

P.E. Curriculum Map

	Autumn		Spring		Summer	
Year 1	Spatial Awareness Ball control	Throwing and catching Sending and receiving	Tagging and dodging Gymnastics (Basic Actions)	Hand-eye coordination Gymnastics (Creating Short Sequences On low Level Apparatus)	Running, jumping throwing Dance (Fairy-Tales)	Working with other and in teams Dance (Animals)
Year 2	Ball skills with feet Ball skills with hands	Ball skills with sticks Health & Fitness	Hand-eye coordination – (Tennis) Gymnastics (Developing Travelling, Rolling, Jumping And Balances)	Running jumping throwing Gymnastics (Paired Sequences On Low Level Apparatus)	Athletics Dance (Superheroes And Villains)	Striking and fielding skills Dance (Circus)
Year 3	Football Netball	Hockey Health & Fitness	Tennis Gymnastics (Developing Short Sequences And Movement Phrases)	Handball Gymnastics (Small Group Work Developing A Six Element Sequence)	Athletics Dance (Creativity)	Cricket Dance (Weather)
Year 4	Tag Rugby Swimming	Basketball Swimming	Tennis/Volleyball Swimming	Gymnastics (Collaborating With A Partner To Create A Complex Sequence) Swimming	Athletics /Dance (All Around The World) Swimming	OAA/Dance (Contrast) Swimming
Year 5	Football Netball	Hockey Health & Fitness	Tennis Gymnastics (Creating Complex Sequences)	Handball Gymnastics (Small Group Work To Create A Complex Sequence)	Athletics Dance (The Greatest Showman)	Cricket Dance (The Lion King)
Year 6	Tag Rugby Hockey	Basketball Health & Fitness	Tennis/Volleyball Gymnastics (Partner Relationships Applied To Sequences)	-- Gymnastics (Refining A Twelve Element Sequence)	Athletics Dance (Matilda)	OAA/Rounders Dance (Hairspray)

**Key Skills and Knowledge**

Key aims	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Invasion Games</b>	<ul style="list-style-type: none"> <li>To become familiar with a variety of equipment</li> </ul>	<ul style="list-style-type: none"> <li>Develop control and be able to send and receive using both sets of limbs</li> </ul>	<ul style="list-style-type: none"> <li>Develop skills in using a variety of equipment and using different courts/pitches</li> </ul>	<ul style="list-style-type: none"> <li>To be able to attack and defend</li> </ul>	<ul style="list-style-type: none"> <li>To determine when and what tactics should be used</li> </ul>	<ul style="list-style-type: none"> <li>Develop own games/how to score and umpire</li> </ul>
<b>Striking And Fielding Games</b>	Develop the ability to hit a stationary then moving ball.	<ul style="list-style-type: none"> <li>Develop the notion of running after striking a ball and retrieving it to a certain place</li> </ul>	<ul style="list-style-type: none"> <li>Be able to hold and hit with a cricket bat and develop underarm bowling</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	Be develop shot selection when using a cricket bat and develop an over-arm bowling technique	<ul style="list-style-type: none"> <li>To learn the rules and develop strategies when playing rounders.</li> </ul>
<b>Over The Net Games</b>	<ul style="list-style-type: none"> <li>Become familiar with bats and be able to use them to strike balls with some control</li> </ul>	<ul style="list-style-type: none"> <li>To use a bat/racquet to hit a ball over a certain height or at a target</li> </ul>	<ul style="list-style-type: none"> <li>To develop hitting a ball with a Racquet into a desired space with accuracy</li> </ul>	<ul style="list-style-type: none"> <li>Be able to predict where a ball will go, move and continue a rally</li> </ul>	<ul style="list-style-type: none"> <li>Develop consistency and accuracy of shots and learn the overarm serve</li> </ul>	<ul style="list-style-type: none"> <li>To know the official scoring for Tennis and develop shot selection.</li> </ul>
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>Become familiar with their own body and its range a movements</li> </ul>	<ul style="list-style-type: none"> <li>Be able to perform a variety of moving actions/ partner-work and use apparatus</li> </ul>	<ul style="list-style-type: none"> <li>Developing sequences a lone and in small groups</li> </ul>	<ul style="list-style-type: none"> <li>Developing more complex sequences with a partner and refining own movements</li> </ul>	<ul style="list-style-type: none"> <li>Developing complex sequences using a variety of elements</li> </ul>	<ul style="list-style-type: none"> <li>Plan/Perform and evaluate own complex multi-element sequences</li> </ul>

### Art Skills, Knowledge and Vocabulary Map KS1 & KS2

<b>Dance</b>	<ul style="list-style-type: none"> <li>• Be able to move their bodies in a variety of ways</li> </ul>	<ul style="list-style-type: none"> <li>• To create characters through movement</li> </ul>	<ul style="list-style-type: none"> <li>• To understand the pulse/rhythm to music and move in time</li> </ul>	<ul style="list-style-type: none"> <li>• To develop own Dance phrases and work with a partner</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to work in synchronisation when working in a small group</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to Choreograph own dances to a given soundtrack</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>• To experience a variety of runs, jumps and throws</li> </ul>	<ul style="list-style-type: none"> <li>• To develop techniques by using a scoring system</li> </ul>	<ul style="list-style-type: none"> <li>• Develop sprint technique as well as underarm throwing and standing long jump</li> </ul>	<ul style="list-style-type: none"> <li>• Explore the range of jumps, including jumping when running.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop stamina in longer distance running and technique of over-arm throwing</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to pace using knowledge of own fitness, develop good starting posture when sprinting and when throwing overarm</li> </ul>
<b>O.A.A</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to work as a team member developing communication skills</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Develop role as team leader, knowing what attributes would be most helpful</li> </ul>
<b>Swimming</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Develop confidence in the water progressing to swimming on front and back then increase the distance and improve technique</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

**Key Vocabulary**

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p><b>Dance</b></p> <p>Travel Stillness Direction Space Body parts Levels Speed</p> <p><b>Gymnastics</b></p> <p>Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow</p>	<p><b>Dance</b></p> <p>Travel Stillness Direction Space Body parts Levels Speed</p> <p><b>Gymnastics</b></p> <p>Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow</p>	<p><b>Dance</b></p> <p>Space Repetition Action and reaction Pattern</p> <p><b>Gymnastics</b></p> <p>stretch push pull step spring crawl still slowly tall long forwards high low roll copy jump</p>	<p><b>Dance</b></p> <p>Space Repetition Action and reaction Pattern</p> <p><b>Gymnastics</b></p> <p>stretch push pull step spring crawl still slowly tall long forwards high low roll copy jump</p>	<p><b>Dance</b></p> <p>Dance style Technique Pattern Rhythm Variation Unison Canon</p> <p><b>Gymnastics</b></p> <p>Muscles Joints Symmetrical/asymmetrical Rotation Turn Shape Landing Take-off Flight Performance/evaluation</p>	<p><b>Dance</b></p> <p>Dance style Technique Pattern Rhythm Variation Unison Canon</p> <p><b>Gymnastics</b></p> <p>Muscles Joints Symmetrical/asymmetrical Rotation Turn Shape Landing Take-off Flight Performance/evaluation</p>

**Art Skills, Knowledge and Vocabulary Map KS1 & KS2**

<p style="text-align: center;"><b>Games</b></p> Striking Catching Own space Team Speed Direction Passing Controlling Shooting Scoring	<p style="text-align: center;"><b>Games</b></p> Striking Catching Own space Team Speed Direction Passing Controlling Shooting Scoring	<p style="text-align: center;">land balance <b>Games</b></p> Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space Points/goals Rules Tactics Batting Fielding Defending Hitting	<p style="text-align: center;">land balance <b>Games</b></p> Keep possession Scoring goals Keeping score Making space Pass/send/receive Travel with a ball Make use of space Points/goals Rules Tactics Batting Fielding Defending Hitting	<p style="text-align: center;"><b>Games</b></p> Keeping possession Passing Dribbling Shooting Support Marking Attackers/defenders Marking Team play Marking Team play Batting Fielding Bowler Defending Hitting Offside Pitch Forehand/backhand	<p style="text-align: center;"><b>Games</b></p> Keeping possession Passing Dribbling Shooting Support Marking Attackers/defenders Marking Team play Batting Fielding Bowler Defending Hitting Offside Pitch Forehand/backhand
<p style="text-align: center;"><b>Athletics</b></p> Run Jump Throw Land Bend	<p style="text-align: center;"><b>Athletics</b></p> Run Jump Throw Land Bend	<p style="text-align: center;"><b>Athletics</b></p> Push Pull Heel Toe Swing Lane	<p style="text-align: center;"><b>Athletics</b></p> Push Pull Heel Toe Swing Lane	<p style="text-align: center;"><b>Athletics</b></p> Hurdle Discus Javelin Shot-putt Momentum Sprint Long Distance Pace Relay	<p style="text-align: center;"><b>Athletics</b></p> Hurdle Discus Javelin Shot-putt Momentum Sprint Long Distance Pace Relay Baton

**Art Skills, Knowledge and Vocabulary Map KS1 & KS2**

			<p><b>O.A.A</b></p> <p>Teamwork Listening Working together Problem Solving Plan Evaluate</p> <p><b>Swimming</b></p> <p>Backstroke Breaststroke Front Crawl Freestyle Float Kick Arms Water safety Breathing Personal survival</p>	Baton	<p><b>O.A.A</b></p> <p>Leader Communication Gesture Co-operation Time limit Trust Blindfold</p>
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