



St Saviour's C.E. Primary School Curriculum Map - PE

EYFS	In EYFS Physical Education is embedded throughout our day with physical movement and organised activities such as Dance, games and a regular specialist PE lessons. Our daily activities focus on gross and fine motor skills development.					
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Term 1	<p style="text-align: center;">Fundamental Movement skills</p> <p>Attack, defend, shoot</p> <ul style="list-style-type: none"> • Sending to target • Catch and intercept • Roll a ball • Defend and attack • Understanding throwing works in a sequence • Using defensive body positions to defend 	<p style="text-align: center;">Fundamental Movement skills</p> <p>Attack, defend, shoot</p> <ul style="list-style-type: none"> • Inside of foot kicking • Stopping the ball with foot • Control on the ball • Bounce the ball to shoot • Basketball dribbling • Implement throwing and catching skills 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Take off Combination Jumps • Recognising the differences between fast, slow and medium pace • Approaching hurdles • Overarm throw/Javelin • Skipping • Working as a group to record points 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Aiming for Targets • Accelerating over short distances • Take off from one foot when running • Sling throw/quoit • Baton Exchange 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Preparing to run individual leg • Developing appropriate pace over longer times • Jumping for distance • Push throw • Baton exchange within a restricted area 	<p style="text-align: center;">Tag Rugby</p> <ul style="list-style-type: none"> • Play effectively in attack and defence • Score points against opposition • Perform a set play • Observe and analyse peers
	Gym	Gym	Dance	Dance	Dance	Dance
	Floorwork	Floorwork	Ballet	Ballet	Ballet	(Ballet)
	(Mat/benches)	(Mat/benches)				Swimming



St Saviour's C.E. Primary School Curriculum Map - PE

Term 2	Fundamental Movement skills	Fundamental Movement skills	Football	Netball	Hockey	Basketball
	<p style="text-align: center;">Hit catch run</p> <ul style="list-style-type: none"> • Underarm/overarm throw • Learning to throw with different pieces of equipment • Track and return ball • Catching • Feeding movement and body position • Moving to score • Working with other players, teamwork • Exploring the need and when to hit, catch and run 	<p style="text-align: center;">Hit catch run</p> <ul style="list-style-type: none"> • Hitting with bats • Preparing to score points by defending a target • Underarm bowling • Hitting to targets • Throwing to bases/wickets • Making simple choices about where to hit • Kick a bowled ball • Recognising when to run and sprint 	<ul style="list-style-type: none"> • Sending the ball using inside of the foot • Trapping a ball travelling along the ground • Passing over short distances; moving to receive the ball. • finding space to receive the ball • Use outside of the foot to control the ball and dribble working as a team: communication; signalling space 	<ul style="list-style-type: none"> • Protecting the ball • Basic shooting technique • Playing within thirds • Marking • Footwork <p>Gameplay and England Netball high 5 rotations</p>	<ul style="list-style-type: none"> • Block tackle • Dribble and shoot • Passing into the D • Marking • Sweep (open stick) • Dragging the ball from RIGHT to LEFT <p>One-handed dribble (open side)</p>	<ul style="list-style-type: none"> • Introducing bouncing the balls to players in isolated and in-game scenarios • Incorporate life into movement phrase • Recognise the difference between actions in shooting • Passing forward to shoot • Being active for a sustained period in a competitive situation.
	Dance	Dance	Gymnastics	Gymnastics	Gymnastics	Swimming
	Ballet	Ballet	<ul style="list-style-type: none"> • Extend into full range in balance/shape • Moving in and out of contrasting shapes with fluency • Body control and strength when rolling • Jumping for height and distance • Starting and finishing patterns as a group • Develop 2 – 3 Compositional ideas on the floor 	<ul style="list-style-type: none"> • Changes in speeds of actions, e.g. roll • Cartwheel progressions • Balancing on different body parts • Basic partner unison • Developing 4 compositional ideas on the floor 	<ul style="list-style-type: none"> • Exploring symmetry in balance and travel • Over shoulder roll and asymmetry • Counter Balances • Smooth transitions • Performance • Develop 5 – 6 compositional ideas on the floor 	



St Saviour's C.E. Primary School Curriculum Map - PE

Term 3	Fundamental Movement skills	Fundamental Movement skills	Dance	Dance	Dance	Dance
	<p>Run, jump, throw</p> <ul style="list-style-type: none"> ● Start and stop at speed, changing speeds ● Arm movement in running ● Arm movement in jumping ● Naming and using a variety of different throws ● Taking off from two feet ● Use leading arm to direct throw 	<p>Run, jump, throw</p> <ul style="list-style-type: none"> ● Awareness of others ● Creating power with legs to turn ● Burpee ● Choosing appropriate throws for different games ● Quick feet ● Recognising the difference between static and dynamic balances 				
		Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
		<ul style="list-style-type: none"> ● Start and finish shapes ● The use of power in jumping ● Linking 1-2 movements ● How levels can be created in gymnastics ● Appropriate speeds for movements ● Judging system ● Sequencing routines 	<ul style="list-style-type: none"> ● Extend into full range in balance/shape ● Moving in and out of contrasting shapes with fluency ● Body control and strength when rolling ● Jumping for height and distance ● Basic partner unison ● Starting and finishing patterns as a group ● Develop 2 – 3 Compositional ideas on the apparatus 	<ul style="list-style-type: none"> ● Changes in speeds of actions, e.g. roll ● Cartwheel progressions ● Balancing on different body parts ● Developing 4 compositional ideas on the apparatus 	<ul style="list-style-type: none"> ● Exploring symmetry in balance and travel ● Over shoulder roll and asymmetry ● Counter Balances ● Smooth transitions ● Performance ● Develop 5 – 6 compositional ideas on the apparatus 	<ul style="list-style-type: none"> ● Flight on to high apparatus (preparation for vaulting) ● Dismount from high apparatus ● Cannon ● Unison ● Develop 7 - 8 compositional ideas on the apparatus



St Saviour's C.E. Primary School Curriculum Map - PE

Term 4	Gymnastics	Gymnastics	OAA	OAA	Cricket	Gymnastics
	<ul style="list-style-type: none"> • Refine shapes and jumps • Coordination • Muscle tension to hold shapes • Take off and land • Body tension and control in travel • Become increasingly confident at core movements <p>Understanding use of equipment and, how to safely move it.</p>	<ul style="list-style-type: none"> • Start and finish shapes • The use of power in jumping • Linking 1-2 movements • How levels can be created in gymnastics • Appropriate speeds for movements • Judging system • Sequencing routines 	<ul style="list-style-type: none"> • Work as a team • Design obstacle course • Develop and refine their work • Identify safety features 	<ul style="list-style-type: none"> • Working with others • Cooperate to solve challenges • Work as an individual • Take part in OAA as part of a team 	<ul style="list-style-type: none"> • Calling for runs as partners • Throwing for accuracy over short distances • Following the path of the ball, keeping wicket • Overarm bowling with a run-up 	<ul style="list-style-type: none"> • Follow and orientate a map • Select a correct travelling pace, e.g. running, jogging or brisk walking pace • Run as fast as possible under control
	Athletics	Fundamental Movement Skills	Dance	Dance	Dance	OAA (Sayers croft)
	<ul style="list-style-type: none"> • To use both arms to throw towards a target • Body tension and controlling movement in balancing, running, jumping, skipping and hopping. • Arm and leg movements • Start, jog, sprint, and stop in different speeds • Control balance whilst jumping 	<p><u>Run, jump, throw</u></p> <p>Awareness of others, creating power with legs to turn, burpee, choosing appropriate throws for different games, quick feet, recognising the difference between static and dynamic balances</p>				<ul style="list-style-type: none"> • Orienteering • Caving • High ropes • Hiking • Problem solving



St Saviour's C.E. Primary School Curriculum Map - PE

Term 5	Fundamental Movement skills Send and return <ul style="list-style-type: none"> • Slide and receive a ball/bean bag • Hitting • Moving towards and hitting balls • Basic rally • Moving and using my body to try and defend • Mastering basic movement skills • Understanding the terms sending and returning, and when the correct time to use each term • Understanding when the best time is to shoot or pass. • Basic understanding the concept of teamwork and point scoring. 	Fundamental Movement skills Send and return <ul style="list-style-type: none"> • On toes to move towards the path of the ball • Identifying dominant and non-dominant side • Basic service rules • Push off feet to change direction • Holding a racquet and self-feed • Basic ready position 	Tennis <ul style="list-style-type: none"> • Being in a position to return the ball from around the court • Forehand to targets • Introduction to backhand shots • Moving to return the serve • Working with a partner • Scoring points against opponents 	Cricket <ul style="list-style-type: none"> • Calling for runs as partners • Throwing for accuracy over short distances • Following the path of the ball, keeping wicket Tennis <ul style="list-style-type: none"> • Backhand Forehand • Placement of the balls • Developing a rally. • Adjusting sides of swing • Learning the follow through, diagonal line • Working with a partner • Working solo • How to outwit opponent/looking for the gaps 	Tennis <ul style="list-style-type: none"> • Learning the follow through, diagonal line • Working with a partner • Working solo • How to outwit opponent/looking for the gaps 	OAA <ul style="list-style-type: none"> • Cooperate to solve challenges • Work as an individual • Take part in OAA as part of a team • Orient a Map • Balance in a pyramid
	Dance	Dance	Cricket (London Spirit)	Swimming	Cricket (London Spirit)	Cricket (London Spirit)



St Saviour's C.E. Primary School Curriculum Map - PE

Term 6	Athletics	Athletics	Cricket	Cricket	Football	Tennis
	<ul style="list-style-type: none"> • Use both arms to direct a throw towards a target using different equipment. • Body tension and control in movement: balancing, running, jumping, skipping and hopping. • Arm and leg movement in running • Start, jog, sprint and stop at different speeds • Using my body, arms and legs to control my balance whilst jumping and landing a jump. 	<ul style="list-style-type: none"> • Creating power with legs to turn; agility. • Choosing appropriate throws for different games • Quick feet (Ladders and hurdles). • Appropriate speeds for movements; acceleration and deceleration. • Identifying dominant and non-dominant side and throwing to target. 	<ul style="list-style-type: none"> • Calling for runs as partners • Throwing for accuracy over short distances • Following the path of the ball, keeping wicket 	<ul style="list-style-type: none"> • Calling for runs as partners • Throwing for accuracy over short distances • Following the path of the ball, keeping wicket • Throwing different types of balls • Using a variety of batting techniques to vary distance 	<ul style="list-style-type: none"> • Sending the ball using inside of the foot • Trapping a ball travelling along the ground • Passing over short distances; moving to receive the ball. • finding space to receive the ball • Use outside of the foot to control the ball and dribble 	<ul style="list-style-type: none"> • Consolidation of backhand and forehand • Introduction of the lob • Introduction of doubles play Rules, tactics and strategies
	Games	Games	Dance Invasion games	Swimming	Dance Basketball	Dance Athletics