

PE Curriculum Map 22_23

Year Group	Autumn		Spring		Summer	
R	Locomotion - Jumping <ul style="list-style-type: none"> • Explore/develop jumping • Apply jumping into a game • Jumping for distance • Explore jumping high • Explore hopping 	Ball Skills - hands 1 <ul style="list-style-type: none"> • Explore pushing • Explore rolling • Explore bouncing • Explore bouncing into space • Combine pushing and rolling • Combine rolling, pushing and bouncing 	Gymnastics - High, low, under <ul style="list-style-type: none"> • Introduction to high, low, over and under • Introduction to the apparatus • Applying high and low on apparatus 	Dance - Nursery Rhymes <ul style="list-style-type: none"> • Moving in sequence • Creating our own movements • Creating simple movement sequences • Responding in movement to words and music • Exploring contrasting tempos • Exploring character movements 	Ball Skills - feet <ul style="list-style-type: none"> • Explore moving with a ball using our feet • Develop moving with a ball using our feet • Understand dribbling • Develop dribbling against an opponent 	Games for understanding <ul style="list-style-type: none"> • Taking turns/keeping the score • Understanding and playing by the rules • Avoiding a defender • Preventing an attacker from scoring • Applying attacking
<u>Yoga</u> Yoga at schools - R Autumn 1 & 2 <u>Cognitive/Social/ Emotional/Well-Being:</u> curiosity, empathy, fairness, courage, concentration, self-belief, grateful, honesty		<u>Yoga:</u> Yoga at schools - R Spring 1 & 2 <u>Cognitive/Social/ Emotional/Well-Being:</u> Curiosity, empathy, courage, self-belief, grateful,		<u>Yoga:</u> Yoga at schools - R Summer 1 & 2 <u>Cognitive/Social/ Emotional/Well-Being:</u> Curiosity, fairness, courage, honesty, self-belief, empathy		

<p>1</p>	<p><u>Physical Skills:</u> Locomotion - Running</p> <ul style="list-style-type: none"> • Explore running • Apply running into a game • Explore running at different speeds • Running for speed: Acceleration • Explore running in a team • Apply running into a competitive game <p>Gymnastics - Wide, Narrow, Curled</p> <ul style="list-style-type: none"> • Introduction to wide, narrow and curled • Exploring the difference between wide, narrow and curled • Transitioning between wide, narrow and curled movements • Linking two 	<p>Dance - Growing</p> <ul style="list-style-type: none"> • -Responding to rhythm • Introduction to motifs • Creating motifs • Creating movement sequences • Relationships and performance <p>Ball Skills - Hands 1</p> <ul style="list-style-type: none"> • Introduce sending (bouncing) with control • Introduce aiming with accuracy • Introduce power and speed when sending a ball • Introduce/develop stopping, combining sending skills • Combine sending and receiving skills 	<p><u>Physical Skills:</u> Gymnastics - Body Parts</p> <ul style="list-style-type: none"> • Introduction to big/small body parts • Combining big and small with wide, narrow and curled • Transition between wide narrow and curled using big and small body parts • Adding (linking) movements together <p>Ball Skills - Feet</p> <ul style="list-style-type: none"> • Explore moving with a ball using our feet • Develop moving with a ball using our feet • Understand dribbling Develop dribbling against an opponent 	<p>Dance - The Zoo</p> <ul style="list-style-type: none"> • Exploring expression • Developing our movements, adding movements together • Responding to a rhythm: • Introducing partner work • Creating an animal sequence motifs • Exploring relationships within our motifs <p>Ball Skills - Hands 2</p> <ul style="list-style-type: none"> • Explore throwing overarm • Explore throwing underarm • Explore rolling • Explore stopping a ball • Explore catching 	<p><u>Physical Skills:</u> Locomotion - Jumping</p> <ul style="list-style-type: none"> • Developing jumping • Explore how jumping affects our bodies • Explore skipping • Apply skipping and jumping Locomotion into a game <p>Attacking vs Defence - Games for understanding</p> <ul style="list-style-type: none"> • Understanding the principles of attack/defence • Applying attacking/defending principles into a game • Consolidate attacking/defending 	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Introduce and explore agility • Introduce and explore balance • Introduce and explore coordination: • Bouncing, rolling and throwing <p>Team Building</p> <ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork • Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: • Consolidate teamwork
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<p><u>Cognitive/Social/ Emotional/Well-Being:</u> Curiosity, empathy, self-belief, imagination, courage, grateful, fairness, concentration, honesty, resourcefulness, communication</p>	<p><u>Cognitive/Social/ Emotional/Well-Being:</u> Courage/Self Belief, empathy, concentration, imagination, fairness,</p>	<p><u>Cognitive/Social/Emotional/Well-Being:</u> Curiosity, fairness, empathy, courage, resourcefulness, honesty, self-belief,</p>
<p><u>Yoga:</u> Yoga at schools - 1 Autumn 1 & 2</p>	<p><u>Yoga:</u> Yoga at schools - 1 Spring 1&2</p>	<p><u>Yoga:</u> Yoga at schools - Summer 1&2</p>
<p><u>Personal Best Challenge</u> How long does it take you to run 100m? How many times can you pass a ball to a partner in 1 minute?</p>	<p><u>Personal Best Challenge</u> How long does it take to dribble a ball through 5 cones? How many bean bags can you throw into a hoop in 1 minute?</p>	<p><u>Personal Best Challenge</u> How far can you jump from a standing start? Pass the buck - how many times can you pass without dropping?</p>

<p>2</p>	<p>Physical Skills:</p> <p>Locomotion- Dodging</p> <ul style="list-style-type: none"> • Explore/develop dodging • Apply dodging: Explore • attacking and defending • Apply dodging in teams • Consolidate dodging <p>Gymnastics - Linking</p> <ul style="list-style-type: none"> • Developing linking • Linking on apparatus • Jump, roll, balance sequences/on apparatus • Creation of sequences • Completion of sequences and performance 	<p>Autumn 1</p> <p>Dance - Water</p> <ul style="list-style-type: none"> • Responding to stimuli • Developing whole group • movement • Improvisation and physical descriptions • Creating contrasting movement sequences • Sequences, relationships and • Performance <p>Ball Skills - Hands 1</p> <ul style="list-style-type: none"> • Develop dribbling/ passing and receiving • Combine dribbling, passing and receiving, keeping possession • Develop dribbling/ passing and receiving to score a point • Combine dribbling, passing and receiving to score a point 	<p>Physical Skills:</p> <p>Gymnastics Pathways</p> <ul style="list-style-type: none"> • Explore/develop zig-zag pathways/ on apparatus • Explore/develop curved pathways/ on apparatus • Creation of pathway sequences • Completion of pathways sequences and performance <p>Ball Skills - Feet</p> <ul style="list-style-type: none"> • Develop dribbling/ passing / receiving, keeping possession • Combine dribbling, passing and receiving, keeping possession/to score a point • Apply dribbling, passing and receiving as a team to score a point 	<p>Dance - Explorers</p> <ul style="list-style-type: none"> • Exploring Responding to stimuli • Developing our motif with expression and emotion • Applying choreography in our motifs • Extending our motifs • Sequences, relationships and performance <p>Ball Skills - Hands 2</p> <ul style="list-style-type: none"> • Consolidate pupils application and understanding of underarm throwing • Applying the underarm and overarm throw to win a game • Applying the underarm 	<p>Physical Skills:</p> <p>Locomotion - Jumping</p> <ul style="list-style-type: none"> • Consolidate jumping • Apply jumping into a game • Linking jumping • Explore jumping combinations • Develop jumping combinations <p>Attacking vs defending - Games for understanding</p> <p>Attacking/defending as a team</p> <ul style="list-style-type: none"> • Understanding the transition between defence and attack • Create and apply attacking/ defensive tactics 	<p>Health and Well Being</p> <ul style="list-style-type: none"> • Consolidate agility • Consolidate balancing: • Explore balancing on apparatus • Introduce and explore coordination: • Dribbling and kicking <p>Team Work</p> <ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem
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<p><u>Cognitive/ Social/ Emotional/Well-Being:</u> Curiosity, empathy, courage, imagination, self-belief, fairness, honesty, gratitude, concentration</p>	<p><u>Cognitive/ Social/ Emotional/Well-Being:</u> Curiosity, empathy, courage, imagination, self-belief, fairness, honesty concentration,</p>	<p><u>Cognitive/ Social/Emotional/Well-Being:</u> Resourcefulness, fairness, honesty, curiosity, communication, empathy, courage, self-belief, grattitude</p>
<p><u>Yoga:</u> Yoga at schools - 2 Autumn 1 & 2</p>	<p><u>Yoga:</u> Yoga at schools - 2 Spring 1 & 2</p>	<p><u>Yoga:</u> Yoga at schools - 2 Summer 1 & 2</p>
<p><u>Personal Best Challenge:</u></p>	<p><u>Personal Best Challenge:</u></p>	<p><u>Personal Best Challenge:</u></p>

<p>3</p>	<p><u>Autumn 1</u> <u>Physical Skills:</u> Gymnastics - Symmetry and Asymmetry</p> <ul style="list-style-type: none"> • Introduction to symmetry • Introduction to asymmetry • Application of learning onto apparatus • Sequence formation • Sequence completion <p>Invasion Games -Football</p> <ul style="list-style-type: none"> • Introduce/develop dribbling keeping control • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving and dribbling 	<p><u>Autumn 2</u> Dance - Wild Animals</p> <ul style="list-style-type: none"> • Responding to stimuli • Developing character dance into a motif • Developing sequences with a partner in character that show relationships • Extending sequences with a partner in character <p>Invasion Games - Netball</p> <ul style="list-style-type: none"> • Introduce passing, receiving and creating space • Develop/combine passing and moving • Combine/develop passing and shooting 	<p><u>Spring 1</u> <u>Physical Skills:</u> OAA - Communication and tactics</p> <ul style="list-style-type: none"> • Creating and applying Simple tactics • Developing leadership • Developing communication as a team / collaborate effectively as a team • Create defending and attacking tactics as a team <p>Invasion games: Dodgeball</p> <ul style="list-style-type: none"> • Developing changing direction • Introduce throwing with accuracy • Introduce catching Develop moving, changing direction at speed • Combine throwing and dodging 	<p><u>Spring 2</u> Dance - Weather</p> <ul style="list-style-type: none"> • Responding to stimuli, extreme weather • Developing thematic dance into a motif • Extending dance to create sequences with a partner • Developing sequences with a partner <p>Invasion Games - Basketball</p> <ul style="list-style-type: none"> • Introduce dribbling; keeping control • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing 	<p><u>Summer 1</u> <u>Physical Skills:</u> Net and Wall - Tennis</p> <ul style="list-style-type: none"> • Introduction tennis, outwitting an opponent • Creating space to win a point • Consolidate how to win a game introduce rackets • Introduce the forehand <p>OAA Problem Solving-</p> <ul style="list-style-type: none"> • Focus on cooperation and responsibility • Develop communication and collaboration • Understand why 	<p><u>Summer 2</u> Strike and Field - Cricket</p> <ul style="list-style-type: none"> • Understand the concept of batting and fielding • Introduce throwing overarm • Introduce throwing underarm • Introduce catching • Striking with intent <p>Athletics:</p> <ul style="list-style-type: none"> • Explore running for speed • Explore acceleration • Introduce / develop relay: • Running for speed in a team • Throwing: • Accuracy vs distance • Standing long jump
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<p><u>Cognitive/Social/ Emotional/Well-Being:</u> evaluation, cooperation, resilience, self-motivation, resourcefulness, respect, responsibility, decision making, problem solving, integrity, self-discipline, imagination, trust</p>	<p><u>Cognitive/ Social/ Emotional/Well-Being:</u> Respect, cooperation, integrity, responsibility, problem-solving, evaluation, self-discipline, trust, communication, encouragement, self-motivation, decision making, resilience,</p>	<p><u>Cognitive/Social/ Emotional/Well-Being:</u> Fairness, self-belief, encouragement, integrity, cooperation, communication, responsibility, self-motivation, respect, resourcefulness, honesty, empathy, curiosity, courage</p>
<p><u>Yoga:</u> Yoga at schools - 3 Autumn 1 & 2</p>	<p><u>Yoga:</u> Yoga at schools - 3 Spring 1 & 2</p>	<p><u>Yoga:</u> Yoga at schools - 3 Summer 1 & 2</p>
<p><u>Personal Best Challenge</u></p>	<p><u>Personal Best Challenge</u> How many times can you and a partner throw and catch a ball without dropping it?</p>	<p><u>Personal Best Challenge:</u> How fast can you run 5m?</p>

<p>4</p>	<p><u>Physical Skills:</u> Gymnastics - Bridges</p> <ul style="list-style-type: none"> • Introduction to bridges • Application of bridge learning onto apparatus • Develop sequences with bridges • Sequence formation • Sequence completion 	<p>Invasion Games Netball-</p> <ul style="list-style-type: none"> • Refine passing and receiving • Develop passing and dribbling creating space • Develop passing, moving and shooting • Refine passing and shooting • Develop footwork 	<p><u>Physical Skills:</u> Dance- Space</p> <ul style="list-style-type: none"> • Extending sequences with a partner in character • Developing sequences with a partner in character that show relationships and interlinking dance moves • Sequences, relationships, choreography and performance <p>OAA- Problem solving</p>	<p>Invasion Games - Hockey</p> <ul style="list-style-type: none"> • Refine dribbling and passing • Develop shooting; combine passing and dribbling to create shooting opportunities • Develop passing and dribbling creating space for attacking opportunities • Introduce defending; blocking and tackling 	<p><u>Physical Skills:</u> Net and Wall - Tennis</p> <ul style="list-style-type: none"> • Developing the forehand • Creating space to win a point using a racket • Introduce the backhand • Applying the forehand and backhand in game situations • Applying the forehand and backhand creating space to win a point 	<p>Athletics:</p> <ul style="list-style-type: none"> • Develop running at speed, • Exploring our stride pattern • Exploring running at pace • Understand and apply tactics when running for distance • Javelin • Standing triple jump <p>Strike and Field Bounders</p>
	<p><u>Cognitive/ Social/ Emotional/Well-Being:</u> encouragement, respect, cooperation, self-discipline, self-motivation, integrity, problem solving, resilience, cooperation, reflection, motivation,</p>	<p><u>Cognitive/Social/ Emotional/Well-Being:</u> problem solving, resourcefulness, communication, self-motivation, cooperation, encouragement, self-discipline, integrity, evaluation, trust, responsibility, reflection, decision</p>	<p><u>Cognitive/ Social/Emotional/Well-Being:</u> Problem solving, reflection, self-motivation, cooperation, encouragement, resilience, resourcefulness, self-discipline, integrity, communication, trust</p>			

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<p><u>Yoga:</u> Yoga at schools - 4 Autumn 1 & 2</p>	<p><u>Yoga:</u> Yoga at schools - 4 Spring 1 & 2</p>	<p><u>Yoga</u> Yoga at schools - 4 Summer 1 & 2</p>
<p><u>Personal Best Challenge</u></p>	<p><u>Personal Best Challenge</u></p>	<p><u>Personal Best Challenge</u></p>
	<p><u>Swimming</u> Build up confidence and competence in water. Swim competently, confidently and proficiently over a distance of 25m suitable for attacking and defending</p>	<p><u>Swimming</u> Build up confidence and competence in water. Swim competently, confidently and proficiently over a distance of 25m suitable for attacking and defending</p> <p><u>OAA-</u> Cross PE scheme /map reading unit)</p>

<p>5</p>	<p>Physical Skills: Gymnastics - Counter Balance and counter Tension</p> <p>Invasion Games - Football</p> <ul style="list-style-type: none"> Recap and refine dribbling and passing to maintain possession Introduce and develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating 	<p>Health Related Exercise</p> <ul style="list-style-type: none"> Explore and understand cardio fitness Explore and understand flexibility fitness Explore and understand strength fitness <p>Invasion Games - Netball</p> <ul style="list-style-type: none"> Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles 	<p>Physical Skills: Dance - The Circus</p> <ul style="list-style-type: none"> Developing character movements linked to 19th Century prejudices Creating movements to represent different characters and performers in a 19th Century circus Extending our Performance incorporating props and apparatus linked to the variety of performers <p>Invasion Games - Dodgeball</p>	<p>OAA - Problem Solving introduce the concept and meaning of orienteering Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate Orientate a map and locate points on the map in a set order</p> <p>Invasion Games -</p>	<p>Physical Skills: OAA - Communication and tactics</p> <p>Net and Wall Games - Badminton</p> <p>Exploring different forehand / backhand shots Applying different forehand/ backhand shots to win a point Consolidate outwitting an opponent Doubles: Understanding and applying tactics to win a point</p>	<p>Athletics Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the hurdles</p> <p>Strike and Field - Cricket</p>
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<p><u>Cognitive/ Social/Emotional/Well-Being:</u> Cooperation, encouragement, self-motivation, respect, self-discipline, evaluation, integrity, reflection, problem solving, trust resilience, communication, responsibility</p>	<p><u>Cognitive/ Social/Emotional/Well-Being:</u> respect, cooperation, Self-motivation, communication, problem solving, evaluation, respect, self-discipline, encouragement, integrity, respect,</p>	<p><u>Cognitive/ Social/Emotional/Well-Being:</u> Problem solving, respect, resilience, self-motivation, evaluation, encouragement, reflection, reflection, integrity, responsibility, communication, resourcefulness,</p>
<p><u>Yoga:</u> Yoga at schools - 5 Autumn 1 & 2</p>	<p><u>Yoga:</u> Yoga at schools - 5 Spring 1 & 2</p>	<p><u>Yoga:</u> Yoga at schools -5 Summer 1 & 2</p>
<p><u>Personal Best Challenge</u></p>	<p><u>Personal Best Challenge</u></p>	<p><u>Personal Best Challenge</u></p>

<p>6</p>	<p><u>Physical Skills:</u> Gymnastics - Match and Mirroring</p> <ul style="list-style-type: none"> • Introduction to matching/mirroring • Application of matching/mirroring learning onto apparatus • Sequence development <p>Invasion Games - Tag Rugby</p> <ul style="list-style-type: none"> • Consolidate passing and moving • Consolidate defending Create, understand and apply attacking/defending tactics in game situations • Consolidate attacking and defending in min games 	<p>Health related Exercise</p> <ul style="list-style-type: none"> • Develop a secure understanding of cardio fitness • Develop a secure understanding of flexibility fitness • Develop a secure understanding of strength fitness <p>Invasion Games - Netball</p> <ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending Create, understand and apply attacking/defending tactics in game situations 	<p><u>Physical Skills:</u> Dance - Carnival</p> <ul style="list-style-type: none"> • Performing with technical control and rhythm in a group • Creating rhythmic patterns using the body • Experiencing dance from a different culture • Chorographical elements including still imagery <p>Invasion Games - Handball</p> <ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending understand and apply defending tactics in game situations • Consolidate defensive tactics, understand and apply defensive tactics in game scenarios 	<p>OAA - Leadership</p> <ul style="list-style-type: none"> • Understanding what makes an effective leader • Communicating as a leader • Introducing the STEP principle: Space , Task, Equipment and People <p>Invasion Games - Hockey</p> <ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations 	<p><u>Physical Skills:</u> Net and Wall - Badminton</p> <ul style="list-style-type: none"> • Introduction to badminton: • Outwitting an opponent • Introduce the forehand and backhand • Applying the forehand and backhand: • Creating space to win a point • Controlling the game from the serve <p>OAA- Orienteering</p> <ul style="list-style-type: none"> • Introduce the concept and meaning of orienteering • Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate • Orienteering 	<p>Athletics</p> <ul style="list-style-type: none"> • Running for speed competition • Running for distance competition • Throwing competition • Jumping competition <p>Strike and Field - Rounders</p> <ul style="list-style-type: none"> • Introduction to full rounders • Consolidate fielding tactics • Refine our understanding of what happens if the batter misses or hits the ball backwards • Batting considerations
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<p><u>Whole Child/ personal development (Cognitive, Social, Emotional/Well-Being):</u> Encouragement, self-motivation, decision making, cooperation, communication, evaluation, encouragement, integrity, reflection, trust, responsibility, problem solving, self-discipline, respect, resourcefulness</p>	<p><u>Cognitive/ Social/Emotional/Well-Being:</u> Encouragement, self-motivation, decision making, cooperation, communication, evaluation, encouragement, integrity, reflection, trust, responsibility, problem solving, self-discipline, respect, resourcefulness</p>	<p><u>Cognitive/ Social/Emotional/Well-Being:</u> Encouragement, self-motivation, decision making, cooperation, communication evaluation, encouragement, integrity, reflection, trust, responsibility, problem solving, self-discipline, respect, resourcefulness</p>
<p><u>Yoga:</u> Yoga at schools - 6 Autumn 1 & 2</p>	<p><u>Yoga:</u> Yoga at schools - 6 Spring 1 & 2</p>	<p><u>Yoga:</u> Yoga at schools - 6 Summer 1 & 2</p>
<p><u>Personal Best Challenge</u></p>	<p><u>Personal Best Challenge</u></p>	<p><u>Personal Best Challenge</u></p>
		<p><u>Year 6 Residential</u> Take part in individual and team outdoor and adventurous activity challenges</p>