

Physical Education Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<u>Fundamental Movement Skills</u> Exploring various body movements with some control	<u>Gymnastics</u> Create shapes with different body parts.	<u>Dance</u> Copy basic body actions and rhythms.	<u>Stability</u> Developing skills to balance and control their bodies movements.	<u>Target Games</u> Developing skills in dropping, catching, movement and stopping.	<u>Athletics</u> Run and stop with some control. Explore skipping as a travelling action.
Reception	<u>Fundamental Movement Skills</u> Exploring moving different body parts together with some control	<u>Gymnastics</u> Copy and link simple actions together.	<u>Dance</u> Begin to use dynamics and expression with guidance.	<u>Object Manipulation</u> Developing skills in moving and positioning objects within one hand.	<u>Target Games</u> Securing skills in dropping, catching, movement and stopping.	<u>Athletics</u> Jump and hop with bent knees. Throw larger objects into space. Change direction at a slow pace.
Year 1	<u>Net and wall games</u> Control a small ball rolled along the ground with a racket. <u>Athletics/ Fitness</u> Linking moving differently with some control.	<u>Dance</u> Show some sense of dynamic and expressive qualities. <u>Gymnastics</u> Perform balances making their body tense, stretched and curled.	<u>Invasion Games</u> Throw and catch a ball by self and with a partner. Begin to follow some simple rules of a game. <u>Gymnastics</u> Remember, repeat and link simple actions together.	<u>Invasion Games</u> Recognise space in relation to others. Begin to use simple tactics with some guidance. <u>Net and wall games</u> Use a racket with one hand, showing strength in arm and wrist.	<u>Striking and fielding</u> Show different ways of hitting, throwing and striking a ball. <u>Team building</u> Follow instructions and work with a partner and a small group.	<u>Athletics/Fitness</u> Begin to show balance and co-ordination when changing direction. <u>Striking and fielding</u> Begin to follow simple rules of a game.
Year 2	<u>Net and wall games</u> Control a small ball rolled along the ground with a racket and to a partner. <u>Athletics/ Fitness</u> Show balance and co-ordination when moving at different speeds.	<u>Dance</u> Show character through actions, dynamics and expression. <u>Gymnastics</u> Perform balances on different body parts with some control and balance, with and without apparatus.	<u>Invasion Games</u> Perform simple skills with hands and feet to keep a ball under control. Make simple decisions about when and where to move in a game. <u>Gymnastics</u> Copy, remember, repeat and plan linking simple actions with some control and technique.	<u>Invasion Games</u> Move to space to help score goals or limit others scoring. Use simple tactics. <u>Net and wall games</u> Use a racket with one hand and both hands. Showing strength and co-ordination in moving it around.	<u>Striking and fielding</u> Strike a ball using a racket or bat. Develop skills in throwing with some accuracy. <u>Team building</u> Follow instructions accurately and begin to work co-operatively with a partner and a small group, taking turns and listening to each other.	<u>Athletics/Fitness</u> Perform actions with increased control when co-ordinating their body with and without equipment. <u>Striking and fielding</u> Following the rules of the game successfully.
Year 3	<u>Net and wall games</u> Develop appropriate stances when waiting to receive a ball. <u>Fitness/Athletics</u> Can show balance, co-ordination and technique in a variety of activities.	<u>Dance</u> Match dynamic and expressive qualities to a range of ideas. <u>Gymnastics</u> Complete balances with increasing stability, control and technique.	<u>Invasion Games</u> Improve ball skills focusing on control and accuracy. Begin to show defending skills against an opponent. <u>Gymnastics</u> Choose actions that flow well into one another both on and off apparatus.	<u>Invasion Games</u> Use space with some success in game situations. Use simple tactics individually and within a team. <u>Net and wall games</u> Begin to what it means by a forehand and backhand position.	<u>Striking and fielding</u> Throw and catch a ball under pressure. <u>Orienteering (OAA)</u> Follow instructions from a peer and give simple instructions. Work collaboratively with a partner and small group, listening to and accepting others' ideas.	<u>Striking and fielding</u> Work as team, using tactics in order to beat another team. <u>Fitness/ Athletics</u> Can co-ordinate their bodies with increased consistency in a variety of activities.
Year 4	<u>Net and wall games</u> Begin to bring the racket to meet the ball for a forehand and backhand hit. <u>Fitness/Athletics</u> Demonstrate speed, height and accuracy in a variety of activities.	<u>Dance</u> Change dynamics to express changes in character or narrative. <u>Gymnastics</u> Use body tension to perform balances both individually and with a partner.	<u>Invasion Games</u> Make decisions on types of passing to use. Begin to attempt interceptions and understanding positioning in a game. <u>Gymnastics</u> Plan and perform sequences showing control and technique with and without a partner.	<u>Invasion Games</u> Create and use space with some success in game situations. Use simple tactics to help their team score or gain possession. <u>Net and wall games</u> Begin to hit a ball over a net allowing for a bounce, hit technique.	<u>Striking and fielding</u> Catch a ball hit at different speeds and levels. Improve accuracy of hitting a ball with equipment. <u>Orienteering (OAA)</u> Accurately follow instructions given by a peer and give clear and usable instructions. Confidently communicate ideas and listen to others before deciding on the best approach.	<u>Striking and fielding</u> Use fielding skills to begin to stop the ball effectively and throw a ball accurately. <u>Fitness/ Athletics</u> Begin to co-ordinate their body for speed, height and accuracy in response to a task.
Year 5	<u>Net and wall games</u>	<u>Dance</u>	<u>Invasion Games</u>	<u>Invasion Games</u> Create and use space for self and others with some success.	<u>Striking and fielding</u> Consistently throw and catch a ball with different speeds and levels.	<u>Striking and fielding</u> Consistently hit a ball every time with an appropriate bat.

	<p>Begin to make decision of forehand or backhand depending on where the ball is.</p> <p><u>Fitness/Athletics</u> Using appropriate techniques to control complex activities.</p>	<p>Confidently perform choosing appropriate dynamics to represent an idea.</p> <p><u>Gymnastics</u> Show increasing control ad balance when moving from one balance to another.</p>	<p>Choose correct passes consistently during a game situation. Begin to make some successful interceptions.</p> <p><u>Gymnastics</u> Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.</p>	<p>Understand the need for tactics and identify when to use them in different situations.</p> <p><u>Net and wall games</u> Set racket back in its ready position quickly upon recovery.</p>	<p><u>Orienteering (OAA)</u> Use clear communication when working in a group and taking on different roles. Begin to lead others, providing clear instructions.</p>	<p><u>Fitness/ Athletics</u> Can co-ordinate a range of body parts using increased speed, control and accuracy for complex activities.</p>
Year 6	<p><u>Net and wall games</u> Use ‘move-hit-recover’ approach within a game showing facing forward on recovery.</p> <p><u>Fitness/ Athletics</u> Demonstrate controlled techniques and accuracy for a range of complex activities.</p>	<p><u>Gymnastics</u> Combine and perform more complex balances with control, technique and fluency.</p> <p><u>Dance</u> Improvise and combine dynamics demonstrating an awareness of the impact on performance.</p>	<p><u>Invasion Games</u> Know which pass would be best during a game situation, play effectively in attack and defence. Score points against an opponent.</p> <p><u>Gymnastics</u> Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.</p>	<p><u>Invasion Games</u> Effectively create and use space for self and others to outwit opponent. Work collaboratively to create tactics within their team and evaluate the effectiveness of these.</p> <p><u>Net and wall games</u> Use the correct swing technique and control with smooth swings keeping the path of the racket the same.</p>	<p><u>Striking and fielding</u> Consistently control movements in both batting and fielding situations.</p> <p><u>Orienteering (OAA)</u> Communicate with others clearly and effectively when under pressure. Confident to lead others and show consideration of including all within a group.</p>	<p><u>Striking and fielding</u> To use a range of tactics and skills in the role of bowler, batter and fielder.</p> <p><u>Fitness/ Athletics</u> Can co-ordinate a range of body parts and techniques with a fluent action and accuracy.</p> <p><u>Swimming</u> Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively and perform safe self-rescue in different water-based situations.</p>