**Foundation & KS1 PE Map 2020-21Adapted to meet reqs. Re Covid-19 and the subsequent needs of the children MKNSSP**

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|  | **Autumn** | | | | **Spring** | | | **Summer** | | |
| **Weeks**  **Festivals** | 1-2 | 3 -7  Fitness | 7-11  FUNS | 12-14 | 15-19  Gym | 20-23 | 24-26  Cricket | 27-30  Athletics | 31-35 | 36-39 |
| **Theme** | **NHS 5** | | | | **Indep. learning** | **Teamwork** | **Challenge** | **Fit/health** | **Leading** | **Coop.** |
| **Found**  *Theme* | Fitness | FUNS skills 1  Movement  Animal Magic | FUNs  Skills 2  *Invaders*  *Capt. Flynn* | Fitness  Xmas | Gym    *Fireman Sam* | Dance  Flash Dance | Fun  Games  Netters | Dance  Flash dance | Fun  Games 3  Strikers  *Fairy tales* | Athletics  *AAA squad* |
| **Yr 1**  *Theme* | Fitness | FUNS skills 1  Movement  *Down at the Farm* | Fun  Games 1  Invaders  *Jake &*  *Pirates* | Fitness  Xmas | Gym  *Marvel*  *Super heroes* | Dance  *Toys* | *Funs*  *Games*  *Netters* | Fun  Games 2  Strikers | Dance  Walk on wild side | Athletics  *AAA squad* |
| **Yr 2**  *Theme* | Fitness | FUNS skills 1  Movement  Going 2 the zoo | Fun  Games 1  Invaders  *Peter Pan* | Fitness  *Xmas* | Gym 2  *DC*  *Super heroes* | Dance  Superhero or mini beasts | *Funs*  *Games*  *Netters* | Fun  Games 2  Strikers | Athletics  *AAA squad* | OAA    Fitness  *Various* |

**Key focus**

* **Limited equipment use and outside activities for Autumn 2020**
* 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.
* Physical literacy will be developed throughout every unit in EYFS and KS1 to ensure that children are ready to progress to more sport specific skills. No specific sports should be taught within this age range.
* 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

**KS2 PE Map 2020-21 21Adapted to meet reqs. Re Covid-19 and the subsequent needs of the children MKNSSP**

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|  | **Autumn** | | | | **Spring** | | | **Summer** | | |
| **Weeks**  **Festivals** | 1-3  Fitness | 4-6  Tennis  Athletics  Xcountry | 7-11  Badminton  Gym | 12-14 | 15-19  Basketball | 20-23  Dodgeball  Gym  Hoc | 24-26  Hoc all  Rugby  Dance | 27-30  Swim  cycle  Handball  Netball | 31-35  5 /6 Cricket  All Ath  Rounderes  Net.Lgue | 36-39 |
| **Theme** | **NHS 5** | | | | **Indep. learning** | **Teamwork** | **Challenge** | **Fit/health** | **Leading** | **Coop,** |
| **Yr 3** | Outdoor  Fitness/  Inv Games | Athletics | Games  Handyball / netball | HRF | Dance  Flintstones  Rainforest | Gym | Games  Invasion  Hockey | Games  Strike field | Ath  Sports day | OAA  HRF |
| **Yr 4** | Outdoor  Fitness/  Inv Games | Athletics | Games  Football | HRF | Games  Basketball | Dance  Gladiators  Electricity | Gym | Games  Cricket | Ath | OAA  HRF |
| **Yr 5** | Outdoor  Fitness/  Inv Games | Athletics | Games  Netball | HRF | Games  Hockey | Gym | Dance  Space  Sports | Games  Rounders | Ath | OAA  HRF |
| **Yr 6** | Outdoor  Fitness/  Inv Games | Athletics | Games  Invasion | HRF | Games  Basketball | Dance  Survival  Bullying | Gym | Games  Cricket | Ath | OAA  HRF |

**Key focus**

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**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)