



## NSSPORT CURRICULUM MAP

YEAR GROUP	INVASION GAMES <small>(Football, Hockey, Tag Rugby, Netball, Basketball, Handball)</small>	GYMNASTIC MOVEMENTS	NET/WALL GAMES <small>(Tennis, Badminton)</small>	OUTDOOR & ADVENTUROUS ACTIVITIES <small>(Orienteering)</small>	STRIKING/FIELDING <small>(Cricket, Rounders)</small>	ATHLETICS
<b>RECEPTION</b>	<b>LEARNERS TO ACHIEVE</b>					
	Development of fundamental movement skills Development of agility, balance & coordination Identifying space & surroundings	Development of fundamental movement skills Development of agility, balance & coordination Identifying space & surroundings	Development of fundamental movement skills Development of agility, balance & coordination Identifying space & surroundings	N/A N/A N/A	Development of fundamental movement skills Development of agility, balance & coordination Identifying space & surroundings	Development of fundamental movement skills Development of agility, balance & coordination Identifying space & surroundings
<b>RECEPTION</b>	<b>LEARNERS TO BE TAUGHT</b>					
	Travel with control and purpose Sending & Receiving with control Strike/Pass a ball using both hands/feet Understanding of areas on a pitch	Recognise when they are in a space Recognise what a balance is and looks like How to travel & jump safely Recognise what a sequence is and perform	Racquet position Footwork and moving into space Moving the racquet in a straight direction Areas of the court/game	N/A N/A N/A N/A	Receiving a ball with control Hand-Eye coordination striking a stationary ball Send the ball with control Utilise spaces	Body position when preparing to run Sending object using both hands Jumping safely Running lanes & directions
<b>YEAR 1</b>	<b>LEARNERS TO ACHIEVE</b>					
	Development of fundamental movement skills against self and others becoming increasingly confident Extend range of agility, balance & coordination Participate in team games	Development of fundamental movement skills against self and others becoming increasingly confident Extend range of agility, balance & coordination Perform gym using simple movements	Development of fundamental movement skills against self and others becoming increasingly confident Extend range of agility, balance & coordination Participate in team games	N/A N/A N/A	Development of fundamental movement skills against self and others becoming increasingly confident Extend range of agility, balance & coordination Participate in team games	Development of fundamental movement skills against self and others becoming increasingly confident Extend range of agility, balance & coordination Participate in team games
<b>YEAR 1</b>	<b>LEARNERS TO BE TAUGHT</b>					
	Travel with control and purpose in multiple directions Sending & Receiving with control and different speeds Strike/Pass a ball while travelling, into different areas of a target Understanding of defending/attacking & how a game re-starts	Move into space confidently going fast and slow Control the body when balancing Travel using different parts of body, jump safely at ground level Perform a sequence individually	Racquet position and hitting middle of strings Travel in multiple directions, ready position Moving the racquet different speeds Areas of the court/game	N/A N/A N/A N/A	Receive the ball using fielding positions Body Position when striking a ball into different directions Receive the ball using fielding positions Team games roles and positions	Running over varying distances Sending object over varying distances Jumping using whole body Throwing distances and success
<b>YEAR 2</b>	<b>LEARNERS TO ACHIEVE</b>					
	Development of fundamental movement skills against self and others becoming increasingly confident and competent Identifying roles in attack and defence	Development of fundamental movement skills against self and others becoming increasingly confident and competent Extend range of agility, balance & coordination Perform sequences using simple movements	Development of fundamental movement skills against self and others becoming increasingly confident and competent Identifying roles in attack and defence	N/A N/A N/A	Development of fundamental movement skills against self and others becoming increasingly confident and competent Identifying roles in attack and defence	Development of fundamental movement skills against self and others becoming increasingly confident and competent Identifying roles in attack and defence
<b>YEAR 2</b>	<b>LEARNERS TO BE TAUGHT</b>					
	Travel at different speeds, maintaining control of equipment Sending & Receiving in different directions whilst moving Strike/Pass with different power whilst moving Understand the roles in my team and the outcomes to a game	Recognise and show basic gym shapes Control body tension and balancing at different levels Travel with a partner, jump from different heights Perform a sequence individually and with a partner	Striking ball into forward space Move body quickly, ready position Control the racquet in multiple directions Understand game outcomes	N/A N/A N/A N/A	Receive the ball using fielding positions Body Position when striking a moving ball into different directions Send ball over and under arm Team games roles and positions	Running over varying distances with team mates Sending objects with accuracy at a target Vary jump techniques and measure Follow rules of an event and measure distances/times
<b>YEAR 3</b>	<b>LEARNERS TO ACHIEVE</b>					
	Further develop fundamental movement skills in competition in pairs and small groups Play competitive games, modified if appropriate Observe and assess individual performance Engage in a warm up & cool down	Perform Sequences using a range of travel techniques and balances Develop strength and flexibility Work with classmates to create movement patterns Observe and assess individual performance	Further develop fundamental movement skills in competition in pairs and small groups Play competitive games, modified if appropriate Observe and assess individual performance Engage in a warm up & cool down	Knowledge of basic Orienteering Skills with physical skills Working individually and as a team	Further develop fundamental movement skills in competition in pairs and small groups Play competitive games, modified if appropriate Observe and assess individual performance Engage in a warm up & cool down	Further develop fundamental movement skills in competition in pairs and small groups Play competitive games, modified if appropriate Observe and assess individual performance Engage in a warm up & cool down
<b>YEAR 3</b>	<b>LEARNERS TO BE TAUGHT</b>					
	Travel at different speeds, directions and height maintaining control of equipment Sending & Receiving in different directions whilst moving using different weights of pass Strike/Pass with accuracy into different parts of the target Understand how to defend my goal and attacking opponents goal	Develop basic gym shapes individually and with a partner Show counterbalance & counter tension when balancing Travel using different pathways over low and medium level apparatus Perform a sequence over low and medium level apparatus individually and in a small group	Striking and returning the ball over a net Footwork, balance and movement, ready position Swing speed & arm position Understand and implement simple rules	Concept of a map or plan Use of symbols and a key Encourage Team Support Physical Skills - agility, balance & co-ordination	Receive a ball from varied distances & speeds Strike the ball over varied distances/directions Sending a ball over varied distances Differences in batting & fielding	Running over varying distances with and against others Field event throwing techniques Long and Triple Jump Techniques Components of a sprint and endurance race
<b>YEAR 4</b>	<b>LEARNERS TO ACHIEVE</b>					
	Further develop fundamental movement skills in competition in pairs and small groups Play competitive games, modified if appropriate Observe and assess individual performance Engage in a warm up & cool down	Perform Sequences using a range of travel techniques and balances Develop strength and flexibility Work with classmates to create movement patterns Observe and assess individual performance	Further develop fundamental movement skills in competition in pairs and small groups Play competitive games, modified if appropriate Observe and assess individual performance Engage in a warm up & cool down	Knowledge of basic Orienteering Skills with physical skills Working individually and as a team	Further develop fundamental movement skills in competition in pairs and small groups Play competitive games, modified if appropriate Observe and assess individual performance Engage in a warm up & cool down	Further develop fundamental movement skills in competition in pairs and small groups Play competitive games, modified if appropriate Observe and assess individual performance Engage in a warm up & cool down
<b>YEAR 4</b>	<b>LEARNERS TO BE TAUGHT</b>					
	Travel maintaining control of the equipment while evading opponents Send the ball into spaces to reach a target Strike/Pass the ball accurately whilst body and ball are moving Communicate with teammates and identify team strengths & weaknesses	Perform postural shapes individually and with a partner Show counterbalance and counter tension with a partner Travel using different pathways & types of jumps at various levels Sequences using canon & union	Forehand & Backhand swing Movement into space to return Extend distance when striking the ball Plan to use strengths in game	Basic Orienteering Symbols and Colours Cooperation and Discussion Physical Skills - agility, balance & co-ordination	Use body to effectively receive ball over varied distances & heights Striking the ball over varied heights Send the ball with control & accuracy Understand rules of a match and team work	Running over varying distances with and against others Field event throwing techniques Long and Triple Jump Techniques Roles of athletes, officials. Plan to use strengths
<b>YEAR 5</b>	<b>LEARNERS TO ACHIEVE</b>					
	Further develop fundamental movements skills within match practice Develop tactics when attacking and defending Observe and assess own performance and peers Lead individual warm up and cool down	Perform Sequences using a range of travel, speed, balance, pathways and movements Develop strength and flexibility Work with and against groups to create movement patterns Observe and assess own performance and peers	Further develop fundamental movements skills within match practice Develop tactics when attacking and defending Observe and assess own performance and peers Lead individual warm up and cool down	Knowledge of basic Orienteering Skills with physical skills Individual Competition Team Competition	Further develop fundamental movements skills within match practice Develop tactics when attacking and defending Observe and assess own performance and peers Lead individual warm up and cool down	Further develop fundamental movements skills within match practice Develop tactics when attacking and defending Observe and assess own performance and peers Lead individual warm up and cool down
<b>YEAR 5</b>	<b>LEARNERS TO BE TAUGHT</b>					
	Travel maintaining control of the equipment to evade an opponent in multiple directions protecting the ball using their bodies Use a variety of power to send the ball to reach a target & find space to receive the ball Strike/Power the ball with power and placement towards the target Understand roles of referees, umpires, spectators, identify weaknesses of opponents	Link shapes to create a floor sequence individually & with a partner Link shape and balances at different levels Travel using different pathways & types of jumps at various levels Sequences using canon & union over different levels	Forehand & Backhand swing with defensive returns Movement into space to return ball using different heights Different swing lengths Use defensive and attacking shots	Control Cards, Punches and Markers Practice punching and number cards Physical Skills - agility, balance & co-ordination Map Orientation	Use body to receive ball relation to space in area Different types of strikes Send the ball with accuracy and control from different distances Play in different positions, identify strengths and weaknesses of opponents	Running over varying distances in relay Field event throwing techniques High Jump and Triple Jump techniques Develop relationships with teammates to understand strengths and weaknesses.
<b>YEAR 6</b>	<b>LEARNERS TO ACHIEVE</b>					
	Further develop fundamental movements skills within match practice Develop tactics when attacking and defending Observe and assess own performance and peers Lead group warm up and cool down	Perform Sequences using a range of travel, speed, balance, pathways and movements Develop strength and flexibility Work with and against groups to create movement patterns Observe and assess own performance and peers	Further develop fundamental movements skills within match practice Develop tactics when attacking and defending Observe and assess own performance and peers Lead group warm up and cool down	Knowledge of basic Orienteering Skills with physical skills Individual Competition Team Competition Planning of Orienteering Festival	Further develop fundamental movements skills within match practice Develop tactics when attacking and defending Observe and assess own performance and peers Lead group warm up and cool down	Further develop fundamental movements skills within match practice Develop tactics when attacking and defending Observe and assess own performance and peers Lead group warm up and cool down
<b>YEAR 6</b>	<b>LEARNERS TO BE TAUGHT</b>					
	Travel with the equipment tight spaces and manipulate the equipment to gain advantage Send the ball into spaces and to my teammates using disguise to evade the opponent, use my body to create space against an opponent Strike/Pass using disguise to evade an opponent assessing space and opponents position Use tactics to implement a game plan	Link shapes at different levels using canon & union Link balancing with a shape to create a sequence individually & in groups Link speed, pathways and levels when travelling and jumping Sequences in groups at different levels and speed using creativity	Angle of racquet and deceiving opponent with shots Travel fluently around the court Different swing lengths and angle of racquet Tactics to execute a game plan	Development of agility Development of hand-eye co-ordination Orienteering Festival planning and execution	Send and Receive ball consistently with accuracy in different spaces Different types of shot with control and accuracy Send the ball in different actions to deceive opponent Understand roles within a game, identify game plan	Running over varying distances in relay Field event throwing techniques High Jump and Triple Jump techniques Develop relationships with teammates to understand strengths and weaknesses.