scoring.
- Use the correct techniques for batting and bowling in rounders.
- Use the correct techniques for throwing and catching when fielding in rounders.
- Field effectively and communicate well between the positions of backstop, deep fielders and base fielders and demonstrate good skill and techniques to prevent the opposition from scoring.
- Be able to 'read' the game and apply tactics to outwit opponents.
- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.

Basketball (Summer 2)

- Mark a player effectively.
- Get free from a defender.
- Apply basketball skills when playing as part of a team in a game.
- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.

Pivot, chest pass, shoulder pass, bounce pass. Netballs, netball posts, bibs, netball courts, cones. Rules for High 5 Netball video –

https://www.y outube.com/w atch?v=a1Jn0R aaL24

Cricket balls, cricket bats, wickets, cones

Long barrier
video –
https://www.y
outubenocookie.com/
embed/1hxVw1
YCJn0?playlist=
1hxVw1YCJn0&
autoplay=1&iv
load_policy=3&
loop=1&modes
tbranding=1&st
art=

Long and short barrier –

https://www.y outube.com/w atch?v=2wf0e-VZy4M