



PE Provision Map: 2024/2025

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	A	B	A	B	A	B	A	B	A	B	A	B
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R												
1	Games (unit 1)	FMS (TF)	Games (unit 2)	FMS (TF)	Games (unit 3)	FMS (TF)	Athletics (Unit 1)	FMS (TF)	Athletics (Unit 2)	FMS (TF)	OAA	FMS (TF)
2	Games (unit 1)	FMS (TF)	Games (unit 2)	FMS (TF)	Games (unit 3)	FMS (TF)	Athletics (Unit 1)	FMS (TF)	Athletics (Unit 2)	FMS (TF)	OAA	FMS (TF)
3	Hockey	Tag Rugby	Dance (Unit 1)	Football	Basketball	Gymnastics (Unit 1)	Tennis	Dance (Unit 2)	Gymnastics (Unit 2)	Athletics (Unit 1)	OAA	Cricket
4	Hockey	Tag Rugby	Dance (Unit 1)	Netball	Tennis	Gymnastics (Unit 1)	Football	Dance (Unit 2)	Gymnastics (Unit 2)	Athletics (Unit 1)	OAA	Rounders
							Swimming					
5	Tag Rugby	Sports Leadership	Basketball	Dance (Unit 1)	Gymnastics (Unit 1)	Football	Hockey	Gymnastics (Unit 2)	Tennis	Athletics (Unit 1)	OAA	Cricket
6	Gymnastics (Unit 1)	Hockey	Tag Rugby	Dance (Unit 1)	Netball	Gymnastics (Unit 2)	Dance (Unit 2)	Cricket	Tennis	Athletics (Unit 1)	OAA	Rounders



Key:

	Invasion Games	These are team games where the purpose is to invade the opponents territory with the aim being to score more points within the time limit than the opposing team, while endeavouring to keep their score to a minimum. A variety of sporting patterns is evident. The ball can be carried or caught across the line (e.g. rugby) it can be thrown or shot into a target (e.g. netball, basketball, handball) or it can be struck with a stick or foot into a target area (e.g. hockey, football).
	Striking & Fielding Games	In striking/fielding games a contest develops between the fielding team and the batting team with the aim being to score more runs than the other team using the number of innings and time allowed. Examples include: cricket and rounders.
	Net/Wall Games	These are games that involve a net or a court. The aim of net/wall games is for a player or team to send an object into an opponent's court so that it cannot be played at or returned within the court boundaries. Tennis (including table tennis) and volleyball are examples of net games. Squash and racquetball are wall games. Net/wall games also vary according to whether the ball is allowed to bounce prior to its return.
	Target Games	The aim of a target game is to place a projectile near, or in a target in order to have the best possible score. Target games can be further analysed by classifying them as unopposed or opposed. In unopposed games (e.g. golf, archery, tenpin bowling), the accuracy of the player in relation to the target determines an individual's success. If other players are less accurate then the player will win. In opposed games (e.g. lawn bowls, bocce) the players have the opportunity to 'interfere' with the target or the opposition's ball in order to create an advantage for themselves. These sports involve up to four players per team. When playing target games, no pressure is put on the player to make a decision quickly. The limited tactical options ensure that the players are not overloaded mentally. At the same time the nature of the games allow players to practise techniques in a fun environment. At Hillcross, these are delivered during our athletics and within the invasion game units.
	Dance	Dance is the rhythmic movement of the body (usually to music) and within a given space, for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself. It helps pupils develop coordination, flexibility, strength and spatial awareness while learning to work collaboratively; encouraging social interaction and providing a positive outlet for emotions.
	FMS	Fundamental Movement Skills, these involve: balancing, agility, controlling, coordination, muscle/body strength, body awareness, hand/eye/foot coordination and sequencing events both individually and with others. By the end of Key Stage 1, we want the children at Hillcross to be able to: master basic movements and apply these in a wide range of activities including dance.
	Gymnastics	Gymnastics is a sport which involves doing exercises requiring: body control, strength, flexibility, balance, coordination and control. This may include running, jumping, tumbling, somersaulting, flipping and balancing. Mental skills are also involved such as confidence, control and focus. These may be demonstrated on the floor or on apparatus.
	OAA	OAA stands for Outdoor Adventurous Activities and it's an essential unit of the PE curriculum as it highlights the need for children to explore the outdoors and develop a range of physical skills they might not be able to indoors. It allows them to problem solve, think through possible problems before arriving at a solution and take on the point of view of every team member. Unlike traditional sports, in OAA there is less pressure to be the best physically, therefore this can be a motivating factor for young children to participate without feeling inferior to their peers.
	Athletics	Athletics is a group of sporting events that involves competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field.



Warm up Definitions:

Warm- up - invasion, athletics, basketball, hockey, dance

Dynamic warm up movements open up muscles and joints by allowing your body to go through the full range of movement that you will be performing throughout a workout. They introduce your body to different motions of active exercise and strengthen posture in a low-stakes environment so that when the pressure is on, you are confident in the movement, meaning you are less likely to hurt yourself.) These games and activities are not really sport specific and can be applied across all the sports/areas of PE. The idea is that they are **fun and active**, so the children warm up their bodies and are prepared both physically and cognitively for the learning about to happen in the lesson. They can help burn off some energy/fidgets before they listen and engage in the start of the lesson. In addition, they can help bring out the LOs for the lesson and all games can be adapted to meet these LOs across all the sports - also helping to revisit and review previous learning.

Pulse raiser - gymnastics - the more explosive movements in gym and the flexibility required there is more stretching etc for gym warm-ups are divided into pulse raiser and muscle activator: Cardio warm-ups quickly raise your body temperature and get your blood flowing particularly the heart and lungs in a general movement of the body/joints.

Muscle Activator - gymnastics - the more explosive movements in gym and the flexibility required there is more stretching etc for gym warm-ups are divided into pulse raiser and muscle activator: static stretching (more about stretching muscles and joints) which includes positions that are held for extended periods of time, requiring your body to hold a position not normally maintained and thus increasing flexibility.