



PE Curriculum Map (GET SET 4 PE)



	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	Fundamentals 1 Balancing, running, jumping and landing exploring different ways to travel	Gymnastics 1 Creating short sequences with shapes, balances and jumps	Dance unit 1/2 Shapes, directions and levels with music	Ball skills 1 Rolling, throwing, bouncing, catching Gymnastics 2 travelling using apparatus	Ball skills 2 Throwing, catching, kicking to target (Prep for Sports day activities)	Games 1&2 Running, throwing, jumping
Year 1	Fundamentals Running, balancing, jumping with accuracy Gymnastics Travelling, linking and performing shapes, balances and jumps	Ball Skills Dribbling, rolling, throwing and catching a ball Dance Create dance using themed music	Sending and Receiving/Invasion Understand attacker and defender roles Yoga Different poses using flexibility and balance.	Target Games Throwing for accuracy and distance Fitness Understand importance of daily exercise	Net and Wall Racquet and ball skills Athletics Jumping and throwing for distance and accuracy	Striking and fielding Throwing, catching and striking a ball Team Building Speaking, listening. leadership and teamwork skills
Year 2	Fundamentals Jumping, hopping and skipping with balance Gymnastics (including wallbars) Sequence of shapes, balances and jumps on apparatus	Ball skills Dribbling, kicking, rolling, throwing and catching with accuracy Dance Create dance using expressions and character	Sending and Receiving/Invasion Understand simple tactics for attacking and defending Yoga Strength, flexibility and flow in a range of movements	Target Games Aiming, throwing and hitting skills with a target Fitness Stamina, balance, agility and coordination	Net and Wall Ready position and returning Athletics Sprinting, jumping and throwing skills for distance and accuracy	Striking and fielding Tactics and rules of fielding Team Building Co-operation, communication and teamwork



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<p>Year 3</p>	<p>Fundamentals Y3/4 Balancing, agility, balance Gymnastics 1 Shape jumps, rolls, transitions</p>	<p>Ball Skills Y3/4 Tracking, dribbling, catching techniques Yoga Breath, flexibility and strength</p>	<p>Invasion Games: Hockey Defending and attacking skills Dance Creating partner dance sequences</p>	<p>Net and Wall: Tennis skills Forehand and backhand skills Fitness Speed, strength, stamina, coordination</p>	<p>Track and field: Athletics (SC) Sprint, relay and jump techniques Sports Week Activities (varied)</p>	<p>Striking and Fielding: Rounders (SC) Bowling, batting, fielding OAA (CT) Instructions, map, route</p>
<p>Year 4</p>	<p>Invasion Games: Tag Rugby Throwing, catching, basic rules Gymnastics Individual and partner balances</p>	<p>Invasion Games: Netball Passing, moving, shooting skills Dance Formations, canon, unisons</p>	<p>Invasion Games Hockey Dribbling, attacking and defending Yoga Creating yoga flow sequence</p>	<p>Swimming Net and Wall Tennis skills Forehand, backhand, rallies Fitness Stamina, strength, speed</p>	<p>Swimming Track and Field Athletics Power, distance throws/jumps Sports Week Activities (varied)</p>	<p>Striking & Fielding: Cricket (SC) Apply techniques to game OAA (CT) Orientation and navigation</p>
<p>Year 5</p>	<p>Invasion Games Football Possession and space Apply in game Gymnastics Symmetrical and asymmetrical balance routines</p>	<p>Invasion Games Basketball Passing, dribbling, shooting in game Yoga Create paired flow sequence</p>	<p>Invasion Games Hockey Send and receive under pressure Dance Choreograph group themed dances</p>	<p>Net and Wall Tennis Use variety of shots in rally Fitness Improvement and analysing</p>	<p>Track and Field Athletics (SC) Pacing, technique, power Sports Week Activities (varied)</p>	<p>Striking & Fielding: Rounders (SC) Apply techniques and tactics OAA (CT) Creating maps and keys</p>
<p>Year 6</p>	<p>Invasion Games Tag Rugby Defending and attacking in game Gymnastics Group sequences</p>	<p>Invasion Games Handball Keeping possession, scoring, tactics Dance Choreograph various styles using props</p>	<p>Invasion Games Dodgeball Keeping possession, scoring, tactics</p>	<p>Net and Wall Tennis Volley and serve Games Fitness Understand effect of exercise. Support others in techniques</p>	<p>Track and Field Athletics Understanding technique Officiating skills Sports Week Activities (varied)</p>	<p>Striking & Fielding: Cricket (SC) Consistency, accuracy in game OAA (CT) Tactical planning and problem solving</p>