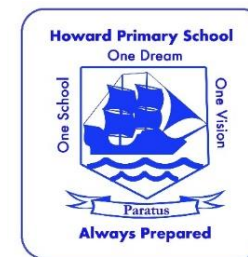


PE Curriculum Map



| | Autumn 1 Sep-Oct | | Autumn 2 Nov-Dec | | Spring 1 Jan-Feb | | Spring 2 Feb-Mar | | Summer 1 Apr-May | | Summer 2 Jun-Jul | |
|-----------|---------------------|---|---------------------------------|-----------------------------------|---------------------|---------------------------------------|---------------------|---------------------------------------|---------------------|---------------------------------------|---------------------|---------------------------------------|
| | Lesson 1 | Lesson 2 | Lesson 1 | Lesson 2 | Lesson 1 | Lesson 2 | Lesson 1 | Lesson 2 | Lesson 1 | Lesson 2 | Lesson 1 | Lesson 2 |
| Reception | Core Skills | | Dance | | Gymnastics | | Team games | | Outdoor Games | | Athletics | |
| Year 1 | Dance/ Fitness | Throwing and catching (bean bags) | Dance/ Fitness | | Dance/ Fitness | Gymnastics | Dance/ Fitness | Basketball | Dance/ Fitness | Athletics | Dance/ Fitness | Tennis (Net and Wall games) |
| Year 2 | Dance/ Fitness | Hockey (Invasion Games) | Dance/ Fitness | Tennis (Net and Wall games) | Dance/ Fitness | Basketball (Invasion Games) | Dance/ Fitness | Football (Invasion Games) | Dance/ Fitness | Athletics | Dance/ Fitness | Cricket (Striking and fielding) |
| Year 3 | Dance/ Fitness | Football (Invasion Games) | Dance/ Fitness - skipping | Basketball (Invasion Games) | Dance/ Fitness | Tennis (Net and Wall games) | Dance/ Fitness | Hockey (Invasion Games) | Dance/ Fitness | Cricket (Striking and fielding) | Dance/ Fitness | Athletics |
| Year 4 | Dance/ Fitness | Basketball (Invasion Games) | Dance/ Fitness | Hockey (Invasion Games) | Dance/ Fitness | Athletics | Dance/ Fitness | Cricket (Striking and fielding) | Dance/ Fitness | Tennis (Net and Wall games) | Dance/ Fitness | Football (Invasion Games) |
| Year 5 | Dance/ Fitness | Athletics | Dance/ Fitness | Football (Invasion Games) | Dance/ Fitness | Cricket (Striking and fielding) | Dance/ Fitness | Tennis (Net and Wall games) | Dance/ Fitness | Basketball (Invasion Games) | Dance/ Fitness | Hockey (Invasion Games) |

PE Curriculum Map

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|--------|-------------------|-----------------------------------|-------------------|---------------------------------------|-------------------|-------------------------------|-------------------|-----------|-------------------|---------------------------------|-------------------|-----------------------------------|
| Year 6 | Dance/ Fitness | Tennis (Net and Wall games) | Dance/ Fitness | Cricket (Striking and fielding) | Dance/ Fitness | Hockey (Invasion Games) | Dance/ Fitness | Athletics | Dance/ Fitness | Football (Invasion Games) | Dance/ Fitness | Basketball (Invasion Games) |
|--------|-------------------|-----------------------------------|-------------------|---------------------------------------|-------------------|-------------------------------|-------------------|-----------|-------------------|---------------------------------|-------------------|-----------------------------------|

Key Vocabulary:

| | Reception | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|----------------|--|--|--|--|---|---|--|
| Invasion Games | <p>Movement, Space, speed, lines, circles, personal hygiene, safety</p> | <p>Ball, equipment, send, pass, receive, running, breathing, attacking, defending, control</p> | <p>Co-ordination, control, catch, throw, kick, move, catching, tactics, dribbling, attacking, defending</p> | <p>Awareness, control, catching, gathering, technique, skills, tactics, rules, react, communication, possession, scoring, organisation</p> | <p>Possession, agility, balance, co-ordination, accuracy, evaluating,</p> | <p>Chest pass, overhead, bounce, distance, making space, dodging, defending, marking, intercept, positions</p> | <p>Team skills, ball-handling, balance, co-ordination, application, warm-ups</p> |
| Gymnastics | <p>dominant hand, healthy food</p> | <p>Responding, movement, apparatus, change speed, balance, agility and co-ordination, travelling, stillness, jumping, timing, changing body</p> | <p>Control, balance, holding balance, analyse/ evaluate performance, beginning, middle, end, perform, imagination</p> | <p>Techniques, jumping, actions, adapt, partner work, sequence, movements, linking, balance, moving, positions, stillness, transferring weight</p> | <p>Body shapes, symmetrical, asymmetrical, balancing and linking movements, counterbalances, canon, unison, evaluate own and others</p> | <p>Body shapes, balances, symmetrical, asymmetrical, flexibility, strength, balance, power, mental focus, rolling, bridging, dynamic movement, counter balances,</p> | <p>Shapes and balances, symmetrical and asymmetrical, balancing and linking movements, counterbalances, canon and unison, evaluate</p> |

PE Curriculum Map

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| | | shape, size, and direction | | | | canon, unison, evaluate | |
| Dance | One foot, letters, name, moving, equipment, jump, landing, safety | Movement, feelings, starting position, finishing position , music, emotions, movement patterns , routines | Levels of movement, speed of movement, compose and perform , simple dance phrases, body shape, body position, timing, rhythm, control | Dance movements, patterns of movement, partner , dance patterns, rhythm, expression , groups, precision, working co-operatively, confidence | Patterns, actions, dance styles, awareness, improvising , partnered dances, key components of dance , range of movement patterns, evaluating | Patterns, actions, reflect chosen dance style, group dances | Street dance style |
| Net and wall games | Control, objects, catch, move confidently, safety measures | Throwing, catching, running, avoiding , practicing skills, warm-up , team games, pass, receive, control, co-ordination | End to end games, games over barrier, fielding games, fielding techniques, increased control | Variety of balls , types of throwing, different shots , vary strength, length and direction of throw, marking, attacking tactics, defending tactics, rules | Tennis balls, tennis racket, underarm, rally, strokes, accuracy, game situation, competitive | Techniques, ground strokes, volleys, backhand technique , game situation, scoring system, court, singles, overhead serve, doubles scoring | Correct grip, racket, ready position, good contact racket to ball, serve, low serve, high serve, overhead clear, drop shot, aiming, outwit |
| Striking and fielding | Control, co-ordination, small movement, large movement, good health, | Confidence, safety, sending, receiving, throwing, catching , striking, racket/bat, fielding techniques, | Body position, striking a ball, catching skills , throwing, distance, circuit, fairly, sporting manner | Hitting ball (high, low, fast or slow), technique, game situation , batting, fielding, striking ball for distance | Agility, balance and co-ordination to field and catch, hand-eye co-ordination, moving ball, stationary ball, sporting behaviour | Batting, fielding, techniques, wickets , run, throw, catch, safely, effective, overarm throw, batting control, tournament | Throw, catch, pressure , fielding, batting control, backstop, tournament, team work , tactics, tournament |
| Multi skills and athletics | Sports day, equipment, taking turns, celebrating success | Varying speeds, footwork patterns, arm mobility, throwing, short distance running | Running, agility, confidence, jumping techniques , distance, throwing objects, hurdle obstacle, | Running, directions, speeds, technique, improvements , throwing, jumping, relay, passing baton, | Maintaining running pace for distance, power, accuracy, technique, footwork patterns, competitive | Running technique – speed and distance , accuracy, power, relay, footwork patterns, | Running styles, changes of speed , throwing, power, accuracy, running technique, competitive |

PE Curriculum Map

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| | | | effective running style, obstacle course, control | competition, scoring | situations, combining basic actions, combinations, targets, slinging pushing and pulling | competitive situations | situations, footwork patterns |
| Swimming | | | | | | Pool safety, confidence, travelling, vertical, horizontal position, floats, push and glides, kick action, front, back, entry, exit, submerge, balance, stroke, breath control | |