

## PE Curriculum Map

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p><b>Fundamentals</b> Moving in different ways, negotiating own and shared spaces. Copying and repeating large and small body movements.</p>	<p><b>Dance</b> Variety of body actions responding to rhythms.</p>	<p><b>Fundamentals</b> Exploring space and following basic instructions. Using a variety of different shaped and sized balls / objects to experiment with manipulation.</p>	<p><b>Dance</b> Dance a story.</p>	<p><b>Fundamentals</b> Movement and object manipulation responding to simple tasks. Working with others to reach a shared goal.</p>	<p><b>Dance</b> Dance to Nursery Rhymes.</p>
Reception	<p><b>Fundamentals</b> Body management: Static balances, climbing, line walk. Increase challenge.</p>	<p><b>Dance</b> Action, rhythm and rhyme.</p>	<p><b>Fundamentals</b> Locomotion: Sprint run, skip, hop, gallop, side gallop, jump for height. Increase challenge.</p>	<p><b>Dance</b> Dance to known songs.</p>	<p><b>Fundamentals</b> Object control: Underarm roll, overarm throw, catch large ball. Increase challenge.</p>	<p><b>Games</b> Simple games combining locomotion, body management and object control.</p>

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<p>Year1</p>	<p><b><u>Fundamentals</u></b> Body Management / Locomotion: balance on 1 foot, climb, line walk, side roll, Sprint run, skip, hop, gallop, side gallop, jump for height. Increase challenge.</p>	<p><b><u>Dance</u></b> Exploring Gesture and Formation; Creating short dances.</p>	<p><b><u>Gymnastics</u></b> Body parts and space awareness – Traveling.</p>	<p><b><u>Games</u></b> Receiving Sending, marking, aiming. Collaborating to create games.</p>	<p><b><u>Dance</u></b> Exploring Patterns and pathways though structured task; Telling a story through dance.</p>	<p><b><u>Fundamentals</u></b> Object control: Underarm throw, overarm throw, catch large ball, 2 handed strike, foot dribble, kick. Increase challenge through simple games and combinations.</p>
<p>Year 2</p>	<p><b><u>Games</u></b> Footwork and agility drills, linking movements, travel with ball, pass and move, shoot. partner work. Small-sided games.</p>	<p><b><u>Fundamentals</u></b> Locomotion: Sprint run, skip, hop, gallop, side gallop, jump for height, jump for distance. Simple games including object control skills</p>	<p><b><u>Gymnastics</u></b> Balance Body parts high and low, body shape aware, link movements with control.</p>	<p><b><u>Games</u></b> Throwing and catching differently sized objects Selecting sending skills. Hitting and striking, partner work, small-sided games.</p>	<p><b><u>Dance</u></b> Exploring Patterns and pathways; Developing a repertoire.</p>	<p><b><u>Fundamentals</u></b> .Body Management / Object control: balance on 1 foot, climb, bench walk, side roll, Underarm throw, overarm throw, catch medium ball, 2 handed strike, foot dribble, kick</p>

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Year 3	<p><b><u>OAA</u></b> Teambuilding trust activities, planning and marking a route, suggesting ways to improve, moving around apparatus effectively, helping each other carry objects safely.</p>	<p><b><u>Gym</u></b> Safe practice skills, jumps, landing, climbing, balancing. Link series of actions to repeat.</p>	<p><b><u>Invasion</u></b> Passing, moving into space, receiving. Marking an opponent.</p>	<p><b><u>Dance</u></b> Variety of shapes, basic travelling actions. Plan and link skills.</p>	<p><b><u>Athletics</u></b> Running, jumping, Throwing. Measuring, keeping and beating own scores.</p>	<p><b><u>Striking and fielding</u></b> Common skills and principles. Individual, pair and group skill practice. Understand different roles.</p>
Year 4	<p><b><u>OAA</u></b> Teambuilding, listening to others and discussing plans as a team, map reading, planning and marking a route, using equipment effectively to solve challenges, suggesting ways to improve.</p>	<p><b><u>Gym</u></b> Practice basic actions – travel, jump, roll, swing, climb, balance, weight on hands. Plan to include varied actions.</p>	<p><b><u>Dance</u></b> Increase complexity of basic actions. Compose dances with clear start middle and end. Partner work, share and develop ideas.</p>	<p><b><u>Net/Wall</u></b> Revise, practice and refine skills by self and with others. Hitting into space, varying direction. Plan own games.</p>	<p><b><u>Striking and fielding</u></b> Hitting into space, varying force and direction, planning when to run, sending ball further, fielding positions and techniques, communication.</p>	<p><b><u>Athletics</u></b> Running, jumping, throwing for accuracy and distance. Measuring, keeping and beating own scores.</p>

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Year 5	<p><b><u>OAA</u></b> Teambuilding challenges, plan / do / review, following rules, risk assessment of challenges, checkpoint recording, adapting plans to suit challenge conditions.</p>	<p><b><u>Gym</u></b> Starting and finishing positions, linking movements neatly. Modify initial attempts and aim to improve.</p>	<p><b><u>Invasion</u></b> Sending, receiving and travelling with balls. Apply principles of attack and defence. Experience small-sided games of different sports.</p>	<p><b><u>Dance</u></b> Travel, turn, jump, gesture. Increasingly complex sequences. Plan, refine and adapt performance with others.</p>	<p><b><u>Athletics</u></b> Athletics Sprints, middle distance, relays jumping, throwing for accuracy and distance. Measuring, keeping and beating own scores.</p>	<p><b><u>Striking and fielding</u></b> Overarm bowling. Fielding ball at different heights and speeds. Play small-sided versions of cricket and rounders.</p>
Year 6	<p><b><u>OAA</u></b> Teambuilding challenge activities plan / do / review, timed orienteering challenges, map work.</p>	<p><b><u>Invasion</u></b> Use own invented games to apply skills learned. Respond quickly to changing environment and adjust to other peoples actions. Variety in sending and receiving ball.</p>	<p><b><u>Dance</u></b> Response to a range of stimuli. Complex patterns of movement neatly linked. Perform compositions by self and others with quality criteria.</p>	<p><b><u>Net/Wall</u></b> Serve, backhand, forehand, volley. Organise selves into games. Plan, perform and reflect on own created games.</p>	<p><b><u>Striking and Fielding</u></b> Accurate bowling, controlled batting, quick fielding. Plan, perform, and reflect on success of own created games.</p>	<p><b><u>Athletics</u></b> Athletics Sprints, middle distance, relays jumping, throwing for accuracy and distance. Measuring, keeping and beating own scores.</p>

**Swimming**

**...NEEDS TO BE COMPLETED BY END OF KS2. Swim proficiently over 25 meters.**

**Range of strokes. Perform safe self-rescue.**