

## PE and Sport Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Explore different	Negotiate space.	Travel with	Travel with Show increasing control with fine and		Show good control in large
	ways of moving. Fine	Use simple tools	confidence gross skills.		and small movements; move	
	motor skills	safely and with				confidently. Handle tools and
	activities.	control. Begin to				pencils effectively for
		form recognisable				writing.
		letters.				
Year 1	Gymn	<u>astics</u>	Da	nce	Swimming	<u>Athletics</u>
	-Finding and using space		-Simple body actions		-Feet action,	-Running
	-Travelling		-Different ways of moving in response to		-Blowing bubbles,	-Throwing
	-Partner work		different percussion sounds		floating, going	-Simple skills of co-ordination
	-Body Shapes		-Combine simple movement and patterns,		straight	and agility
	-Sequences	· · · · · ·		link actions together.		-Competitive awareness of
- E	-Movement phrases on and off apparatus				breathing	speed and agility.
	·	• •	Net ar	nd Wall	-Arm movements	
	Fundamental Skills		-Variety of Net/ wall games including		-Front crawl - the	
	- Basic movements- throwing, catching,		striking and fielding - rolling and		whole stroke.	<u>Invasion Games</u>
	agility, co-ordination	agility, co-ordination		receiving, scoring points, defending points		-Combining isolated skills to
	-Balancing, ball skills, quoit skills		against a partner.		<u>Athletics</u>	simple ball games.
					-Running	-Develop simple tactics for
					-Throwing	attacking and defending
					-Simple skills of co-	
					ordination and	
					agility	
					-Competitive	
					awareness of speed	
					and agility.	
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Year 2	<u>Gymnastics</u>	<u>Dance</u>	<u>Athletics</u>	<u>Athletics</u>	
	-Travelling in space	-Explore movement ideas and respond to a	-Throwing -	-Throwing - different field	
	-Still shapes and balances	range of percussion	different field	events.	
	-Travelling and balance combinations	-To move confidently in a space	events.	-Running different distances	
	-Simple sequences	-To explore and remember, create and	-Running different	and evaluating speed and	
	-Sequences on apparatus	link simple sequences	distances and	pace.	
	-Partner work on apparatus.	-To watch and describe dance movements	evaluating speed	-Jumping - repeat and link	
		or phrases and use what they learn to help	and pace.	combinations of actions using	
	Fundamental Skills	improve their work.	-Jumping - repeat	co-ordination.	
	-Circle games		and link		
	-Coordination of catching and throwing,	Net Games	combinations of	<u>Swimming</u>	
	static and in small games	-To feed and hit a small soft ball using	actions using co-	-Breathing to the side	
	-Control a racket in discreet skills	different rackets.	ordination.	-Straight bodies	
	-Throwing, striking catching and gathering	-Experience a range of net games and		-Perfecting straight arms	
	skills	rackets i.e tennis, rounders, badminton	<b>Invasion Games</b>	-Combining the front crawl	
	-Perform kicking and gathering skills with	-Look at rolling, receiving and striking	-Combining isolated	-Combining, sequencing and	
	control in football drills.	different balls	skills to simple ball	perfecting the front crawl.	
			games- mainly		
			football and		
			handball games.		
			-Develop simple		
			tactics for		
			attacking and		



**Gymnastics** Outdoor door Adventurous Dance Swimming Invasion Games -Body Shapes -Topic-based -Combining, sequencing and perfecting the -Football -Orienteerina -Paired and front crawl -Dribbling -Obstacles -Perform dances using a range of -Back leg kick -Problem solving individual balances -Control and on and off movement patterns -Back crawl arms stopping the ball apparatus -Link sequences -Back crawl bodies -Passing and Striking and Fielding -Catching accurately together -Perfecting back crawl. receiving the ball -Methods of -Respond to the travelling under control -Throwing accurately percussion of music -Attacking and -Fielding skills -Sequences on Leadership apparatus -Compare and -Communication and Leadership skills defending skills -Batting skills using a variety -Developing -Verbal and nonverbal communication -Creating and evaluate own of rackets - rounders/ -Organisation and planning skills sequences further performances finding space cricket -Leadership qualities -Clear focussed instructions Net and Wall Net and Wall Athletics -Volleyball -Fair play and expectations -Throwing underarm -Tennis -Bouncing and -Consolidate and -Voice projection and over arm develop a range of catching -Increasing -Racket skills skills accuracy of -Consolidate and -Control ball throwing and precision of throw develop a range of -Play competitive skills and target games -Control ball and -Apply basic skills to -Different techniques and racket movement attacking and -Competitive games defending speeds of running -Striking and over distances catching in isolation -Learn to jump and and in games land safely whilst combining a range of sequences and techniques



PRIMA Year 4	<u>Gymnastics</u>	<u>Dance</u>	<u>Swimming</u>	Invasion Games	Outdoor Adventurous
	-Partnered balances	-Perform dances	-Perfecting and combining backstroke	-Basketball	-Site orienteering
	-Rolling – forward,	using a range of	-Breaststroke legs	-Throwing and	-Leadership/ obstacle course
	teddy and log	movement patterns	-Breaststroke arms	catching	activities
	-Mirroring and	-Link sequences	-Breaststroke breathing	-Improving accuracy	-Team and individual events
	matching	together	-Perfecting breaststroke	-Moving with the	using problem solving and
	-Balancing on	-Respond to the	-Distance swimming	ball	reasoning
	apparatus	percussion of music	-Personal survival.	-Competitive games	
	individually and	-Compare and		-Using skills in	Striking and Fielding
	paired	evaluate own	<u>Leadership</u>	isolation and	-Catching accurately
	-Developing	performances	-Communication and listening skills	transferring to a	-Throwing accurately
	sequences		-6 key principles of leaderships	game	-Fielding skills
			-Deliver and coach small groups in an		-Batting skills using a variety
	Net & Wall	Net and Wall	organised game		of rackets
	Tennis	Volleyball	-Evaluate the effectiveness of own and	<u>Athletics</u>	-Rounders/cricket/tennis
	- Bouncing and	-Consolidate and	other leader's qualities	-Running styles and	
	catching	develop a range of		technique	
	-Play competitive	skills		-Distance throwing	
	games	-Control ball		and accuracy	
	-Develop technique	-Play competitive		-Jumping styles	
	of accuracy, grip,	games		-Jumping skills	
	precision and	-Apply basic skills to		-Relays	
	accuracy of ball and	attacking and			
	striking	defending			
	-Evaluate own and				
	others' technique				



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PRIM Year 5	Swimming	<u>Gymnastics</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>Athletics</u>
	-Perfecting breaststroke	-Shapes and	-Shapes and	-Perform dances	-Running styles over
	-Distance swimming	balances	balances	using a range of	different distances,
	-Personal Survival	-Symmetry and	-Symmetry and	movement patterns	evaluating their technique
	-Water skills	asymmetry	asymmetry	-Link sequences	
	-Rescue skills	-Developing	-Developing	together	Striking and Fielding
		sequences	sequences	-Respond to the	-Rounders and Cricket
	<u>Invasion Games</u>	-Counterbalances	-Counterbalances	percussion of music	-Catching skills
	-Football and Netball	-Canon and unison	-Canon and unison	-Compare and	-Bowling
	-Football skills, passing and receiving			evaluate own	-Batting
	-Shooting	<u>Leadership</u>	Net and Wall	performances	-Fielding
	-Passing skills	-Playmaker -	Tennis		-Using skills in isolation and in
	-Creating space	Programme - Using	-Finding space in	<u>Athletics</u>	games
	-Attacking	Step,	net games	-Running styles over	
		communication to	-Developing Rallies	different distances,	
		plan activities.	-Volleying	evaluating their	
			-Playing games	technique	
				-Throwing	
				accurately and	
				effectively	
				-Discuss technique	
				-Combining	
				sequences together	
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PRIMA Year 6	<u>Swimming</u>	<u>Gymnastics</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>Athletics</u>
	-Water skills	-Developing shapes	-Developing shapes	-Perform dances	-Running styles over
	-Distance Swimming 25m +	and balances	and balances	using a range of	different distances,
	-Comparing and evaluating all strokes	-Flight	-Flight	movement patterns	evaluating their technique
	-Compare and evaluate breathing	-Apparatus work	-Apparatus work	-Link sequences	
	-Rescue skills	-Sequence	-Sequence	together	Striking and Fielding
	-Evaluating techniques and comparing	development	development	-Respond to the	-Rounders and cricket
	performances			percussion of music	-Catching skills
		Leadership	Net and Wall	-Compare and	-Bowling
	<u>Invasion Games</u>	-Playmaker	-Badminton	evaluate own	-Batting
	Netball	programme	-Technique and	performances	-Fielding
	-Footwork	-Using the values	accuracy of racket		-Using skills in isolation and in
	-Creating space	and principles of	and control	<u>Athletics</u>	games
	-Shooting	leadership to plan,	-Finding a space	-Long jump	
	-Attacking and defending	deliver and evaluate	-Rallying	technique, combing	
	-Game play in a competition and positions	own and others'	-Competitions	stages and	
	-Invasion Competitions - Rugby and Hockey	activities		sequences	
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	-Applying skills acquire to modified games			-High jump and	
	-Applying skills acquire to modified games and isolated skills			-High jump and triple jump	

-Compare, coach and evaluate others and

their own performances

-Relays