

## PE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	<u>Introduction to PE unit 1</u>  In this unit children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'. They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group.	<u>Introduction to PE unit 2</u>  In this unit children will be introduced to Physical Education and structured movement through the topic of 'everyday life'. They will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group	<u>Gymnastics Unit 1</u>  In this unit children will develop their basic gymnastic skills through the topic of 'animals and their habitats'. Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling.	<u>Dance: Unit 1</u>  In this unit children will develop their expressive movement through the topic of 'everyday life'. Children explore space and how to use space safely	<u>Games: Unit 1</u>  In this unit children will develop their understanding of playing games through the topic of 'transport'. Children will practise and further develop fundamental movement skills through games.	<u>Ball Skills Unit 1</u>  In this unit children will develop their ball skills through the topic of 'minibeasts'. Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball.

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Year 1	<u>Fundamentals</u>  In this unit pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping	<u>Dance</u>  Lessons: 1,2,3,7,8,9 Weather, The lost Toy  Pupils will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases	<u>Gymnastics</u> Lessons 1, 3, 5, 7, 9, 11  In this unit pupils explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement sequences.	<u>Invasion Games</u>  In this unit, pupils develop their understanding of attacking and defending and what being 'in possession' means. They use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands. They have the opportunity to play uneven and even sided games	<u>Yoga</u>  The unit looks to improve well-being by building strength, flexibility, co-ordination and balance. The learning includes breathing and meditation through fun and engaging activities.	<u>Athletics</u>  In this unit pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others
Year 2	<u>Fundamentals</u>  In this unit pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping	<u>Dance</u>  Lessons 4-9 The circus, The rainforest  Pupils explore space and how their body can move to express and idea, mood, character or feeling. They expand their knowledge of travelling actions and use them in relation to a stimulus. They will build on their understanding of dynamics and expression	<u>Gymnastics</u> Lessons 1, 3, 5, 7, 9, 11  In this unit pupils learn, explore and develop basic gymnastic actions on the floor and using apparatus. They develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases	<u>Invasion Games</u>  In this unit, pupils develop their understanding of the principles of defending and attacking for invasion games. They use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands.	<u>Yoga</u>  The unit looks to improve well-being by building strength, flexibility, co-ordination and balance. The learning includes breathing and meditation through fun and engaging activities	<u>Athletics</u>  In this unit pupils will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others

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Year 3	<u>Fundamentals</u> <p>In this unit pupils will develop the fundamental skills of balancing, running, jumping, hopping and skipping. Pupils will develop their ability to change direction with balance and control</p>	<u>Dance</u> <p>Lessons 7-12 Country and Western and Superpowers</p> <p>Pupils create dances in relation to an idea. Pupils work individually, with a partner and in small groups, sharing their ideas.</p> <p>Pupils develop their use of counting and rhythm. Pupils learn to use canon, unison, formation and levels in their dances. They will be given the opportunity to perform to others and provide feedback using key terminology</p>	<u>Gymnastics</u> <p>Lessons 1, 3, 5, 7, 9, 11</p> <p>In this unit pupils develop balancing, rolling and jumping. They use these skills individually and in combination</p>	<u>Football (Invasion Game)</u> <p>Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules.</p>	<u>Cricket (Striking and Fielding game)</u> <p>They develop an understanding of the different roles of bowler, wicket keeper, fielder and batter. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition</p>	<u>Athletics</u> <p>In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</p>
Year 4	<u>Fundamentals</u> <p>In this unit pupils will develop the fundamental skills of balancing, running, jumping, hopping and skipping. Pupils will develop their ability to change direction with balance and control</p>	<u>Dance</u> <p>Lessons 4,5,6, 10,11,12 Carnival and The Twist</p> <p>Pupils focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of stimuli, working individually, in pairs and small groups. In dance as a whole, pupils think</p>	<u>Gymnastics</u> <p>Lessons 1, 3, 5, 7, 9, 11</p> <p>In this unit pupils develop balancing, rolling, jumping and inverted movements and use these skills to create more complex sequences</p>	<u>Netball (Invasion Game)</u> <p>In netball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules</p>	<u>OAA</u> <p>Pupils work independently, as a pair and in a small group to plan, explore, solve, reflect and improve on strategies. Pupils develop communication skills, taking on the role of a leader and working within a team. Pupils develop navigation skills including orientating a</p>	<u>Athletics</u> <p>In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</p>

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		about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts.			map, identifying key symbols and drawing and following a route.	
Year 5	<u>Hockey (Invasion Game)</u>  In hockey pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances	<u>Dance</u>  Lessons 4, 5, 6, 10,11,12 Rock n roll and Chinese dance  Pupils learn different styles of dance, working individually, as a pair and in small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances	<u>Gymnastics</u> Lessons 1, 3, 5, 7, 9, 11  Develop balancing, rolling, jumping and inverted movements. They explore partner relationships such as canon and synchronisation and matching and mirroring	<u>Cricket (Striking and Fielding Game)</u>  Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	<u>Dodgeball (Target game)</u>  In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.	<u>Athletics</u>  In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best.

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Year 6	<p><u>Tag Rugby (Invasion Game)</u></p> <p>In tag rugby pupils do this by maintaining possession and moving the ball towards the try line to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.</p>	<p><u>Dance</u></p> <p>Lessons 4,5,6, 10,11,12 Bhanga and 70s Disco</p> <p>Pupils will focus on developing an idea or theme into dance choreography. They will work in pairs and groups using different choreographing tools to create dances e.g. formations, timing, dynamics. Pupils will have opportunities to choreograph, perform and provide feedback on dance.</p>	<p><u>Gymnastics</u></p> <p>Lessons 1, 3, 5, 7, 9, 11</p> <p>In this unit, pupils use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences</p>	<p><u>Rounders (Striking and Fielding game)</u></p> <p>They expand on their knowledge of how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition.</p>	<p><u>OAA</u></p> <p>In this unit, pupils develop a skill set that is transferrable to OAA (outdoor adventurous activities). Pupils work individually, collaboratively in pairs and groups to solve problems and are encouraged to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge</p>	<p><u>Athletics</u></p> <p>In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.</p>
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