

Physical Education (PE) Curriculum Map

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	Present	Present	Present	Present	Present	Present
Striking & Fielding / Net & Wall			Present	Present	Present	Present
Invasion Games	Present	Present	Present	Present	Present	Present
Dance	Present	Present	Present	Present	Present	Present
Gymnastics	Present	Present	Present		Present	
OAA			Present			
Multi-Skills	Present	Present				
Yoga	Present		Present	Present		
Swimming & Water Safety			Present			

Physical Education Progression

Athletics					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Running Moving at different speeds Moving in different directions	Running <ul style="list-style-type: none"> Running at speed Running over obstacles 	Running <ul style="list-style-type: none"> Sprinting Hurdling 	Running <ul style="list-style-type: none"> Running at different speeds Relay running Changing direction when running 	Running <ul style="list-style-type: none"> Running for distance Running over obstacles 	Running <ul style="list-style-type: none"> Stages of a sprint race Baton exchanges in relay
	Throwing <ul style="list-style-type: none"> Throwing for distances Throwing for accuracy 	Throwing <ul style="list-style-type: none"> Underarm and overarm throwing Push Throw 	Throwing <ul style="list-style-type: none"> Throwing for distance 	Throwing <ul style="list-style-type: none"> Throwing for accuracy Throwing for distance 	Throwing <ul style="list-style-type: none"> Shot put throw Javelin throw
Jumping <ul style="list-style-type: none"> Jumping for height Jumping for distance Combination of running and jumping Sequences of jumps 	Jumping <ul style="list-style-type: none"> Jumping for height and distance Combination of jumps 	Jumping <ul style="list-style-type: none"> Standing Long Jump 	Jumping <ul style="list-style-type: none"> Standing Triple Jump 	Jumping <ul style="list-style-type: none"> Jumping for distance Jumping for height 	Jumping <ul style="list-style-type: none"> Long jump High jump
		Competition: Pentathlon	Competition: Pentathlon		
Striking and Fielding/Net and Wall					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		Rounders <ul style="list-style-type: none"> Cup catch Underarm throw Overarm throw Batting Bowling Long barrier Game play 			Rounders <ul style="list-style-type: none"> Variety of throws Variety of catches Bowling variations Ground fielding techniques Batting variations Fielding positions Game play
			Cricket <ul style="list-style-type: none"> Underarm bowl Batting grip, stance and hitting Close catching Forward drive shot Modified game play Kwik Cricket game play 	Cricket <ul style="list-style-type: none"> Ground fielding techniques Overarm bowl Forward defensive shot Deep field catching Pull shot Game play 	
					Tennis <ul style="list-style-type: none"> Components of fitness for tennis (vocab) Forehand Backhand Volley Serves Mini Tennis game play

Invasion Games					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Invasion Games To know how to travel with speed To know how to control a ball To know how to pass accurately To understand a team game <ul style="list-style-type: none"> Moving in different directions Moving with a ball Changing direction with a ball Changing direction quickly with a ball Passing towards a target Game play 	Invasion Games <ul style="list-style-type: none"> Dribbling a football Moving a football with different methods Throwing and catching Marking Protecting a target Game play 				
		Football <ul style="list-style-type: none"> Dribbling Side foot passing Turning Block tackle Shooting Attacking strategies Game play 	Football <ul style="list-style-type: none"> Dribbling Side foot passing Turning Block tackle Shooting Attacking strategies Game play 	Football <ul style="list-style-type: none"> Dribbling with control at speed Passing accurately Ball control Passing on the move Safe tackling and jockeying Variety in shooting Attacking strategies 	Football <ul style="list-style-type: none"> Dribbling with control at speed Passing accurately Ball control Passing on the move Safe tackling and jockeying Variety in shooting Attacking strategies
		<ul style="list-style-type: none"> Handball Throwing the ball Catching the ball Passing Shooting Moving with and without the ball 	Handball <ul style="list-style-type: none"> Throwing the ball Catching the ball Passing Shooting Moving with and without the ball 	Handball <ul style="list-style-type: none"> Passing to outwit opponents Drive shot Jump shot Dribbling Attacking strategies Blocking Marking Mini Handball game play 	Handball <ul style="list-style-type: none"> Passing to outwit opponents Drive shot Jump shot Dribbling Attacking strategies Blocking Marking Mini Handball game play
			Netball <ul style="list-style-type: none"> Catching Chest pass Bounce pass Overhead pass Pivoting Dodging Marking Shooting 		Netball <ul style="list-style-type: none"> Catching Variety of passes Pivoting Passing to a moving target Moving and passing into space Moving towards the opponents' net Pass and receive the ball when moving Shooting from different angles and distances High 5 game play
			Hockey <ul style="list-style-type: none"> Basic dribble Control Block tackle Clip hit Attacking strategies Quicksticks game play 		
		Tag Rugby <ul style="list-style-type: none"> Passing the ball Catching the ball Calling for a pass Opening up hands to give the passer a target 	Tag Rugby <ul style="list-style-type: none"> Catching Passing Pass and receive the ball when moving Passing to a moving target Tagging Game play 	Tag Rugby <ul style="list-style-type: none"> Gripping Catching Passing Pass and receive the ball when moving Passing to a moving target Use of width Tagging Evasion strategies Game play 	Tag Rugby <ul style="list-style-type: none"> Gripping Catching Passing Pass and receive the ball when moving Passing to a moving target Use of width Tagging Evasion strategies Game play

		Basketball <ul style="list-style-type: none"> • Catching • Chest pass, Bounce pass, Overhead pass • Dribbling • Set shot • Marking • Mini Basketball game play 			
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Dance & Gymnastics

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance: Starry Skies <ul style="list-style-type: none"> • Perform rhythmic gymnastics. • Perform travelling. • Perform at different levels. • Perform a canon. • Perform mirroring. • Perform matching. • Perform a montage. • Perform in a formation. Yoga <ul style="list-style-type: none"> • Perform Yoga balances with agility and coordination • Perform Yoga poses on all fours. • Perform Yoga poses to develop strength. • Perform Yoga poses with varying speed. • Perform standing Yoga poses. 	Dance: Circus <ul style="list-style-type: none"> • Perform rhythmic gymnastics. • Perform a formation. • Perform a transition. • Perform a montage. 	Dance: Natural disasters <ul style="list-style-type: none"> • Create and perform movements to show natural disasters. • Perform a motif. • Perform using improvisation. • Perform a montage. 	Dance <ul style="list-style-type: none"> • Create and perform movements for a Rock'n'Roll dance • Perform a Bollywood dance • Perform a Salsa dance • Perform a Street dance • Perform timings and counts. 	Dance: Mission Impossible <ul style="list-style-type: none"> • Create and perform movements showing entrance, searching, explosion and escape. • Perform on different levels. • Perform contact work. 	Dance: Hand Jive (Grease) <ul style="list-style-type: none"> • Create and perform movements to the Hand Jive. • Perform sequences of steps at different tempos. • Perform timings and counts.
Gymnastics <ul style="list-style-type: none"> • Basic shapes and balances • Performances with ribbons • Short sequences • Rolls • Routines 	Gymnastics <ul style="list-style-type: none"> • Basic shapes and body conditions • Travelling methods • Handstands and cartwheels • Jumping from apparatus • Bridges and support positions • Performing on equipment 	Gymnastics <ul style="list-style-type: none"> • Basic shapes and body conditions • Travelling methods • Linking balances and traveling • Partner balances • Floor routines 		Gymnastics <ul style="list-style-type: none"> • Balances with control • Travelling fluently • Group balances with control • Complex balances and travelling • Use of apparatus in a routine • Routines 	

Health and Fitness

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Circuits <ul style="list-style-type: none"> • Perform and identify muscles in the body • Perform different circuits. • Take part in a measured fitness test. • Create my own circuits. 				

OAA					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		OAA*SG <ul style="list-style-type: none"> • Verbal communication • Non-verbal communication • Team work • Map reading • Star orienteering 			
Multi-Skills					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Multi-skills <ul style="list-style-type: none"> • Basic movements and spatial awareness • Moving with a ball • Rolling a ball • Catching and controlling • Aiming • Striking 	Multi-skills <ul style="list-style-type: none"> • Basic movements and spatial awareness • Moving with a ball • Rolling a ball • Throwing and catching • Kicking a ball • Control and maintaining possession of a hockey ball 				
Swimming and Water Safety					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		Swimming & Water Safety <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25m. • Use a range of strokes effectively (for example front crawl, backstroke and breaststroke) • Perform safe self-rescue in different water-based situations. 			