



Physical Education Curriculum Map

	Autumn Term		Spring Term		Summer Term	
EYFS	Movement & Handling Exploring different ways of moving Negotiating space successfully Jumping and landing appropriately including off small objects Play racing and chasing games with other children, changing speed and direction to avoid obstacles		Travelling Show confidence and skill while traveling around, under, over and through various balancing/climbing equipment Play games with simple rules learning to follow them and be fair Basic ball manipulation, throwing and catching		Competition Show good control and co-ordination in large and small movements Move confidently in a range of ways, safely negotiating space Make games slightly more competitive and experience winning/losing	
Key Vocabulary	Space, landing, speed, chase, jump, obstacles.		Balance, climb, under, over, through, throw, catch, rules.		Win, lose, moving, control.	
Key Stage 1	Multi-skills and Circuits Confident and safe in space used Describe how body feels during exercise Explore and use skills effectively Watch, copy and describe what others are doing	Gymnastics Explore gymnastic actions, shapes and balances Change speed, direction and level Copy or create movement sequences with clear beginnings and ends	Dance Move confidently and safely showing changes of speed, direction and level Copy, watch and describe dance movement	Multi-sport games Choose a range of skills that suit the needs of the game and outwit opponents Decide where to position to make it difficult for opponents and beneficial for your team Use a variety of equipment associated with different games/sports		Athletics / Sports Day Take part in solo and team events Throw objects effectively for accuracy and distance Run at different speeds depending on the total distance, understand pacing Take part in a relay event

Key Vocabulary	Stations, exercise, circuit, muscles, heart rate.	Tuck, pike, straddle, roll, arabesque.	Tempo, level.	Attack, defend, tackle, mark, block.		Sprint, Jog, Relay, Catch, Target, Distance, Speed
Prior Learning	Negotiating space, exploring different ways of moving, jumping and landing.	Jumping and landing, changing speed and direction.	Travelling, changing speed and direction, exploring different ways of moving, negotiating space.	Competitive games, experiencing winning and losing, play games with rules, ball manipulation.		Changing speed and direction, moving confidently in a range of ways, negotiating space.
Year 3	<p>Basketball / Netball</p> <p>Perform basic passing and catching using recognised throws Use space efficiently to build attacking play Introduce basic rules</p> <p>Hockey</p> <p>Perform basic skills such as dribbling and push pass Implement basic rules Play in small games Show safety when using the equipment</p>	<p>Gymnastics</p> <p>Copies, explores and remember a variety of movements and uses them to create own short sequences Beginning to show flexibility and develop good technique</p> <p>Tag Rugby</p> <p>Handle and control rugby ball Evade taggers using body control and footwork Play small games with simple rules</p>	<p>Football</p> <p>Send and receive a ball using feet Basic dribbling, tackling and shooting Understand basic rules of play</p> <p>Dance</p> <p>Use simple dance vocabulary to compare and improve work Translate ideas into movement with support Copy and remember simple dance routines on own</p>	<p>Circuits</p> <p>Can take part in a simple circuit understanding the importance of a warmup and cool down Can begin to name muscle used in different exercises</p> <p>OAA</p> <p>Can complete an orienteering course</p>	<p>Cricket / Rounders</p> <p>Practise feeding/bowling skills Can hit and run to score points Begin to play role of wicket keeper/backstop Adhere to basic rules Play a range of striking and fielding games Work in teams to field</p>	<p>Athletics / Sports Day</p> <p>7 events to practice: Relay skipping race, relay running race, long jump, javelin, egg and spoon, obstacle and shuttle race Can perform each event with confidence</p>
Key Vocabulary	Centre pass, Footwork, Pivot, Mark, Intercept, Defend, Attack, Tackle, Intercept, Mark, Defend, Attack, Goalkeeper, Side line	Extension, Posture, Shape, Control, Flow, Symmetry, Asymmetry, Transition, Attack, Defence, Tag turnover, Support, Marking, Movement, Goal line.	Tackle, Mark, Attack, Defend, Goalkeeper, Corner, Sideline, Balance, Sequence, Flow, Control, Energy, Speed, Direction	Circuit, Station, Repetition, Stamina, Agility, Power, Control, Route, Orienteering, Navigate, Plan, Clue, Problem, Map key	Overarm bowl, Underarm bowl, Boundary, Fielding, Striker, Non-striker, Run out	Shot put, Javelin, Long jump, High jump, Hurdles, Baton, Start line
Prior Learning For KS2	Confident moving in space and changing speed/direction. Understand basic teamwork and	Explore shapes, balances, and sequences with clear beginnings and ends.	Move confidently and safely with changes of speed and direction. Copy and describe dance movements.	Understand how the body feels during exercise. Explore and use a range of skills effectively.	Throwing and catching skills from athletics and multi-skills.	Running at different speeds and pacing. Throwing for accuracy and distance.

	positioning from multi-sport games.	Ability to change speed, direction, and level in movement. Copy and create simple sequences.	Create short sequences with a clear start and finish.	Confident and safe in space during physical activity.	Understanding of positioning and tactics.	Experience of solo and team events, including relays.
Year 4	<p>Basketball / Netball</p> <p>Introduce High 5 positions in Netball Acquire and apply basic shooting technique Demonstrate basic rules Develop marking, pivoting and footwork</p> <p>Hockey</p> <p>Increase power and strength of passes over longer distances Combine skills such as dribbling and passing Start to tackle safely and effectively</p>	<p>Gymnastics</p> <p>Develops strength, flexibility and technique throughout performances Creates sequences using various body shapes and equipment Beginning to link skills with fluency and co-ordination</p> <p>Tag Rugby</p> <p>Increase speed and build endurance of play Implement rules and develop tactics in games</p>	<p>Football</p> <p>Send the ball with some accuracy and maintain possession of the ball showing control Implement and show basic rules of the game Passing for distance Dribbling with different parts of the foot</p> <p>Dance</p> <p>Beginning to remember and create longer dance sequences on own and with group Demonstrate rhythm and spatial awareness Can modify part of a dance sequence</p>	<p>Circuits</p> <p>Know the muscles used at each station Can lead basic warmups and cool downs Understands the strengths and weaknesses of circuit training</p> <p>OAA</p> <p>Can complete an orienteering course looking for optimum paths to save time</p>	<p>Cricket / Rounders</p> <p>Use basic skills with more consistency, bowling to the opposition and striking a bowled ball Adhere to basic rules on the game Can assign roles and positions to best ensure success as a fielding team</p>	<p>Athletics / Sports Day</p> <p>Show greater confidence and proficiency in events Can comment on how to improve performance</p>
Key Vocabulary	Obstruction, Contact, Pass variety, Position, Support, Rebound, Timing, Push pass, Hit pass, Reverse stick, Free hit, Possession, Width, Support.	Inversion, Flight, Rotation, Strength, Flexibility, Counterbalance, Mirror, Pass backwards, Intercept, Tackle, Possession, Width, Depth, Pressure.	Pass accuracy, Control, Intercept, Support, Possession, Timing, Formation, Dynamics, Symmetry, Asymmetry, Partner work, Unison, Contrast, Timing	Heart rate, Endurance, Interval, Recovery, Resistance, Co-ordination, Flexibility, Compass, Co-ordinate, Strategy, Landmark, Decision, Challenge, Teamwork	Over, Innings, No-ball, Wide, Partnership, Position, Rotation	Stamina, Take-off, Landing, Pace, Stride, Technique, Finish line
Year 5	<p>Basketball / Netball</p> <p>Use specific skills in games: pivoting, faking,</p>	<p>Gymnastics</p> <p>Analyse and comment on skills and techniques</p>	<p>Football</p> <p>Play effectively in a range of positions</p>	<p>Circuits</p>	<p>Cricket / Rounders</p> <p>Recognise how some aspects of fitness apply</p>	<p>Athletics / Sports Day</p> <p>Can coach lower KS2 on events</p>

	<p>bounce pass and other previously learnt skills Begin to play efficiently in both attack and defence Increase power and strength of passes, moving the ball over longer distances</p> <p>Hockey</p> <p>Play effectively in different positions Recognise and describe good individual and team performances Suggest, plan and lead warm up as a small group Confidence and knowledge to referee mini hockey for lower KS2</p>	<p>and how they are used in their own and others work Film and analyse performances Practise Key Step 3 Gymnastics Assessment</p> <p>Tag Rugby</p> <p>Increase the power of passes so ball can be moved over greater distances Suggest, plan and lead warm up in small group Observe and recognise good individual and team performances</p>	<p>Confidence and knowledge of rules to referee games in lower KS2 Employ a greater number of attacking and defensive tactics</p> <p>Dance</p> <p>Beginning to exaggerate movements using expression Demonstrate strong movements through dance performances Beginning to show change of pace and timing in movement</p>	<p>Can begin to pick exercises to work certain muscle groups Can lead warmups and cool downs Begins to understand how our bodies change through training</p> <p>OAA</p> <p>Can efficiently complete an orienteering course, finding optimum paths, delegating tasks and working effectively in a small team</p>	<p>e.g power, flexibility and cardio-vascular endurance Can begin to umpire and score games for upper and lower KS2 Can identify what make a team successful or not</p>	<p>Are effective role models to other children representing their house Shows good attitude and sportsmanship</p>
Key Vocabulary	<p>Wing attack, Wing defence, Goal shooter, Goal defence, Centre, Strategy, Communication, Short corner, Long corner, Passing channels, Communication, Strategy, Overlap, Positioning.</p>	<p>Precision, Timing, Dynamics, Rhythm, Combination, Partner work, Synchronisation, Offside, Set play, Phases, Communication, Strategy, Overlap, Decision-making</p>	<p>Offside, Free kick, Penalty, Strategy, Communication, Positioning, Overlap, Choreography, Formation, Expression, Synchronisation, Canon, Pathways, Variation</p>	<p>Sets, Technique, Intensity, Balance, Aerobic, Anaerobic, Rhythm, Route choice, Communication, Problem-solving, Trust, Risk, Responsibility, Navigation</p>	<p>Spin, Fast bowling, LBW, Strategy, Communication, Anticipation, Placement</p>	<p>Endurance, Sprint start, Relay changeover, Acceleration, Rhythm, Control, Power</p>
Year 6	Basketball / Netball	Gymnastics	Football	Circuits	Cricket / Rounders	Athletics / Sports Day
	<p>Work as a team to improve group tactics and gameplay</p>	<p>Performs with an emphasis on extension and clear body shape</p>	<p>Confidence and knowledge of rules to referee games in lower and upper KS2</p>	<p>With little guidance, can create own circuit training session in small groups, picking</p>	<p>Can start to adapt bowling to different styles</p>	<p>Sports Leaders assist and help setup Can coach and officiate events with accuracy</p>

	<p>Analyse performance of self and others and see where improvement can be made Use specific skills in games</p> <p>Hockey</p> <p>-Combine and perform more complex skills at greater speed Analyse own and others performances and give suggestions on how to improve Confidence and knowledge to referee mini hockey for lower and upper KS2</p>	<p>Adapt sequences to include a partner or small group Complete Key Step 3 Gymnastics Assessment</p> <p>Tag Rugby</p> <p>Select and implement appropriate skills in game situations Confidence to referee games in lower KS2 Combine basic skills such as catching then passing quickly</p>	<p>Perform a wider range of more complex skills Recognise and describe good individual and team performances Suggest, plan and lead simple drills</p> <p>Dance</p> <p>Exaggerate dance movements using expression when moving Moves appropriately with the required style Demonstrate consistent precision</p>	<p>appropriate and effective exercises Session evaluated by rest of the class</p> <p>OAA</p> <p>Can efficiently complete an orienteering course, finding optimum paths, delegating tasks and working effectively in a small team Can start to design own course</p>	<p>Can attempt a range of recognised shots in isolation and sometimes in competitive scenarios Can confidently umpire and score games for upper and lower KS2</p>	<p>Strong role models to all children representing their house Shows good attitude and sportsmanship and can show maturity in victory or defeat</p>
Key Vocabulary	<p>Formation, Transition, Tactical play, Anticipation, Decision-making, Game awareness, Pressure, Pressing, Transition, Tactical play, Creating space, Anticipation, Game awareness, Match rules</p>	<p>Choreography, Variation, Complexity, Sequence design, Performance quality, Expression, Creativity, Formation, Transition, Creating space, Game awareness, Anticipation, Tactical play, Match rules</p>	<p>Transition, Tactical play, Creating space, Anticipation, Pressing, Game awareness, Decision-making, Improvisation, Structure, Performance quality, Complexity, Interpretation, Creativity, Refinement</p>	<p>Target zone, Warm-up, Cool-down, Progression, Consistency, Efficiency, Challenge, Orientation, Accuracy, Efficiency, Leadership, Collaboration, Resilience, Tactical choice</p>	<p>Tactics, Pressing field, Defensive shot, Offensive shot, Game awareness, Decision-making, Variation,</p>	<p>Personal best, Consistency, Efficiency, Aerobic, Anaerobic, Performance, Competition</p>