



PHYSICAL EDUCATION CURRICULUM MAP

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Moving safely around the outside space Exploring movement		Throwing at a target. Balancing and climbing Moving to music		Catching and striking Running Write Dance	
Reception	Introduction to PE (Unit 1)	Introduction to PE (Unit 2)	Introduction to PE (Unit 3)	Free Dance & Movement skills	Floor gymnastics	Gymnastics with apparatus
Year 1	Gymnastics- Taking weight on different parts Show control and coordination, and make movement phases using different parts of the body	Games- Bouncing and catching Develop awareness of good body positions and actions	Dance- Simple movement patterns Perform a sequence with clear beginning, middle and end; use different parts of the body individually and in combination	Gymnastics- Travelling Explore a variety of ways of travelling on their feet and different body parts both on the floor and using apparatus	Games- Travel with the ball Learn to travel with the ball in different ways, using hands, feet and equipment like bats or small rackets; select appropriate skills and suggest their own ideas	Dance- Exploring gesture and formation. Creating short dances Explore basic body actions, e.g. jumping, shapes and travel, and use different parts of their body to make movements
Year 2	Games- Dribbling Dribble a variety of balls in different ways. Explore and practice using feet, hands, and equipment like hockey sticks, bats or small rackets	Gymnastics- Balance Explore a variety of ways of balancing on different body parts both on the floor and using apparatus	Dance- Communicating moods, feelings and ideas Choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling; link actions	Gymnastics- Jump and landing Create sequences of at least four actions on the floor; show control and coordination when balancing and linking movements	Dance- Using dynamics to develop the dance Create and repeat short dances inspired by themes; learn how to use movement to communicate ideas, moods and feelings	Games- Throwing and catching Catch and throw in simple movement games
Year 3	Invasion Games- Creating space Be aware of space and use it to support teammates, and cause problems for the opposition	Net/Wall Games- Directing the ball Tennis focus- apply and develop a broader range of skills, how to use them in different ways and link them to make actions and sequences of movement	Gymnastics-Travelling with a change of direction Investigate travelling with changes in direction, improving the quality of movement	Dance- Linking dance actions Improvise freely, translating ideas from a stimulus into movement; create appropriate dance phrases to reflect the ideas or style	Athletics- Running, throwing and jumping Experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance	Striking/fielding- Developing striking & fielding skills Hit or strike a ball into spaces, so they can score runs in different ways
Year 4	Outdoor and Adventurous Activities- Following plans and solving problems (Assess & manage risk)	Invasion Games- controlling and receiving Develop skills in controlling and receiving, simple attacking tactics using a range of equipment and	Gymnastics- Balance Create sequences of at least six elements that include changes of level, speed, direction and clarity of body shape	Dance- Re-telling a story Combine and link phrases of movements fluently and with control; Explore basic body actions, e.g. jumping, shapes and travel,	Striking/fielding Games- Fielding as a team Hit or strike the ball into spaces, so they can score runs in different ways; learn how to work together when fielding	Athletics- Developing running, throwing and jumping techniques Developing good basic running, jumping and throwing techniques; set



PHYSICAL EDUCATION CURRICULUM MAP

	Use maps and diagrams to orientate themselves and to travel around a simple course	skills, and start to think about how to organise themselves to defend their goals		and use different parts of their body to make movements	to keep the batters' scores down	challenges for distance and time that involve using different styles and combinations
Year 5	Invasion Games- Support play and positioning Pass, dribble and shoot with control in games, mark opponents, and help each other in defence	Net/Wall Games- Developing individual shots Develop strategy and tactical skills to outwit the opposition: make more decisions and choices when playing games which involve partner and group work	Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]; perform safe self-rescue in different water-based situations		Athletics- Set targets & improve performances in running, jumping and throwing activities Develop sustained running skills to be able to choose running pace; show control at take off in jumping activities; develop accuracy when throwing for distance	Striking/fielding games- Developing range of roles and positional play Use a range of fielding skills, e.g. catching, throwing, bowling, intercepting, with growing control and consistency
Year 6	Outdoor and Adventurous Activities- Effective group working Apply techniques and skills with consistency and quality in familiar environments and with some success in unfamiliar ones	Invasion Games- Attacking and defending play Develop and use skills to play end-to-end games, (one against one, one against two, two against two, two against three, and three against three) to develop problem solving, technical, and decision making skills	Gymnastics- matching and mirroring Create sequences of at least eight to ten elements that show an awareness of matching and mirroring; Use their knowledge of compositional principles to develop their sequences with a partner or in small groups	Dance- Visual media Explore basic body actions, e.g. jumping, shapes and travel, and use different parts of their body to make movements; create and repeat short dances inspired by themes	Striking/fielding Games- Tactical play and officiating Select their shot based on where the ball is bowled and with the intention of avoiding the fielders; increase accuracy, placement and control in hitting, bowling, and fielding	Athletics- Developing technical understanding Use sound, basic techniques in a range of running, jumping and throwing activities and events