

PE Curriculum Map 2023-24

EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	First PE	Gymnastics	Dance	Multi skills	Wall and Net	Athletics
					(Tennis)	
	Fundamental movement skills - Running, jumping, hopping, catching, throwing	Developing Fundamental movement skills. Apparatus, climbing, rolling, jumping, balancing, travelling	Moving in time to happy and sad music. Experiment with different ways of moving. Experiment with actions at different levels. Moving around as different characters or animals to the music	Developing Fundamental movement skills. Running, jumping, hopping, catching, throwing, balance, dexterity, coordination, aiming and confidence.	Throw and catch to self. Balance an object. Hand eye co-ordination. Move on the floor ball with hand in a variety of ways. Push the ball, develop hand eye co-ordination	Marching/running for co-ordination. Experiment with different ways of throwing under/overarm. Experiment with different ways of jumping. Working with friends in a team-taking turns.

Year 1	Ball Skills	Gymnastics	Fitness	Invasion Games	Ball Games	Striking and Fielding
			Pirate Adventure	Dodgeball		(Kwik Cricket)
	Roll a ball. Stop a ball with feet. Pass the ball beginning to use inside of feet.	Can perform basic shapes. Can perform basic jumps and rolls. Perform a basic sequence	Perform a range of circuit style actions for 40 seconds with increasing control and accuracy.	Stop a ball using either the sole or inside of their foot. Dribble a ball using feet with some control. Roll a ball at a target. Use an underarm throw at a target. Catch and bounce a ball with some control.	Send a receive a ball. Play small sided games. Score in a variety of ways.	Roll and stop a ball with 1 or 2 hands. Bowl underarm towards a target.
	Yoga	Dance	Invasion Games	OAA	Wall and Net	Athletics
		Football Fundamentals		(Tennis)		
Perform basic Yoga poses with some balance. Begin to relax the body in rest pose. Perform Sun Pose (beginning of sun salutation). To try some of the challenge poses e.g. snake pose. Make up a story with some Yoga poses.	Listen to music and begin to move in time to it. Perform basic dance movements.	Stopping a ball with the inside of feet Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!" Dribble the ball with the inside of feet Follow my leader – trying to stay near their partner Scoring point in a variety of ways in adapted games	Begin to work with a partner to meet a challenge. Use communication to guide your partner through a course when blindfolded. Identify ways of travelling to include hopping, jumping and leaping, whilst using co-ordinates to make maps. Work as part of a team to match animals to their matching cards. Continue to develop team skills while attempting to complete a task	Think about using space in a team game. Mark another player. Defend the space between players. Pass a ball to another player. Get past a defender. Use attacking and defending skills in a team game.	Able to run pumping arms. Throw objects with some accuracy. Can jump bending knees and pushing off.	

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Ball Skills	Multi skills	Invasion Games	Striking and Fielding	Invasion Games	OAA
			Rugby	Kwik Cricket	Dodgeball	
	Bounce pass from a short distance. Catch a ball. Play a tag game whilst moving at speed.	Balance on low apparatus with good control. Change direction quickly with control. Co-ordinate body whilst moving at different speeds with various equipment.	Tag a player when facing your partner - raise hand and call "Tag" Move with the ball, holding it with hands- chest height Pass the ball sideways- with smile technique Dodge around a defender in a small area Scoring a try in an adapted game- focus placing ball down with 2 hands and staying on feet Small-sided games using various types of equipment. Develop tactics for attacking and defending	Roll and stop a ball with control/accuracy Throw underarm with some accuracy and catch a ball Bowl underarm towards a target with control and accuracy Begin to hold the bat in correct position and hit a ball off a tee Play a modified game encouraging teamwork when fielding	Stop a ball using either the sole or inside of their foot. Dribble a ball using feet with some control. Roll a ball at a target. Use an underarm throw at a target. Catch and bounce a ball with some control.	Work within a team to find solutions to cross the river. Develop the ability to work with a variety of partners, providing instruction while creating an obstacle course. Begin to use co-ordinates and confidently navigate through a map using North, South, East and West. Have a basic understanding of how to use a compass and create their own instructions. Continue to work together as a team and further develop team skills including communication. Begin to develop individual leadership qualities while completing tasks as part of a team
	Dance	Gymnastics	Indoor Athletics	Ball Games	Wall and Net	Athletics
					Tennis	
	Move in time showing some expression. Perform movements with control and showing a variety of levels and different directions.	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 in the context of 'use basic geographical vocabulary'.	Jump from two feet to two feet. Perform the speed bounce jumping over a cone, keeping my arms out for balance. Skip with coordination when jumping through the hoop.	Move into a space and catch the ball. Pass the ball, move forward and sometimes receive the ball. Follow an opponent in a game and attempt to win the ball. Encourage my team and communicate to score.	Send a receive a ball. Play small sided games. Score in a variety of ways.	Use arms and keep head still when running. Throw in correct stance. Use arms to improve jumping technique.

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Multi Skills	Gymnastics	Swimming		Striking and Fielding	Wall and Net
					Kwik Cricket	Tennis
	Balance, agility, co-ordination. Agility focus - changing direction at speed Co-ordinate body to perform a combination of movements Complete a variety of fitness test successfully and get a personal best	Perform a variety of shapes with good control, a rocket jump with a half turn. Teddy bear roll Perform matching and mirroring balances. Perform a bunny hop across a mat run and onto/ across low benches and apparatus. Hopscotch on throw down feet. Perform a short sequence on mats.	Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out. Be confident to be able to swim across the pool without stopping Begin to show breathing technique when performing various strokes with and without a float		Roll and stop a ball, throw underarm and catch, bowl underarm, throw overarm, hit a ball, bat and field. Throw under/over arm and catch a ball with control and some accuracy. Bowling a ball (between the batter's knee and head) from a short distance. Using various equipment to strike the ball with adapted bats e.g. tennis racket, rounders	Move body position to catch a ball. Control a ball on racket when moving - varying speed. Hit a ball into a target (with one bounce). Play a modified game using skills e.g. forehand. Adapted games, with variations of rules, begin to apply some basic principles.
	Invasion Games	Dance	Invasion Games	Invasion Games	Yoga	Athletics
	Tag Rugby		Netball	Quicksticks		
	Roll the ball with one hand and stop the ball attempting Long barrier method. Throw and catch underarm with both hands (in isolation). Bowl underarm at a wicket and attempt overarm. Control with a bat (holding it correctly) hitting a ball off a tee and moving. Play a modified game using fielding and batting skills. Adapted games, with variations of rules, begin to apply some basic principles.	Use some different levels and pathways. Collaborate to make a dance warm up. Use a stimulus to create a dance. Dance in unison with a partner. Perform canon with a group.	Pass and receive a netball safely (chest and bounce pass). Perform a stride stop in netball. Perform a jump stop in netball. Perform a dodge in netball to get into a space. Mark a player keeping on the balls of your feet. Shooting the ball high and bending knees. Introduce high fives game or an adapted game.	Hold the stick correctly, dribble the ball, pass (short and long distances) tackle safely, score, embrace rules and play fairly.	Perform more complex Yoga poses showing control and increased flexibility. Sit in lotus pose relax and begin to focus on breathing in and out of nose. Perform Cobra pose 2 (used in sun salutation). Improve on balance to perform swaying tree pose. Collaborate to create a Yoga Fun Facts routine	Perform 'FAST'; technique. Uses arms to help run and keep head still and look forward. Pump/swing my arms fast (hip to lip) when running, keeping head still and keep body trunk upright. React quickly and accelerate over short distances

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Swimming		Dance	Fitness	Striking and Fielding	Invasion Games
					Kwik Cricket	Football
	Perform safe self-rescue in different water based situations Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.		Respond imaginatively to a stimulus. Dance in unison with a partner/group. Perform canon showing a range of movement patterns.	Balancing in different directions e.g. on leg- forward backward and side to side. Complete a variety of fitness activities confidently and achieve a number of personal bests. Co-ordinate body efficiently to perform a combination of movements or actions when exercising. Begin to know different types of fitness. Take pulse before and after exercise.	Roll the ball with one hand and stop the ball from different directions using barrier method. Bowl at a wicket underarm/overarm with accuracy and control. Throw and catch under pressure in modified games.Hit a drop fed ball and/or moving ball with a bat. Play a game as a team Play adapted games, Children encouraged to think of tactics when striking and fielding.	Move body to correct position to stop and control a ball. Pass the ball with inside of feet whilst on the move. Dribble the ball using inside, outside hook and drag back beginning to accelerate. Defend making a standing tackle or intercept a pass. Kick a ball whilst moving past a goal keeper with some accuracy.Inspire others with fair play and being gracious in victory and defeat.
	Indoor Athletics	Gymnastics	Invasion Games	OAA	Wall and Net	Athletics
			Tag Rugby		Tennis	
Co-ordinate the speed bounce always landing 2 feet. Compete with determination and confidence and record own results. Use arms and legs together to increase power. Young Leaders Top up 3 weeks each for both groups	Can perform a variety of shapes with good control when performing various skills. Perform a rocket jump with a ¾ and full turn with pointed toes. Teddy bear roll with a partner/group in sequence with pointed toes. Perform matching and mirroring balance routines on apparatus. Perform a bunny hop onto variety of apparatus with control. Perform a short sequence on mats showing levels, control and pointed toes.	Perform 'FAST; technique confidently. Throw a javelin with height and distance. Pass a relay baton with control. Run and jump over hurdles with some speed and control. Tag a player whilst moving using tag belts. Pass the ball backwards/sideways with control whilst moving. Use speed and space to avoid a passive defender.	Use a key to accurately place things in the correct locations according to a plan. Develop different methods of communication to achieve a goal Give and follow directions using the eight points of the compass Listen carefully and follow instructions given by teammates Lead a team to complete a task	Move with balance and control to catch a ball. Hit/bounce ball on racket when moving. Hit ball in forehand position with drop feed. Hit a ball in backhand position with a drop feed. Hit a ball into a target from a variety of distances with no bounce. Young Leaders Top up 3 weeks each for both groups	Perform 'FAST; technique confidently. Throw a javelin with height and distance. Pass a relay baton with control. Run and jump over hurdles with some speed and control. Tag a player whilst moving using tag belts. Pass the ball backwards/sideways with control whilst moving. Use speed and space to avoid a passive defender.	