

# PE Curriculum Map Curriculum Map



Be **Courageous!** Live and Learn in **Faith, Hope** and **Love**

Term	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	How I've grown  My Body	Ball Skills <b>P1</b>	Fitness <b>P1</b>	Gymnastics <b>P3</b>	Fundamentals <b>P3</b>	Swimming <b>P7, P8, P9</b>	Gymnastics <b>P3</b>
		Fitness <b>P1</b>	Sending & Receiving <b>P2</b>	Handball <b>P2</b>	Basketball <b>P2</b>	Dodgeball <b>P2</b>	Tag Rugby <b>P2</b>
Autumn 2	Music and Dance Nativity	Sending & Receiving <b>P2</b>	Invasion <b>P2</b>	Dodgeball <b>P2</b>	OAA <b>P5</b>	Swimming <b>P7, P8, P9</b>	Fitness <b>P6</b>
		Dance <b>P3</b>	Dance (Nativity) <b>P3</b>	Netball <b>P2</b>	Gymnastics <b>P3</b>	Hockey <b>P2</b>	Basketball <b>P2</b>
Spring 3	Balance bikes  Gymnastics	Gymnastics <b>P1</b>	Target Games <b>P2</b>	Dance <b>P4</b>	Swimming <b>P7, P8, P9</b>	Netball <b>P2</b>	Badminton <b>P2</b>
		Invasion <b>P2</b>	Gymnastics <b>P1</b>	Tag Rugby <b>P2</b>	Dance <b>P4</b>	Gymnastics <b>P3</b>	Football <b>P2</b>
Spring 4	Ball skills	Fundamentals <b>P1</b>	Team Building <b>P2</b>	Golf <b>P2</b>	Swimming <b>P7, P8, P9</b>	Golf <b>P2</b>	Dance (Indian) <b>P4</b>
		Target Games <b>P2</b>	Dance <b>P3</b>	Fitness <b>P6</b>	Football <b>P2</b>	Dance <b>P4</b>	Handball <b>P2</b>
Summer 5	Races	Net and Wall <b>P1, P2</b>	Ball Skills <b>P1</b>	Swimming <b>P7, P8, P9</b>	Cricket <b>P2</b>	OAA <b>P5</b>	Tennis <b>P2</b>
		Team Building <b>P2</b>	Fundamentals <b>P1</b>	Tennis <b>P2</b>	Hockey <b>P2</b>	Tennis <b>P2</b>	Cricket <b>P3</b>
Summer 6	Races	Athletics <b>P1</b>	Athletics <b>P1</b>	Swimming <b>P7, P8, P9</b>	Athletics <b>P3</b>	Athletics <b>P3</b>	Athletics <b>P3</b>
		Striking & Fielding <b>P2</b>	Striking & Fielding <b>P2</b>	Athletics <b>P3</b>	Rounders <b>P2</b>	Rounders <b>P2</b>	Dance (Play) <b>P4</b>

Notes: Highlighted units of **dance** require a school MTP as are either performance or topic based units

## Key Stage 1

Pupils should be taught to:

master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities (P1)

participate in team games, developing simple tactics for attacking and defending (P2)

perform dances using simple movement patterns. (P3)

## Key Stage 2

Pupils should be taught to:

use running, jumping, throwing and catching in isolation and in combination (P1)

play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending (P2)

develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] (P3)

perform dances using a range of movement patterns (P4)

take part in outdoor and adventurous activity challenges both individually and within a team (P5)

compare their performances with previous ones and demonstrate improvement to achieve their personal best. (P6)

### ***Swimming and water safety***

swim competently, confidently and proficiently over a distance of at least 25 metres (P7)

use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] (P8)

perform safe self-rescue in different water-based situations (P9)