



PE and Sport Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Explore different ways of moving. Fine motor skills activities.	Negotiate space. Use simple tools safely and with control. Begin to form recognisable letters.	Travel with confidence	Show increasing control with fine and gross skills.		Show good control in large and small movements; move confidently. Handle tools and pencils effectively for writing.
Year 1	<p align="center"><u>Gymnastics</u></p> <ul style="list-style-type: none"> -Finding and using space -Travelling -Partner work -Body Shapes -Sequences -Movement phrases on and off apparatus <p align="center"><u>Fundamental Skills</u></p> <ul style="list-style-type: none"> - Basic movements- throwing, catching, agility, co-ordination -Balancing, ball skills, quoit skills 		<p align="center"><u>Dance</u></p> <ul style="list-style-type: none"> -Simple body actions -Different ways of moving in response to different percussion sounds -Combine simple movement and patterns, link actions together. <p align="center"><u>Net and Wall</u></p> <ul style="list-style-type: none"> -Variety of Net/ wall games including striking and fielding - rolling and receiving, scoring points, defending points against a partner. 		<p align="center"><u>Swimming</u></p> <ul style="list-style-type: none"> -Feet action, -Blowing bubbles, floating, going straight -Kicking and breathing -Arm movements -Front crawl - the whole stroke. <p align="center"><u>Athletics</u></p> <ul style="list-style-type: none"> -Running -Throwing -Simple skills of co-ordination and agility -Competitive awareness of speed and agility. 	<p align="center"><u>Athletics</u></p> <ul style="list-style-type: none"> -Running -Throwing -Simple skills of co-ordination and agility -Competitive awareness of speed and agility. <p align="center"><u>Invasion Games</u></p> <ul style="list-style-type: none"> -Combining isolated skills to simple ball games. -Develop simple tactics for attacking and defending



Year 2

Gymnastics

- Travelling in space
- Still shapes and balances
- Travelling and balance combinations
- Simple sequences
- Sequences on apparatus
- Partner work on apparatus.

Fundamental Skills

- Circle games
- Coordination of catching and throwing, static and in small games
- Control a racket in discreet skills
- Throwing, striking catching and gathering skills
- Perform kicking and gathering skills with control in football drills.

Dance

- Explore movement ideas and respond to a range of percussion
- To move confidently in a space
- To explore and remember, create and link simple sequences
- To watch and describe dance movements or phrases and use what they learn to help improve their work.

Net Games

- To feed and hit a small soft ball using different rackets.
- Experience a range of net games and rackets i.e tennis, rounders, badminton
- Look at rolling, receiving and striking different balls

Athletics

- Throwing - different field events.
- Running different distances and evaluating speed and pace.
- Jumping - repeat and link combinations of actions using co-ordination.

Invasion Games

- Combining isolated skills to simple ball games- mainly football and handball games.
- Develop simple tactics for attacking and defending

Athletics

- Throwing - different field events.
- Running different distances and evaluating speed and pace.
- Jumping - repeat and link combinations of actions using co-ordination.

Swimming

- Breathing to the side
- Straight bodies
- Perfecting straight arms
- Combining the front crawl
- Combining, sequencing and perfecting the front crawl.



Year 3

Gymnastics

- Body Shapes
- Paired and individual balances on and off apparatus
- Methods of travelling
- Sequences on apparatus
- Developing sequences further

Net and Wall

- Tennis
- Bouncing and catching
- Racket skills
- Consolidate and develop a range of skills
- Control ball and racket movement
- Competitive games
- Striking and catching in isolation and in games

Dance

- Topic-based
- Perform dances using a range of movement patterns
- Link sequences together
- Respond to the percussion of music
- Compare and evaluate own performances

Net and Wall

- Volleyball
- Consolidate and develop a range of skills
- Control ball
- Play competitive games
- Apply basic skills to attacking and defending

Swimming

- Combining, sequencing and perfecting the front crawl
- Back leg kick
- Back crawl arms
- Back crawl bodies
- Perfecting back crawl.

Leadership

- Communication and Leadership skills
- Verbal and nonverbal communication
- Organisation and planning skills
- Leadership qualities
- Clear focussed instructions
- Fair play and expectations
- Voice projection

Invasion Games

- Football
- Dribbling
- Control and stopping the ball
- Passing and receiving the ball under control
- Attacking and defending skills
- Creating and finding space

Athletics

- Throwing underarm and over arm
- Increasing accuracy of throwing and precision of throw and target
- Different techniques and speeds of running over distances
- Learn to jump and land safely whilst combining a range of sequences and techniques

Outdoor door Adventurous

- Orienteering
- Obstacles
- Problem solving

Striking and Fielding

- Catching accurately
- Throwing accurately
- Fielding skills
- Batting skills using a variety of rackets - rounders/ cricket



Year 5

Swimming

- Perfecting breaststroke
- Distance swimming
- Personal Survival
- Water skills
- Rescue skills

Invasion Games

- Football and Netball
- Football skills, passing and receiving
- Shooting
- Passing skills
- Creating space
- Attacking

Gymnastics

- Shapes and balances
- Symmetry and asymmetry
- Developing sequences
- Counterbalances
- Canon and unison

Leadership

- Playmaker - Programme - Using Step, communication to plan activities.

Gymnastics

- Shapes and balances
- Symmetry and asymmetry
- Developing sequences
- Counterbalances
- Canon and unison

Net and Wall

- Tennis
- Finding space in net games
- Developing Rallies
- Volleying
- Playing games

Dance

- Perform dances using a range of movement patterns
- Link sequences together
- Respond to the percussion of music
- Compare and evaluate own performances

Athletics

- Running styles over different distances, evaluating their technique
- Throwing accurately and effectively
- Discuss technique
- Combining sequences together

Athletics

- Running styles over different distances, evaluating their technique

Striking and Fielding

- Rounders and Cricket
- Catching skills
- Bowling
- Batting
- Fielding
- Using skills in isolation and in games



Year 6

Swimming

- Water skills
- Distance Swimming 25m +
- Comparing and evaluating all strokes
- Compare and evaluate breathing
- Rescue skills
- Evaluating techniques and comparing performances

Invasion Games

Netball

- Footwork
- Creating space
- Shooting
- Attacking and defending
- Game play in a competition and positions
- Invasion Competitions - Rugby and Hockey
- Applying skills acquire to modified games and isolated skills
- Compare, coach and evaluate others and their own performances

Gymnastics

- Developing shapes and balances
- Flight
- Apparatus work
- Sequence development

Leadership

- Playmaker programme
- Using the values and principles of leadership to plan, deliver and evaluate own and others' activities

Gymnastics

- Developing shapes and balances
- Flight
- Apparatus work
- Sequence development

Net and Wall

- Badminton
- Technique and accuracy of racket and control
- Finding a space
- Rallying
- Competitions

Dance

- Perform dances using a range of movement patterns
- Link sequences together
- Respond to the percussion of music
- Compare and evaluate own performances

Athletics

- Long jump technique, combing stages and sequences
- High jump and triple jump
- Relays

Athletics

- Running styles over different distances, evaluating their technique

Striking and Fielding

- Rounders and cricket
- Catching skills
- Bowling
- Batting
- Fielding
- Using skills in isolation and in games