



# PE Curriculum Map

In Y5, in Football, I will learn the basics of goalkeeping. I will also learn the importance of playing games fairly, abiding by the rules of the game and being respectful of my teammates and opponents. In Swimming, I will learn how to swim more efficiently to save energy and go faster. In Hockey, I will learn to show control and fluency in a small game situation and under pressure. In Dance, I will create and perform my own piece of work. In Athletics, I will further develop my skills to achieve the greatest possible speed, height, distance or accuracy. In Fitness, I will take part in a range of fitness challenges to test and record my scores.

In Y3, in Hockey, I will learn to use simple attacking tactics using sending, receiving and dribbling the ball. In Dance, I will create dances inspired by a historical stimulus. In Swimming, I will learn specific swimming strokes on my front and back. In Rounders, I will learn how to score points by striking a ball and running around cones or bases. In Netball, I will develop my skills in defending, attacking, throwing, catching and shooting. In Tennis, I will develop skills required for tennis: the ready position, racket control and hitting a ball. In Cricket, when batting, I will learn how to strike the ball into space to score runs; when fielding, I will learn how to keep the batters' scores low.

In Y1, I will learn travelling actions, movement skills and balancing through dance. In Athletics, I will learn how to run at different speeds; change direction, jump and throw. In Ball Skills, I will learn how to hit a target, dribble with both hands and with both feet. In Net and Wall, I will learn to hit a ball with a racket and how to play against an opponent over a net. In Fitness, I will learn how a healthy lifestyle effects my body, my mood and my health. Finally, in Team Building I will learn how to take turns, work collaboratively and lead others.

In Y6, in game situations, I will learn how to use skills, strategies and tactics to outwit my opponents. In Dance, I will learn how to use movement to convey ideas, emotions, feelings and characters. In Football, I will learn how to evaluate my own performance the performance of others. In Gymnastics, I will work in groups and use formations to improve the aesthetics of my performance. In Hockey, I will learn the importance of fair play and honesty while self-managing games. In Cricket, I will learn how to play different roles. In fitness, I will learn to recognise areas in which I can improve. In Athletics, I will learn to identify areas of strength as well as areas to develop. I will also have the change to officiate. In Basketball, I will deepen my skills in attacking and defending. In Tag Rugby, I will learn how to track and slow down an opponent and how to support an attack.

In Fitness, I will learn to work at my maximum capacity to improve my fitness. I will learn how to persevere when I get tired. In Hockey, I will deepen my skill in passing, attacking and defending. I will also be encouraged to be a supportive teammate. In Swimming, I will learn and use different kicking and arm actions. I will also be given the opportunity to observe others and provide feedback. In Tag Rugby, I will learn how to keep possession of the ball using attacking skills. In Football, I will develop competencies in defending, attacking, passing and receiving the ball. In Tennis, I will learn how to score points and how to use skills, strategies and tactics to outwit the opposition.

In Y2, in Fitness, I will begin to explore agility, balance, co-ordination, speed and stamina. In Gymnastics, I will learn basic gymnastic actions on the floor and how to use apparatus. In Ball Skills, I will develop fundamental skills such as throwing and catching. In Invasion Games, I will learn the principles of attacking and defending; I will also have the opportunity to play even and uneven sided games. In Team Building, I will learn communication and problem solving skills; I will also learn how to work effectively in a team. In Striking and Fielding, I will learn how to use skills, strategies and tactics to outwit the opposition.

In Reception, I will learn to refine different movements such as rolling, crawling, running, hopping and skipping through the use of large and small indoor and outdoor apparatus. I will be encouraged to work in teams and alone to confidently and safely move with control and grace, which will in turn develop my body strength, coordination and agility. I will build on the accuracy of my ball skills, as I am encouraged to develop my passing, catching and kicking using a variety of ball types. I will have opportunities to develop these skills through many physical disciplines such as gymnastics, tag and football. I will refine my fine motor skills through the rhythm and movement of Write dance.



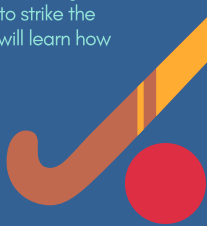
Y3



Y4



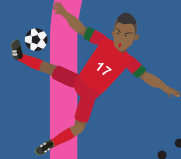
Y2



Y1



EYFS



Y6

