



### Physical Education Curriculum Map

	Autumn Term		Spring Term		Summer Term
<b>EYFS</b>	<b>Movement &amp; Handling</b> <ul style="list-style-type: none"> <li>-Exploring different ways of moving</li> <li>-Negotiating space successfully</li> <li>-Jumping and landing appropriately including off small objects</li> <li>-Play racing and chasing games with other children, changing speed and direction to avoid obstacles</li> </ul>		<b>Travelling</b> <ul style="list-style-type: none"> <li>-Show confidence and skill while traveling around, under, over and through various balancing/climbing equipment</li> <li>-Play games with simple rules learning to follow them and be fair</li> <li>-Basic ball manipulation, throwing and catching</li> </ul>		<b>Competition</b> <ul style="list-style-type: none"> <li>-Show good control and co-ordination in large and small movements</li> <li>-Move confidently in a range of ways, safely negotiating space</li> <li>-Make games slightly more competitive and experience winning/losing</li> </ul>
<b>Key Stage 1</b>	<b>Multi-skills and Circuits</b> <ul style="list-style-type: none"> <li>-Confident and safe in space used</li> <li>-Describe how body feels during exercise</li> <li>-Explore and use skills effectively</li> <li>-Watch, copy and describe what others are doing</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>-Move confidently and safely showing changes of speed, direction and level</li> <li>-Copy, watch and describe dance movement</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>-Explore gymnastic actions, shapes and balances</li> <li>-Change speed, direction and level</li> <li>-Copy or create movement sequences with clear beginnings and ends</li> </ul>	<b>Multi-sport games</b> <ul style="list-style-type: none"> <li>-Choose a range of skills that suit the needs of the game and outwit opponents</li> <li>-Decide where to position to make it difficult for opponents and beneficial for your team</li> <li>-Use a variety of equipment associated with different games/sports</li> </ul>	<b>Athletics / Sports Day</b> <ul style="list-style-type: none"> <li>-Take part in solo and team events</li> <li>-Throw objects effectively for accuracy and distance</li> <li>-Run at different speeds depending on the total distance, understand pacing</li> <li>-Take part in a relay event</li> </ul>

<p><b>Year 3</b></p>	<p><b>Basketball / Netball</b></p> <ul style="list-style-type: none"> <li>-Perform basic passing and catching using recognised throws</li> <li>-Use space efficiently to build attacking play</li> </ul> <p>Introduce basic rules</p> <p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>-Perform basic skills such as dribbling and push pass</li> <li>-Implement basic rules</li> <li>-Play in small games</li> <li>-Show safety when using the equipment</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>-Send and receive a ball using feet</li> <li>-Basic dribbling, tackling and shooting</li> <li>-Understand basic rules of play</li> </ul> <p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>-Handle and control rugby ball</li> <li>-Evade taggers using body control and footwork</li> <li>-Play small games with simple rules</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>-Copies, explores and remember a variety of movements and uses them to create own short sequences</li> <li>-Beginning to show flexibility and develop good technique</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>-Use simple dance vocabulary to compare and improve work</li> <li>-Translate ideas into movement with support</li> <li>-Copy and remember simple dance routines on own</li> </ul>	<p><b>Circuits</b></p> <ul style="list-style-type: none"> <li>-Can take part in a simple circuit understanding the importance of a warmup and cool down</li> <li>-Can begin to name muscle used in different exercises</li> </ul> <p><b>OAA</b></p> <ul style="list-style-type: none"> <li>-Can complete an orienteering course</li> </ul>	<p><b>Cricket / Rounders</b></p> <ul style="list-style-type: none"> <li>-Practise feeding/bowling skills</li> <li>-Can hit and run to score points</li> <li>-Begin to play role of wicket keeper/backstop</li> <li>-Adhere to basic rules</li> <li>-Play a range of striking and fielding games</li> <li>-Work in teams to field</li> </ul>	<p><b>Athletics / Sports Day</b></p> <ul style="list-style-type: none"> <li>-7 events to practice: Relay skipping race, relay running race, long jump, javelin, egg and spoon, obstacle and shuttle race</li> <li>-Can perform each event with confidence</li> </ul>
<p><b>Year 4</b></p>	<p><b>Basketball / Netball</b></p> <ul style="list-style-type: none"> <li>-Introduce High 5 positions in Netball</li> <li>-Acquire and apply basic shooting technique</li> <li>-Demonstrate basic rules</li> <li>-Develop marking, pivoting and footwork</li> </ul> <p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>-Increase power and strength of passes over longer distances</li> <li>-Combine skills such as dribbling and passing</li> <li>-Start to tackle safely and effectively</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>-Send the ball with some accuracy and maintain possession of the ball showing control</li> <li>-Implement and show basic rules of the game</li> <li>-Passing for distance</li> <li>-Dribbling with different parts of the foot</li> </ul> <p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>-Increase speed and build endurance of play</li> <li>-Implement rules and develop tactics in games</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>-Develops strength, flexibility and technique throughout performances</li> <li>-Creates sequences using various body shapes and equipment</li> <li>-Beginning to link skills with fluency and co-ordination</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>-Beginning to remember and create longer dance sequences on own and with group</li> <li>-Demonstrate rhythm and spatial awareness</li> </ul>	<p><b>Circuits</b></p> <ul style="list-style-type: none"> <li>-Know the muscles used at each station</li> <li>-Can lead basic warmups and cool downs</li> <li>-Understands the strengths and weaknesses of circuit training</li> </ul> <p><b>OAA</b></p> <ul style="list-style-type: none"> <li>-Can complete an orienteering course looking for optimum paths to save time</li> </ul>	<p><b>Cricket / Rounders</b></p> <ul style="list-style-type: none"> <li>-Use basic skills with more consistency, bowling to the opposition and striking a bowled ball</li> <li>-Adhere to basic rules on the game</li> <li>-Can assign roles and positions to best ensure success as a fielding team</li> </ul>	<p><b>Athletics / Sports Day</b></p> <ul style="list-style-type: none"> <li>-Show greater confidence and proficiency in events</li> <li>-Can comment on how to improve performance</li> </ul>

			-Can modify part of a dance sequence			
<b>Year 5</b>	<p><b>Basketball / Netball</b></p> <ul style="list-style-type: none"> <li>-Use specific skills in games: pivoting, faking, bounce pass and other previously learnt skills</li> <li>-Begin to play efficiently in both attack and defence</li> <li>-Increase power and strength of passes, moving the ball over longer distances</li> </ul> <p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>-Play effectively in different positions</li> <li>-Recognise and describe good individual and team performances</li> <li>-Suggest, plan and lead warm up as a small group</li> <li>-Confidence and knowledge to referee mini hockey for lower KS2</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>-Play effectively in a range of positions</li> <li>-Confidence and knowledge of rules to referee games in lower KS2</li> <li>-Employ a greater number of attacking and defensive tactics</li> </ul> <p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>-Increase the power of passes so ball can be moved over greater distances</li> <li>-Suggest, plan and lead warm up in small group</li> <li>-Observe and recognise good individual and team performances</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>-Analyse and comment on skills and techniques and how they are used in their own and others work</li> <li>-Film and analyse performances</li> <li>-Practise Key Step 3 Gymnastics Assessment</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>-Beginning to exaggerate movements using expression</li> <li>-Demonstrate strong movements through dance performances</li> <li>-Beginning to show change of pace and timing in movement</li> </ul>	<p><b>Circuits</b></p> <ul style="list-style-type: none"> <li>-Can begin to pick exercises to work certain muscle groups</li> <li>-Can lead warmups and cool downs</li> <li>-Begins to understand how our bodies change through training</li> </ul> <p><b>OAA</b></p> <ul style="list-style-type: none"> <li>-Can efficiently complete an orienteering course, finding optimum paths, delegating tasks and working effectively in a small team</li> </ul>	<p><b>Cricket / Rounders</b></p> <ul style="list-style-type: none"> <li>-Recognise how some aspects of fitness apply e.g power, flexibility and cardio-vascular endurance</li> <li>-Can begin to umpire and score games for upper and lower KS2</li> <li>-Can identify what make a team successful or not</li> </ul>	<p><b>Athletics / Sports Day</b></p> <ul style="list-style-type: none"> <li>-Can coach lower KS2 on events</li> <li>-Are effective role models to other children representing their house</li> <li>-Shows good attitude and sportsmanship</li> </ul>
<b>Year 6</b>	<p><b>Basketball / Netball</b></p> <ul style="list-style-type: none"> <li>-Work as a team to improve group tactics and gameplay</li> <li>-Analyse performance of self and others and see where improvement can be made</li> <li>-Use specific skills in games</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>-Confidence and knowledge of rules to referee games in lower and upper KS2</li> <li>-Perform a wider range of more complex skills</li> <li>-Recognise and describe good individual and team performances</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>-Performs with an emphasis on extension and clear body shape</li> <li>-Adapt sequences to include a partner or small group</li> <li>-Complete Key Step 3 Gymnastics Assessment</li> </ul> <p><b>Dance</b></p>	<p><b>Circuits</b></p> <ul style="list-style-type: none"> <li>-With little guidance, can create own circuit training session in small groups, picking appropriate and effective exercises</li> <li>-Session evaluated by rest of the class</li> </ul> <p><b>OAA</b></p>	<p><b>Cricket / Rounders</b></p> <ul style="list-style-type: none"> <li>-Can start to adapt bowling to different styles</li> <li>-Can attempt a range of recognised shots in isolation and sometimes in competitive scenarios</li> <li>-Can confidently umpire and score games for upper and lower KS2</li> </ul>	<p><b>Athletics / Sports Day</b></p> <ul style="list-style-type: none"> <li>-Sports Leaders assist and help setup</li> <li>-Can coach and officiate events with accuracy</li> <li>-Strong role models to all children representing their house</li> <li>-Shows good attitude and sportsmanship and</li> </ul>

	<p style="text-align: center;"><b>Hockey</b></p> <ul style="list-style-type: none"> <li>-Combine and perform more complex skills at greater speed</li> <li>-Analyse own and others performances and give suggestions on how to improve</li> <li>-Confidence and knowledge to referee mini hockey for lower and upper KS2</li> </ul>	<ul style="list-style-type: none"> <li>-Suggest, plan and lead simple drills</li> </ul> <p style="text-align: center;"><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>-Select and implement appropriate skills in game situations</li> <li>-Confidence to referee games in lower KS2</li> <li>-Combine basic skills such as catching then passing quickly</li> </ul>	<ul style="list-style-type: none"> <li>-Exaggerate dance movements using expression when moving</li> <li>-Moves appropriately with the required style</li> <li>-Demonstrate consistent precision</li> </ul>	<ul style="list-style-type: none"> <li>-Can efficiently complete an orienteering course, finding optimum paths, delegating tasks and working effectively in a small team</li> <li>-Can start to design own course</li> </ul>		<p style="text-align: center;">can show maturity in victory or defeat</p>
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