

## PE CURRICULUM MAP

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
RECEPTION	<b>Introduction to PE Unit 1</b> Finding space, freezing on command, using equipment safely running, jumping and throwing.	<b>Fundamentals Unit 1</b> Explore balancing, running, jumping, changing direction, hopping and travelling.	<b>Gymnastics Unit 1</b> Creating shapes, balances, jumps. Begin to develop rocking and rolling. Begin to use levers and directions when travelling.	<b>Dance Unit 1</b> Exploring space and how to use it safely. Exploring travelling movements, shapes and balances.	<b>Ball Skills Unit 1</b> Rolling and reviewing a ball, throwing to a target, bouncing and catching. Dribbling with feet and kicking a ball.	<b>Games Unit 1</b> Developing fundamental movement skills through games. Begin to learn how to score and play by the rules.
	<b>Sending and Receiving</b> Develop throwing and catching, rolling, kicking, tracking and stopping a ball. Individual, partner and small group work.	<b>Ball Skills</b> Develop fundamental ball skills: throwing catching and rolling with both hands and feet. Perform with increasing control.	<b>Invasion Games</b> Develop understanding of attacking and defending and what being 'in possession' means through playing games.	<b>Dance</b> Explore travelling actions, movement skills and balancing. Learn to count to music. Copy and repeat actions.	<b>Target Games</b> Develop underarm and overarm throwing actions. Learn to select and apply the appropriate action for the target.	<b>Net and Wall Games</b> Develop understanding of attacking and defending: ready position, placement of ball into space.
YEAR 1	<b>Fundamentals</b> Develop balancing, running, changing direction, jumping, hopping and skipping. Collaboration with others.	<b>Gymnastics</b> Develop basic gymnastics actions on the floor and low apparatus including jumping, rolling, balancing and travelling	<b>Gymnastics</b> Develop basic gymnastics actions on the floor and low apparatus including jumping, rolling, balancing and travelling	<b>Fitness</b> Develop understanding of a healthy lifestyle on their body, mood and health through completing challenges.	<b>Athletics</b> Develop running at different speeds, changing direction, jumping and trowing.	<b>Striking and Fielding Games</b> Develop throwing and catching, tracking a ball and striking a ball. Learn how to score points, follow the rules and use simple tactics.
	<b>Fundamentals</b> Use the skills of balancing, running, changing direction, jumping, hopping and skipping in isolation and combination.	<b>Sending and Receiving</b> Further develop throwing and catching, rolling, kicking, tracking, stopping a ball. Begin to organise and manage own activities.	<b>Invasion Games</b> Further develop understanding of attacking and defending. Develop sending, receiving and dribbling with hands and feet.	<b>Target Games</b> Develop throwing, rolling and striking towards a target. Continue to select and apply the appropriate action for the target.	<b>Fitness</b> Explore and develop agility, balance, co-ordination, speed and stamina.	<b>Net and Wall Games</b> Build on understanding of attacking and defending: ready position to defend court, placement of ball into space.
YEAR 2	<b>Ball Skills</b> Perform fundamental ball skills: throwing and catching, rolling and dribbling with both hands and feet with increasing control.	<b>Dance</b> Explore space and how the body can move to express an idea, mood, character or feeling. Use counts of 8 consistently.	<b>Gymnastics</b> Develop skills of jumping, rolling, balancing and travelling individually and in combination on the floor and apparatus.	<b>Gymnastics</b> Develop skills of jumping, rolling, balancing and travelling individually and in combination on the floor and apparatus.	<b>Athletics</b> Continue to develop running at different speeds, changing direction, jumping and trowing.	<b>Striking and Fielding Games</b> Build understanding of attacking and defending. Develop throwing, catching, tracking and striking a ball - apply these skills to games.
	<b>OAA</b> Develop problem solving skills. Learn what makes a good team and explore inclusion and trust.	<b>Ball Skills</b> Develop tracking a ball when dribbling with hands and feet, throwing, catching and kicking.	<b>Football</b> Develop understanding of attacking/ defending. Learn how to maintain possession and move the ball towards the goal to score.	<b>Netball</b> Develop attacking and defending skills. Practise running, throwing, catching, changing direction and speeds, shooting.	<b>Tennis</b> Learn key skills including racket control, hitting a ball with a forehand and backhand stroke and how to score points.	<b>Cricket</b> Develop batting, under and overarm throwing, bowling and catching skills and apply these to games.
YEAR 3	<b>Dance</b> Create dances individually, in pairs and small groups in relation to an idea. Develop use of counting and rhythm.	<b>Basketball</b> Develop passing, receiving, dribbling and shooting skills and begin to apply these to small games.	<b>Gymnastics</b> Develop balancing, rolling and jumping. Develop sequence work. Learn to use matching and contrasting actions and shapes.	<b>Tag Rugby</b> Learn how to hold a Rugby ball. Develop passing, catching and running with a ball. Develop defending skills.	<b>Athletics</b> Develop sprinting technique, relay changeovers, jumping for distance, the push and pull throw technique.	<b>Fitness</b> Explore and develop different areas of health and fitness. Develop running and jumping to improve strength and fitness.
	<b>OAA</b> Continue to develop problem solving skills. Develop communication skills taking on role of leader and team member.	<b>Tag Rugby</b> Develop passing, catching and running with the ball. Learn to pass backwards. Develop defending skills by tagging and dodging.	<b>Netball</b> Learn how to use different skills, strategies, tactics. Practise running, throwing, catching, changing direction and speeds, shooting.	<b>Dance</b> Create characters and narrative through movement and gesture working individually, in pairs and small groups.	<b>Swimming</b> Swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform safe self-rescue.	<b>Swimming</b> Swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform safe self-rescue.
YEAR 4	<b>Fitness</b> Develop health and fitness through activities that improve agility, balance, co-ordination, speed, stamina and strength.	<b>Hockey</b> Dribbling, passing, receiving, intercepting and tackling	<b>Gymnastics</b> Develop balancing, rolling, jumping and inverted movements. Create more complex sequences.	<b>Tennis</b> Further develop racket control, use of forehand and backhand strokes. Learn how to keep a rally going.	<b>Athletics</b> Develop sprinting technique, stamina and maintaining a pace, jumping for distance, throwing for distance.	<b>Rounders</b> Develop fielding skills (underarm and overarm throws, catching, tracking a ball, bowling) and batting.
	<b>Swimming</b> Swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform safe self-rescue.	<b>Swimming</b> Swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform safe self-rescue.	<b>Fitness</b> Develop agility, balance, co-ordination, speed, stamina and strength through small games and targeted exercises.	<b>Gymnastics</b> Further develop balancing, rolling, jumping, inverted movements. Explore cannon, synchronisation, matching and mirroring.	<b>Athletics</b> Develop sprinting technique, pace over varying distances, relay changeovers, tripple jump technique, throwing for distance.	<b>Tennis</b> Further develop forehand and backhand groundstrokes. Develop forehand and backhand volley and underarm serve.
YEAR 5	<b>Dance</b> Learn different styles of dance individually, in pairs and small groups. Create and perform dances. Provide feedback.	<b>OAA</b> Work individually and collaboratively to solve problems. Lead groups and develop negotiation skills.	<b>Netball</b> Build on attacking/ defending skills by learning key rules. Continue to develop passing, moving and shooting skills	<b>Football</b> Develop running, dribbling, passing, receiving and tracking. Use and apply skills, strategies and tactics in game situations.	<b>Basketball</b> Passing, receiving, shooting, dribbling and attacking and defending	<b>Cricket</b> Develop deep and close catching, under and overarm throwing, overarm bowling, batting, long and short barrier.
	<b>Fitness</b> Further develop agility, balance, co-ordination, speed, stamina by working at their maximum and improving personal fitness levels.	<b>OAA</b> Continue to work individually and collaboratively to solve problems. Build on leadership, map reading and negotiation skills.	<b>Gymnastics</b> Develop sequences using variations in level, direction and pathway. Combine and link actions on floor and apparatus.	<b>Netball</b> Further develop passing, footwork, intercepting, marking and shooting skills while building on attacking and defending knowledge.	<b>Athletics</b> Develop sprinting technique, identify a pace suitable for event, further develop triple jump, throwing for distance with power, control and accuracy.	<b>Rounders</b> Further develop fielding skills (underarm and overarm throws, catching, tracking a ball, bowling) and batting. Use tactics.
YEAR 6	<b>Tag Rugby</b> Develop attacking and defending skills. Further develop passing and catching, dodging and moving with the ball.	<b>Dance</b> Choreograph and perform own sequences in pairs and groups using different formations, timings and dynamics. Provide feedback.	<b>Hockey</b> Dribbling, passing, ball control, attacking and defending	<b>Football</b> Develop dribbling, passing, receiving, tracking and tackling. Use and apply skills, strategies and tactics in game situations.	<b>Tennis</b> Further develop forehand, backhand strokes and volleys, serving and apply tactics to mini games.	<b>Cricket</b> Further develop deep and close catching, under and overarm throwing, overarm bowling, batting, long and short barrier.