

Reception Curriculum Map for Physical Education

	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
Time	8 Weeks	7 Weeks	6 Weeks	6 Weeks	6 Weeks	7 Weeks
Year R	Games <i>Listening & basic motor skills</i>	Games <i>Parachute</i>	Gymnastics <i>Body management.</i>	Dance	Games	Sports Day
	<i>Body management. Spatial awareness. Travel using different parts of the body. Sending skills – rolling & throwing. Aiming activities.</i>	<i>Move with control & coordination.</i>	<i>Coordination & control. Balance/stillness on different parts of the body. Stretching & curling - high & low. Log & egg roll. Flight – 2 to 2, 1 to 2, 2 to 1. Shapes. Benches.</i>	<i>Co-ordination. Nursery rhymes. Set dance to a known song.</i>	<i>Throwing & catching Kicking & dribbling.</i>	<i>Relay games. Running. Jumping. Balance. Agility.</i>

Key Stage 1 Curriculum Map for Physical Education

	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
Time	8 Weeks	7 Weeks	6 Weeks	6 Weeks	6 Weeks	7 Weeks
Year 1	Manchester Utd Physical Literacy	Games <i>Listening & ABC's (Hands)</i>	Gymnastics	Dance <i>The magic toys</i>	Games <i>Listening & ABC's (Feet)</i>	Athletics/Sports Day
	ABCs	<i>Move fluently. Ball skills. Control – stop, send & receive. Bouncing. Travelling with a ball. Creating games. (3 weeks hand/3 weeks feet)</i>	<i>Travelling. Taking weight on different body parts. Transferring weight. Half turn. Jumping & landing. Shapes. Hoops & benches.</i>	<i>Creating dance from a story. Forming short dances. Exploring gestures & formation, patterns & pathways. Linking actions. Start, middle & end.</i>	<i>Ball skills. Control – stop, send, receive. Kicking. Travelling with a ball. Creating games. (3 weeks hand/3 weeks feet)</i>	<i>Run at different speeds. Underarm throw. Jump from a standing position.</i>
Year 2	Games <i>ABC's</i>	Games <i>Attacking & defending</i>	Gymnastics	Dance	Sports Festival	Athletics/Sports Day
	<i>Stop & catch a ball with control. Sending & receiving skills. Aiming. Hitting & kicking. Dribbling. Run, jump & hop.</i>	<i>Inventing games. Travelling. Throwing & catching. Dribbling & kicking. Hitting.</i>	<i>Travelling. Balance – small body parts. High and low. Jumping & landing. Spinning & full turn. Small apparatus/benches.</i>	<i>Communicate different moods, feeling & ideas. Explore pattern & pathways. Explore different styles of cultural dance. Space. Speed. Shapes.</i>	<i>Creating games from previously learnt skills.</i>	<i>Change speed & direction whilst running. Jump accurately from standing. Throw a variety of objects with one hand.</i>

Key Stage 2 Curriculum Map for Physical Education

	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
Time	8 Weeks	7 Weeks	6 Weeks	6 Weeks	6 Weeks	7 Weeks
Year 3	Net & wall/Striking & Fielding games <i>Tennis & Cricket</i>	Invasion games <i>Hockey</i>	Gymnastics	Dance	Sports Festival	Athletics/Sports Day
	<i>Hitting the ball. Directing the ball.</i>	<i>Control & catch a ball. Accurate passing. Move with a ball. Creating space.</i>	<i>Travelling with a change of direction. Stretching and curling. Symmetry/asymmetry. Partner work. Small/medium apparatus.</i>	<i>Social/historical dance. Rhythm. Spatial awareness. Improvise on own & with a partner. Levels & direction. Motif.</i>	<i>Playing games using previously learnt skills. (handball, hockey, tennis, cricket)</i>	<i>Running at different speeds. Throw using a variety of objects towards a target. Running jump.</i>
Year 4	Net & wall/Striking & Fielding games <i>Rounders & Tennis</i>	Invasion games <i>Football & Basketball</i>	Gymnastics	Dance <i>At the Olympics</i>	Sports Festival	Athletics/Sports Day
	<i>Directing the ball. Striking & fielding.</i>	<i>Control & catch/kick a ball with movement. Dribble/pass/receive. Keep possession. Marking & tackling. Conditioned games (attacking & defending).</i>	<i>Partner balance. Receiving body weight. Change of direction. Rolling – forward roll. Small/medium/large apparatus. Sequences.</i>	<i>Characters. Perform with a partner. Respond to speed. Motif.</i>	<i>Playing games using previously learnt skills. (football, basketball, rounders, tennis)</i>	<i>Run at speed appropriate to distance. Throwing to increase distance.</i>
Year 5	Net & wall/Striking & Fielding games <i>Tennis & Cricket</i>	Invasion games <i>Handball & Hockey</i>	Gymnastics	Dance <i>Haka</i>	Sports Festival	Athletics/Sports Day
	<i>Directing the ball. Strike a ball with intent. Throw accurately when fielding. Bowling. Tactics. Positions.</i>	<i>Control, catch/kick, pass while moving (ball handling). Tactics & rules. Move the ball in opposed situations. Support play. Shooting.</i>	<i>Flight. Backwards roll. Weight bearing. Cartwheel. Small/medium/large apparatus.</i>	<i>Cultural dance. Think about character, mood & feelings. Patterns, speeds & tension. Work as a group.</i>	<i>Playing games using previously learnt skills. (football, basketball, rounders, cricket)</i>	<i>Running technique at different speeds. Range or throwing actions. Jumping technique. Personal targets.</i>
Year 6	Net & wall/Striking & Fielding games <i>Rounders & Volleyball</i>	Invasion games <i>Quicksticks & Tag Rugby</i>	Gymnastics	Dance <i>Haka</i>	Sports Festival	Athletics/Sports Day
	<i>Directing the ball. Striking & fielding. Individual shots. Team roles. Officiating.</i>	<i>Control movement of ball in opposed situation. Combine accurate passing skills. Attacking & defending. Team work.</i>	<i>Counterbalance/counter tension. Match/mirror. Unison/canon. Building sequences.</i>	<i>Variety of dance styles. Improvise. Formations & lifts. Using props.</i>	<i>Playing games using previously learnt skills. (hockey, tag rugby, rounders, volleyball)</i>	<i>Show control, strength, speed, stamina in a variety of athletic events. Rules.</i>

*Intra-competitions are held at the end of every term.

*Swimming – Year 4 and Year 5 (approx. 20 weeks).

*OAA – Year 3 and Year 4 – Robin Wood (1st week in February).

*OAA – Year 5 and Year 6 – Liedr Hall (last week in January).