PE Curriculum Map

EYFS

Fundamental skills – agility, balance and coordination. Children will be introduced to activities involving team games, throwing and kicking, batting and catching as well as dancing and gymnastics.

Year 1

Basic game-playing skills, throwing and catching. Net games, tennis or badminton, and striking and fielding games such as rounders or cricket

Running, jumping and throwing activities, taking part in simple challenges and competitions. Experimenting with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance..

Exploring basic body actions, jumping and turning, using different parts of the body to make movements. Creating and repeating short dances inspired by themes.

Year 1/2

Basic game-playing skills, throwing and catching. Net games, tennis or badminton, and striking and fielding games such as rounders or cricket

Running, jumping and throwing activities, taking part in simple challenges and competitions. Experimenting with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance..

Creating and performing short dances that communicate different moods, feelings and ideas. Their work is inspired by a range of subjects, including different times and cultures.

Year 2

Basic game-playing skills, throwing and catching. Net games, tennis or badminton, and striking and fielding games such as rounders or cricket

Running, jumping and throwing activities, taking part in simple challenges and competitions. Experimenting with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance..

Creating and performing short dances that communicate different moods, feelings and ideas. Their work is inspired by a range of subjects, including different times and cultures.

Year 3

Learning how to outwit opponents and score when playing invasion games. Finding and using space. Throwing, catching, kicking and striking.

Designing circuits, based on exercises and movements that can be performed in the home. Setting targets to beat personal bests and develop overall levels of fitness.

Performing dances, adapting and linking a range of dance actions inspired by a range of subjects, including some traditional, social and/or historical dances.

Developing good basic running, jumping and throwing techniques. Set challenges to improve distance and time. Using combinations of running, jumping and throwing.

Developing net/wall games skills and using these skills to make the game difficult for their opponent. Directing the ball towards the target area and away from the goal.

Improving the quality of movements to produce tensions and extensions. Using planned variations in speed and contrasting actions in a sequence.

Year 4

Creating characters and narrative through movement and gesture. Taking inspiration from a range of subjects and working in pairs or small groups.

Simple attacking tactics using a range of equipment and skills, and start to develop defensive strategies.

Creating sequences that include changes of level and speed, and focus on using different body shapes clearly. Working mostly with a partner or a small group.

Designing circuits, based on exercises and movements that can be performed in the home. Setting targets to beat personal bests and develop overall levels of fitness.

Read and follow maps and symbol trails. They also take part in a range of trust and communication activities and some adventure games.

Year 5

Hitting and striking a ball into spaces, to score runs in different ways. When fielding, work together to keep the batter's score down.

Developing the. Learning specific tactics and skills for games such as short tennis. range and quality of their skills using rackets

Learning different styles of dance and focusing on dancing with other people. Creating, performing and watching dances in a range of styles, working with partners /groups.

Developing technical understanding of athletic activity. Setting targets to improve their performance in a range of running, jumping and throwing activities

Designing circuits, based on exercises and movements that can be performed in the home. Setting targets to beat personal bests and develop overall levels of fitness.
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Developing skilful attacking team play. Working as a team when attacking and exploring a range of ways to defend

Creating longer sequences to perform for an audience. Learning a wider range of actions and exploring more difficult ways to perform.

Year 6

Using different visual stimulus as the starting point for composing, performing and watching dance.

Combining and linking actions, relating to partners and apparatus, to develop sequences that show an awareness of their audience

Orienteering and problem solving skills in familiar and unfamiliar environments. Building trust and working as a team.

Developing attacking and defending play. Playing even-sided mini versions of invasion games, such as football, hockey or netball.

Designing circuits, based on exercises and movements that can be performed in the home. Setting targets to beat personal bests and develop overall levels of fitness.

Developing the range and quality of their skills across striking and fielding games. Understanding the different roles of bowler, wicket-keeper backstop, fielder and batter

Year 7

Games

Dance

Athletics

Gymnastics

Health & Exercise

Outdoor Adventurous