Learn more, remember more, apply more

Maplefields Key Curriculum Drivers

Learning Journey - PE

Golden Concepts

- Maintaining a healthy lifestyle
- Movement/ Agility
- Teamwork/ Communication
- Fundamental skills
- Building confidence/ leadership

Summer Term

Term 5 – Flag football/ Baseball

- Bowling and batting stance
- Fielding positions
- Different plays and positions
- Throwing and catching
- Game tactics
- Intercepting

Term 6 – Tennis/Athletics

- Long jump, high jump, discus, sprints, relays
- Serving/court markings
- Body stance
- Understanding of the scoring system

Spring Term

Term 4 – Badminton/ I&M Sports

- Changing direction/stance
- Serving/court markings
- Shuttle/racket/footwork familiarisation
- Agility/ Hand eye co-ordination
- Tri-golf/goalball/table tennis/boccia/kurling
- Teamwork and communication skills

Term 3 – Trampolining/ Zone hockey

- Performing balances, rotating, individual sequences
- Creating height
- Following/creating routines
- Tackling, push pass, dribbling skills

Autumn Term

Term 1 – Gymnastics/Dance &Netball

- Ball familiarisation/Passing and receiving
- Understanding of the footwork rule
- Exploring space
- Attacking and defending space
- Teamwork

Term 2 – Football & Handball/Basketball

- Passing and receiving
- Dribbling in different direction (attacking and defending skills)
- Exploring different styles of dance
- 3 second rule

Year 7

Summer Term

Term 6 – Cricket/Tennis/ Baseball

- Hand eye co-ordination
- Striking into space
- Bowling and batting stance
- Underarm bowling
- Understanding the space on the court

Term 5 – Flag football/ Sportshall athletics

- Working as part of a team
- Soft javelin/ standing long jump/ obstacle run/ relays
- Grip, stance, throw in flag football
- Basic terminology
- Mini games to increase understanding of skills

Spring Term

Term 3 – Trampolining/ Badminton

- Attacking and defending drills
- Communication skills
- Footwork and positioning
- Court markings/serving with technique
- Completing set out routines
- Knowing positioning on the trampoline

Term 4 – Inclusive and minority sports/Football

- Footwork and stance/Hand-eye co-ordination
- Trying a new skill (skateboarding)
- Understanding of different movements/activities
- Working as part of a team towards a common goal
- Communication skills

Autumn Term

Term 2 – Mini hockey/Basketball

- Following a set sequence
- Hand eye co-ordination skills
- Travelling with a ball into space
- Throwing and catching with a partner
- Attacking and defending
- Changing direction at pace with control

Term 1 – Fundamental skills/Gymnastics /Dance

- Striking towards a target
- Balancing in different ways
- Different ways of moving around the hall
- Understanding sequencing and change of heights
- Movement and agility, exploring body positions
- Counter balance/working with a partner on apparatus

Red class

Summer Term

Term 5 – Flag football/ Sportshall athletics

- Hand eye co-ordination
- Underarm and overarm throw
- Stopping and receiving
- Understanding of different SHA events
- Game play

Term 6 – Cricket/Tennis/ Baseball

- Throwing a catching
- Stopping and retrieving
- Bowling and batting stance
- Movement/balance/chest push/ speed bounce
- Striking the ball into space

Spring Term

Term 4 – Inclusive and minority sports/Football

- Changing direction, awareness of space
- Working with a partner to achieve a common goal
- Different ways of passing to members of your team
- Communications skills
- Developing game situations including skills learnt

Term 3 – Trampolining/ Badminton

- Awareness of space
- Racket familiarisation
- Attacking and defending
- Basic jumps and landing
- Supporting others
- Following mini routines

Autumn Term

Term 1 – Fundamental skills/Gymnastics /Dance

- Striking into space
- Working with peers
- Listening to different sounds/rhythms
- Throwing and catching
- Moving in different ways
- Combing actions together, including balances

Term 2 – Mini hockey/Basketball

- Awareness of space
- Understanding safety aspects of equipment
- Dribbling, passing and movement skills
- Attacking and defending

Purple class

Summer Term

Term 6 – Cricket/Tennis/ Baseball

- Different types of throws (underarm and overarm)
- Following instructions
- Striking into space
- Balance and body positions

Term 5 – Flag football/ Sportshall athletics

- Teamwork skills
- Listen to instructions
- Throwing and catching
- Communication skills
- Different events in SHA

Spring Term

Term 3 – Trampolining/ Badminton

- Changing pace/direction
- Exploring space
- Awareness of space/surroundings
- Different types of landings
- Racket familiarisation
- Racket skills

Term 4 – Inclusive and minority sports/Football

- Introduction into different inclusive sports
- Working as part of a team
- Working with a partner to achieve a common goal
- Understanding of a variety of sports
- Ball Control/passing and receiving

Blue class

Autumn Term

Term 2 – Mini hockey/Basketball

- Exploring different ways of travelling
- Linking phrases together
- Throwing and catching

Term 1 – Fundamental skills/Gymnastics /Dance

- Following instructions
- Different types of balance
- Listening
- Working with lower obstacles

Green class

Summer Term

Term 5 – Flag football/ Sportshall Athletics

- Balance/ exploring space
- Changing pace and direction
- Working with a partner
- Understanding different activities in SHA

Term 6 – Cricket/Tennis/Baseball

- Throwing and catching
- Working with a partner
- Fundamental skills
- Exploring space

Spring Term

Term 4 – Inclusive and minority sports/ Football

- Balancing, following instructions, changing pace and direction
- Identifying different sports

Term 3 – Trampolining/ Badminton

- Working with a partner
- Different types of passing
- Exploring space/movement
- Safety aspects of the trampoline

Autumn Term

Term 1 – Fundamental skills/Gymnastics/dance

- Understanding different ways to move
- Working with peers
- Building healthy relationships

Term 2 – Mini hockey/Basketball

- Fundamental skills/understanding for mini hockey
- Changing direction/balance/exploring space
- Working with peers to achieve a common goal