

PE curriculum at GMSJ- 2024/2025

This curriculum map is correct for the year 2024-2025

PE	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Planning and length of topic <u>These must be taught in the order they appear below</u>							
AUTUMN 1	Agility, Space & Movement <ul style="list-style-type: none"> - Explore awareness for themselves and others - Develop basic skills of moving with control, coordination and imagination - Travel using different movements and directions - Exploring different jumping movement skills 	Games <ul style="list-style-type: none"> - Spatial awareness in motion - Maintaining balance in motion - Ball skills 	Games <ul style="list-style-type: none"> - Demonstrate control and balance - Explore ball handling skills - Controlling a moving ball - Perform rolling and gathering skills - Refine throwing and catching 	Football <ul style="list-style-type: none"> - Controlling, dribbling, turning, passing and receiving a ball - Develop skills for shooting - Goalkeeping 	Tennis <ul style="list-style-type: none"> - Forehand and backhand shot - Reacting to the flight of a ball - Position and movement on the court - Tennis rally 	Football <ul style="list-style-type: none"> - Controlling, dribbling, turning, passing and receiving the ball - Tackling, marking and shooting 	Tennis <ul style="list-style-type: none"> - Developing the serve, return serve and footwork - Taking the correct position on the court - Recovering after making a shot - Develop a cooperative rally
AUTUMN 2	Catching & Throwing <ul style="list-style-type: none"> - Underarm and overarm throws with some accuracy - Practise rolling, throwing and stopping circular equipment - Begin to catch a moving ball 	Games <ul style="list-style-type: none"> - Carrying and balancing equipment - Developing throwing and catching and striking and kicking - Moving balls with accuracy and control - Demonstrating skills for dribbling - Engaging in team games 	Games <ul style="list-style-type: none"> - Kicking skills - Underarm and overarm throwing - Sending and receiving a ball using a racket - Striking and gathering skills 	Netball <ul style="list-style-type: none"> - Passing/catching - Use of correct footwork - Dodging, marking and shooting - Rules of netball 	Handball <ul style="list-style-type: none"> - Throwing, catching, passing and travelling skills - Competitive games 	Netball <ul style="list-style-type: none"> - Catching, throwing, shooting and passing - Accuracy using a variety of techniques - Good control and goodwork 	Handball <ul style="list-style-type: none"> - Shooting, defending, attacking, blocking and goal keeping - Small and full size games
SPRING 1	Dance - Fairy Tales <ul style="list-style-type: none"> - Interpret music to inspire movement - Perform a dance that resembles characters of a fairy tale 	Dance - Weather <ul style="list-style-type: none"> - Create dance phrases - Whole class performance 	Dance - Animals <ul style="list-style-type: none"> - Create dance phrases - Group dance performance 	Dance - Cheerleading <ul style="list-style-type: none"> - Cheerleading arm positions - Basic movement actions 	Dance - Life Cycles <ul style="list-style-type: none"> - Select and explore a variety of movements - Rehearse and perform a group dance routines 	Dance - Street Dance <ul style="list-style-type: none"> - Basic street dance actions, moves and positions - Group and whole class performance 	Dance - Street Art <ul style="list-style-type: none"> - Movements, dance phrases and choreographed routines based on Street Art - Perform a dance narrative
SPRING 2	Gymnastics - Balance <ul style="list-style-type: none"> - Use different ways of travelling across mats - Demonstrate basic balances using patches and points - Demonstrate a variety of jumping patters - Perform some basic gymnastic rolls 	Gymnastics <ul style="list-style-type: none"> - Exploring space safely - Utilise different points when balancing - Creating tall, small, wide and flat shapes - Small performance including rolls 	Gymnastics <ul style="list-style-type: none"> - Create basic, low and medium level shapes - Linking, mirroring and balance - Explore jumping from apparatus 	Gymnastics <ul style="list-style-type: none"> - Performing sequences - Low and medium level shapes - Contrasting shapes - Matching, mirroring and linking - Work on and off apparatus - Balance and rolls 	Swimming Pupils should be taught to: <ul style="list-style-type: none"> - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] 	Gymnastics <ul style="list-style-type: none"> - Forward and backward rolls - Routines with rolling 	Gymnastics <ul style="list-style-type: none"> - Explore balances, rolls on/off apparatus - Incorporate stands into unison performances

					- Perform safe self-rescue in different water-based situations.		
SUMMER 1	Athletics - Develop effective jumping and throwing techniques - Jumping over low level hurdles - Throw in a variety of ways, distances and develop accuracy	Athletics - Builds on skills covered in previous Games lessons	Athletics - Awareness of speed for short distance - Awareness of space, height and distance - Select and throw with aim and accuracy - Explore jumping for distance	Athletics - Running for speed - Jumping for distance - Development of throwing skills - Hurdling, relay and team participation	Swimming	Athletics - Running for speed - Jumping for distance - Throwing and hurdling skills - Relay race - Score and show leadership	Athletics - Run with greater fluency and speed - Hurdling - Sustain pace over long distances - Complete a variety athletic races - Throwing and jumping events - Sports Day style competition
SUMMER 2	Skill Based Challenges - Work towards achieving their personal best for - catching challenges, rolling challenges, throwing and kicking challenges, bouncing and hitting challenges	Games - Attacking and defending in game situations - quick movements to avoid defenders	Games - Explore moving with a ball during a game - Using space when passing and receiving a kicked ball - Throwing, catching, attacking and defending - Developing tactics when shooting at & protecting a target	Cricket - Under and overarm bowl - Batting - Batting shots - Fielding techniques	Swimming	Cricket - Developing bowling and batting in game situations - Developing deep field catching - Introducing the lofted drive	Outdoor & Adventure - Following instructions - Working as a team - Finding solutions in a group - Orienteering skills
Cultural Capital Opportunities	<ul style="list-style-type: none"> • Lancashire Cricket Coaching - Y2,3,5,6 • Fitness Friday & Move It Monday • Timetabled slots for each year group on the Trim Trail • After school sports clubs run for years 1-6 by Sportscool and funded by the SSP • Playtime activities and games, including Sports cool Play Leaders funded by the SSP • Achievements wall • Sports Day wc 0707.2025 						
Vocab	Agility, Space & Movements Space, awareness, listening, eyes, looking, partners, moving, balance. Catching & Throwing Catching, throwing, rolling, overarm (down), underarm (up). Dance - Fairy Tales Choreograph, direction, travel, speed, musicality, tempo, style, feelings. Gymnastics - Balance Gymnastics, travelling, balancing, jumping, rolling, sliding, crawling. Athletics	Games Control, change direction, stop, space, pathways, agility, balance, coordination. Games Balance, throwing, catching, aiming, underarm, direction, striking, hitting, underarm, throwing, sideways. Dance - Weather Phrase (a gesture or movement), pathways, travel, skipping, galloping, running, marching, rise, fall, turn, seasons, spring, summer, autumn, winter, weather. Gymnastics Balance, shapes (different shapes in each lesson), high,	Games Spatial awareness, control, balance, pathways, space, rolling, movement, handling, carrying, dribble, bounce. Games Kicking, control, inside of foot, sole of foot, target, throwing, underarm, overarm, aiming, racket, forehand, backhand, grip, side-on, Dance - Animals Motif, phrase, gesture, movement, pathways, travel, skipping, galloping, running, marching, rise, fall, turn, dynamics, strong, heavy, explosive, powerful, jagged, staccato.	Football Control, dribble, turn, pass, inside, outside, run, move, shoot, accuracy. Netball Catch, pass, chest pass, 'W' shape, power, throw, step in, footwork, pivot, landing foot, grounded, one-step, pass. Dance - Cheerleading Phrase, stance, choreographic, cannon. Gymnastics Entrance, exit, pike, tuck, dish, arch, straddle, fluidity, control, low level shape, medium level shape, balance, mirroring.	Tennis Ready position, forehand, backhand, smash, throw, catch, serve, move, hit, position, return. Handball Throw, catch, overhead, bounce, aim, shoot, target, space, dribble, pass. Dance - Life Cycles Phrase, complementing, pathway, movement, travel.	Football Control, dribble, turn, pass, receive, inside, tackle, defend, mark, shoot, speed. Netball Pass, catch, control, accuracy, chest, overhead, bounce, tactics, strategy, pivot. Dance - Street Dance Phrase, sequence, stance, musicality, variation, transition, unison, mirroring, pathways, speed, level, popping. Gymnastics Entrance, exit, rolling, medium level, low level, fluidity, core strength, front support,	Tennis Forehand, backhand, rally, ready position, smash, serve, underarm, catch, return, diagonal. Handball Dribble, shoot, intercept, pass, block, score. Dance - Street Art Phrase, gesture, retrograde, instrumentation, pathway, canon, parkour. Gymnastics Entrance, exit, counter tension, counter balance, push, pull, points of contact, body parts, tuck forward roll, backward roll.

	Speed, running, sprinting, starting positions, jumping, throwing, chest push, pull, take-off, landing. Skill based challenges Throwing, underarm, aiming, challenges, rolling, bouncing, catching, bend knees, scoring, hitting, batting, balance.	low, tip toes, stomach, tension, copy, mirror, entrance, exit. Athletics Sprint, run, strong leg, driving, javelin, throw, aim, sprint, run, catch. Games Attacking, defending, teamwork, intercept, dodging, scoring, tactics, marking, mirroring, space, passing, dodging, communicating.	Gymnastics Entrance, exit, linking, balance, control, mirroring, pike, tuck, straddle, linking. Athletics Sprint, run, strong leg, driving, javelin, throw, aim, throw, catch, direct, target, aim. Games Dodging, dribbling, space, control, passing, attacking, defending, possession, control, aiming.	Athletics Sprint, distance, standing start, drive, standing long jump, push, pull, heave, sling weight transfer. Cricket Bowl, bat, underarm, overarm, field, stance, wicket, defence, drive, shot.		abdominals, tuck shape, straddle, pike. Athletics Sprint, distance, drive, speed, chest pass, shoulder pass, overhead pass, pull pass, javelin, lead, trail, hurdle. Cricket Underarm, overarm, figure of six, accuracy, aiming, technique, stance, lofted drive, near, middle, far.	Athletics Sprinting, hurdling, distance, speed, strides, running, long distance, endurance, sustaining, relay. Outdoor & Adventure Teamwork, communication, problem solving, verbal, encouragement, interacting, orientate, strategy, start, finish, control points, teamwork.
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	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<u>Disciplinary Knowledge</u> Fundamental Movement Skills	Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities					
<u>Disciplinary Knowledge</u> Health & Safety	Manage dressing To develop gross motor skills that provide the foundation for developing healthy bodies and social and emotional well-being.	Describe how the body feels during exercise.	Give reasons why warming up is important.	Explain and apply basic safety precautions in preparing for exercise. Describe the effects of exercise on the body.	Warm up and cool down in a way that suits the type of activity. Explain how the body reflects differently the different types of exercise.		
<u>Disciplinary Knowledge</u> Evaluating Performance		Talk about similarities and differences with their own and others' work. Suggest improvements to their own and others performances.		Compare and comment on skills and technique and ideas used in their own and others work.	Analyse and comment on skills and techniques and how these have been applied in their own and others' work. Modify and refine skills to improve performance.		

How PE begins at GMSJ

The EYFS Curriculum is planned to meet the end of year expectations of the Early Learning Goals, assisted by Development Matters.

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others.

- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

How we assess in PE

- Children will complete an assessment task before the unit begins and then will repeat the same activity at the end of the unit.
- This task will be scored by the class teacher so progress can be seen.
- This will be assessed on Striver and reviewed by the PE subject leader at the end of each half term.
- This will help the children to see their own progress and will help them to build a growth mindset.