

PE Curriculum Map

Year 1

Autumn 1

Ball Skills

Dance

Autumn 2

Gymnastics

BALL GAMES

Spring 1

Indoor Athletics

Jungle Yoga

Spring 2

Tennis

Fitness

Summer 1

Outdoor adventure

Kwik Cricket

Summer 2

Multi Skills

Athletics

Ball Skills- Progression of Key Skills

| Reception-(through intro first PE unit) | Year 1 | Year 2 |
|---|--|--|
| <p>Throw to self, catching a soft ball/balloon Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)</p> <p>Moving around at speed and changing direction</p> <p>Fun games encouraging throwing and catching different types of balls</p> <p>Passing with a partner and counting to 5 and 10</p> <p>Explore stopping a ball with different parts of the body</p> <p>Experiment kicking the ball with feet to a partner</p> <p>Move a bean bag on the floor using inside of foot</p> <p>Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)</p> <p>Passing with a partner and counting to 5 and 10</p> <p>Follow a partner to steal their bib</p> <p>Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Moving around in a space in different ways</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game.</p> | <p>Catch a soft ball safely</p> <p>Pass the soft ball from chest – ‘W’ shape when passing and receiving.</p> <p>Small sided games (super hero ball) 3v3 introducing passing and receiving a ball</p> <p>Play an adapted superhero game and introduces rules</p> <p>Scoring in a variety of ways</p> <p>Stopping a ball with the inside of feet</p> <p>Pass the ball beginning to use inside of feet “toe, toe, toe, no, no, no!”</p> <p>Dribble the ball with the inside of feet</p> <p>Follow my leader – trying to stay near their partner</p> <p>Scoring point in a variety of ways in adapted games</p> <p>Play a simple game of tag</p> <p>Move with control with the ball in their hands at chest height</p> <p>Hand over the Rugby ball sideways</p> <p>Attempt to get past a defender</p> <p>Scoring a try in a modified drill using correct technique- stay on feet using 2 hands</p> | <p>Catch a ball in an adapted game</p> <p>Bounce pass from a short distance to a partner.</p> <p>Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game</p> <p>Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.</p> <p>Scoring in a variety of ways and begin to use in a game situation</p> <p>Stopping a ball with the sole and inside of feet</p> <p>Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy</p> <p>Dribble the ball with the inside of feet keeping the ball close to their body</p> <p>Tag game– trying to catch their partner</p> <p>Scoring in a variety of ways and begin to use scoring techniques game situations</p> <p>Play a tag game whilst moving at speed</p> <p>Move with the ball holding it with hands - in ‘W’ shape at chest height</p> <p>Pass the ball sideways- with smile technique</p> <p>Dodge around a defender in small area</p> <p>Scoring a try in a 2v2 game in the end zone</p> |

Gymnastics- Progression of Key Skills

| Reception | Year 1 | Year 2 |
|---|---|---|
| <p>Can experiment with different space shapes</p> <p>Experiment with different jumps</p> <p>Experiment with different ways of rolling in small shape (moon roll)</p> <p>Experiment with a rocket roll</p> <p>Moving along the floor in different ways like aliens sliding, rolling, stretching etc</p> <p>Show a start shape, rocket roll and finishing shape (beginning of a sequence)</p> | <p>Can perform shapes</p> <p>Perform basic space jump (rocket jump)</p> <p>Perform a moon rock and a moon roll</p> <p>Perform a rocket roll with pointed toes</p> <p>Perform a bunny hop- hands first then feet</p> <p>Perform a basic sequence (roll and a jump)</p> | <p>Can perform shapes with a strong body and control</p> <p>Perform jumps (rocket, star, moon jump) with control and a strong body</p> <p>Perform a moon rock, moon roll and forward roll</p> <p>Perform a rocket roll and extend to a dish/saucer roll</p> <p>Perform a bunny hop – hands flat with straight arms</p> <p>Perform a sequence – (roll, jump and balance)</p> |

| Year 3 | Year 4 | Year 5 | Yr 6 |
|--|---|--|---|
| <p>Can perform a variety of shapes with good control</p> <p>Perform a rocket jump with a half turn</p> <p>Teddy bear roll</p> <p>Perform matching and mirroring balances</p> <p>Perform a bunny hop across a mat run and onto/across low benches and apparatus</p> <p>Hopscotch on throw down feet</p> <p>Perform a short sequence on mats</p> | <p>Can perform a variety of shapes with good control when performing various skills</p> <p>Perform a rocket jump with a ¾ and full turn with pointed toes</p> <p>Teddy bear roll with a partner/group in sequence with pointed toes</p> <p>Perform matching and mirroring balance routines on apparatus</p> <p>Perform a bunny hop onto variety of apparatus with control</p> <p>Hopscotch across the floor to develop hurdle step</p> <p>Perform a short sequence on mats showing levels, control and pointed toes</p> | <p>Can perform complex shapes with control and some flexibility</p> <p>Perform more complex jumps, tuck, pike and begin leaps</p> <p>Side star roll and T-roll</p> <p>Perform point and patch balances</p> <p>Perform a 'squat on and squat off' on various apparatus</p> <p>To perform a hurdle step on the floor/springboard</p> <p>Link and sequence actions.</p> <p>Co-operate, communicate and collaborate with others.</p> | <p>Can perform complex shapes when performing Sequences and skills with flexibility</p> <p>Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap</p> <p>Side star roll, T-roll (with pointed toes), backwards roll</p> <p>Perform more complex point and patches balances in a sequence on apparatus</p> <p>Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)</p> <p>Perform a hurdle step on the floor/springboard and onto low apparatus</p> <p>Compete in teams to win points with sequences and a vault competitions</p> |

Tennis- Progression of Key Skills (Net/Wall Games)

| Reception-(through intro first PE unit) | Year 1 | Year 2 |
|--|---|--|
| <p>Throw and catch to self with a soft ball and attempt to bounce catch to self</p> <p>Balance an object e.g. beanbag on racket</p> <p>Hand eye co-ordination passing ball to a partner</p> <p>Move on the floor ball with hand in a variety of ways</p> <p>Push the ball with throw down strips to develop hand eye co-ordination</p> | <p>Throwing and catching a small ball with control and bounce catch to self and partner</p> <p>Balance a ball on racket</p> <p>Racket familiarisation- moving ball with racket in forehand position</p> <p>Racket Familiarisation – moving a ball in backhand position</p> <p>Tap up tennis to self keeping control</p> | <p>Throw and catch from one hand to the other and bounce catch into a target with a partner</p> <p>Balance a ball on racket with control</p> <p>Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving</p> <p>Racket Familiarisation – moving a ball in backhand position whilst moving</p> <p>Tap up tennis with a partner to keep control of the ball</p> |

| Year 3 | Year 4 | Year 5 | Yr 6 |
|---|---|---|--|
| <p>Move to catch a ball</p> <p>Control a ball on racket when moving</p> <p>Hit ball across the floor with forehand position</p> <p>Hit the ball across the floor using back hand position</p> <p>Hit a ball into a target (with one bounce)</p> | <p>Move with balance and control to catch a ball</p> <p>Hit/bounce ball on racket when moving</p> <p>Hit ball in forehand position with drop feed</p> <p>Hit a ball in backhand position with a dropfeed</p> <p>Hit a ball into a target from a variety of distances with no bounce</p> | <p>Move to hit a ball with some control</p> <p>Hit/ bounce a ball with control when moving</p> <p>Moving into position to hit a ball with forehand in skills practice and game</p> <p>Moving into position to hit a ball with backhand in skill practice and game</p> <p>Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target.</p> | <p>Move in a variety of directions when hitting a ball</p> <p>Hit/bounce ball to a partner with control</p> <p>Move to hit a ball in game in forehand position</p> <p>Move into position to hit a ball with backhand. Begin to choose which shot it best in a game.</p> <p>Serve diagonally under/overarm in a game of mini tennis</p> |

Kwik Cricket- Progression of Key Skills (Striking and Fielding)

| Reception-(through intro first PE unit) | Year 1- (through kwik cricket unit) | Year 2-- (through kwik cricket unit)) |
|---|--|--|
| <p>Rolling and stopping a ball sitting down and standing up</p> <p>Move with different objects in their hands</p> <p>Passing an object to another child</p> <p>Pushing a ball away from body with hands</p> <p>Push ball with throw down strips to develop hand eye co-ordination</p> | <p>Rolling and stopping a ball with one/two hands</p> <p>Throw and catch a ball with some control</p> <p>Bowl underarm towards a target</p> <p>Hit a ball off a tee using various bats</p> <p>Play a modified game hitting off a tee</p> | <p>Roll and stop a ball with control/accuracy</p> <p>Throw underarm with some accuracy and catch a ball</p> <p>Bowl underarm towards a target with control and accuracy</p> <p>Begin to hold the bat in correct position and hit a ball off a tee</p> <p>Play a modified game encouraging teamwork when fielding</p> |

| Year 3 | Year 4 | Year 5 | Yr 6 |
|---|---|---|---|
| <p>Roll the ball with one hand and stop the ball attempting Long barrier method</p> <p>Throw and catch underarm with both hands (in isolation)</p> <p>Bowl at a wicket underarm and attempt overarm</p> <p>Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving</p> <p>Play a modified game using fielding and batting skills</p> | <p>Roll the ball with one hand and stop the ball from different directions using Long barrier method</p> <p>Throw and catch under pressure in modified games</p> <p>Bowl at a wicket underarm/overarm with accuracy and control</p> <p>Hit a drop fed ball and/or moving ball with a bat</p> <p>Play a game communicating as a team</p> | <p>Begin to use fielding techniques with throwing and stopping and scooping up the ball</p> <p>Throwing over/underarm and catching over various distances</p> <p>Bowl attempting to hit the wicket using under/overarm</p> <p>Hit a moving ball with control and some distance</p> <p>Communicate and collaborate as team to beat an opponent</p> | <p>Positioning in a modified game to field a ball (both throwing and stopping it)</p> <p>Making correct decisions with the type of throw to use in modified game. Move body into a position to catch the ball</p> <p>Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket</p> <p>In a competitive game begin to tactically hit/place a ball into a space</p> <p>Use a variety of tactics to attack and defend in a game of quick cricket</p> |

Multi-Skills- Progression of Key Skills

| Reception | Year 1 | Year 2 |
|---|---|--|
| <p>Experiment with different ways of balancing</p> <p>Experiment with different ways of moving (agility)</p> <p>Experiment with different ways of throwing a moving ball with different body parts (co-ordination)</p> <p>Working with friends in a team – taking turns</p> | <p>Balance on lines with control and use equipment to balance on various parts of body</p> <p>Changing direction quickly with some control (agility)</p> <p>Co-ordinating body whilst beginning to move with equipment</p> <p>Co-operate, compete and challenge themselves as a team in various games</p> | <p>Balance on low apparatus with good control</p> <p>Changing direction quickly with good balance and control (agility)</p> <p>Co-ordinating body whilst beginning to move at different speeds with various equipment</p> <p>Compete challenges in a team in various running/obstacle games and working together to improve team performance</p> |

| Year 3 | Year 4 | Year 5 | Yr 6 |
|--|--|---|---|
| <p>Balancing on various body parts while moving</p> <p>Agility focus -changing direction at speed</p> <p>Co-ordinate body to perform a combination of movements</p> <p>Complete a variety of fitness test successfully and get a personal best</p> | <p>Balancing confidently using various equipment and body parts</p> <p>Agility focus - changing direction at speed with good technique</p> <p>Co-ordinate body efficiently to perform combination of movements or actions</p> <p>Complete a variety of fitness tests confidently and achieve a number of personal bests</p> | <p>In combination with different skills can balance equipment while moving and co-ordinating another body action</p> <p>Agility focus – change direction quickly and efficiently with equipment</p> <p>Co-ordinate using both sides of the body</p> <p>Test and measure balance agility and co-ordination confidently and accurately. Can compare their performances with previous ones and a strive to achieve a personal best</p> | <p>Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately</p> <p>Agility focus – can change direction at speed with balance and control whilst using various equipment</p> <p>Co-ordinate using both sides of the body with fluency to perform combination of movements or actions</p> <p>Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best</p> |

Athletics- Progression of Key Skills

| Reception-(through intro first PE unit) | Year 1- (through ball skills unit) | Year 2-- (through ball skills unit) |
|---|--|--|
| <p>Marching/running for co-ordination</p> <p>Experiment with different ways of throwing under/overarm</p> <p>Experiment with different ways of jumping- measuring with various objects</p> <p>Working with friends in a team – taking turns</p> | <p>Running pumping arms at various speeds</p> <p>Throw a variety of objects with some accuracy</p> <p>Jumping bending knees and pushing off – being competitive to improve distance as a pair</p> <p>Co-operate and compete in a team in various running games</p> | <p>Using arms and keeping head still when exploring running patterns</p> <p>Throw in correct stance ‘Usain Bolt position’</p> <p>Use arms to improve jumping technique – beating their own score</p> <p>Compete in a team in various running/obstacle games and working together to improve team performance</p> |

| Year 3 | Year 4 | Year 5 | Yr 6 |
|---|---|---|---|
| <p>Begin to perform ‘FAST’ technique</p> <p>Throw a javelin/vortex using correct stance rotating hips forward</p> <p>Perform a hop, step and jump (standing triple jump) in isolation and in combination</p> <p>In warm ups develop running for distance</p> <p>Develop relay change over techniques</p> <p>Run and take off over obstacles at some speed</p> | <p>Perform ‘FAST’ technique confidently when sprinting</p> <p>Throw a javelin/vortex with height and distance</p> <p>Perform a hop, step and jump (standing triple jump)</p> <p>In warm ups develop running for distance increasing each lesson</p> <p>Pass a relay baton with control with a partner in adapted games</p> <p>Run and jump over hurdles with some speed and control</p> | <p>React quickly and accelerate over short distances</p> <p>Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance</p> <p>Perform a variety of jumps (Long jump and triple jump) and measure for distance</p> <p>Develop pace when running longer distance</p> <p>Pass a relay baton with control and timing in a pairs change over</p> | <p>Accelerate quickly with speed and control in movement – timed/competitive races</p> <p>Throw a javelin/vortex /shot put safely with accuracy and power.</p> <p>Perform a jump for distance varying techniques to improve performance</p> <p>In an competitive game and begin to hit/place a ball into a space</p> <p>Develop long distance running- learning to pace and show good technique</p> <p>Pass a relay baton in competitive situations (timed)</p> |