

# PE Curriculum Map

Year 2	Year 3
Autumn 1	Autumn 1
Ball Skills	Basketball KS2 Y3-4
Fitness	Fitness   KS2 Y3/4
Autumn 2	Autumn 2
Dance	World War II Dance
	Quicksticks
Spring 1	Spring 1
Gymnastics	Gymnastics
Dodgeball	Dodgeball
Spring 2	Spring 2
	Netball
Multi Skills	Multi Skills
Summer 1	Summer 1
Tennis	Tennis
	Handball
Summer 2	Summer 2
	Rounders
Athletics	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>

## 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 <b>efficiently</b> 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>

## 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>

## 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>

## Dance - Progression of Key Skills

Reception	Year 1	Year 2
Moving in time to happy and sad music	Listen to the music and begin to move in time to it	Move in time to the music showing some expression
Experiment with different ways of moving	Perform basic dance movements	Perform dance movements with control
Experiment with actions at different levels	Perform dance movements showing some levels	Perform dance movements showing a <b>variety</b> of levels
Moving around as different characters or animals to the music	Perform basic dance travelling movements e.g. stepping, skipping, jumping	Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing
	Perform simple dance moves with some control	Remember simple dance steps perform with control in time to the music

Year 3	Year 4	Year 5	Yr 6
Collaborate to make a dance warm up	Cooperate to make a dance warm up and take on a leadership role	Co-operate and collaborate to create a warm up displaying a variety of movement patterns	Co-operate, communicate and collaborate with group to make up a warm up with good rhythm and timing
Use a stimulus to create a dance	Respond imaginatively to a stimulus	I can translate ideas from a stimulus showing control and fluency	I can translate ideas from a stimulus into movement showing expression, precision, control and fluency
Dance in unison with a partner	Dance in unison with a partner/group Performing a range of movement patterns	Dance in unison in a group keeping in time with each other	Dance in unison in a group showing good timing, energy and strength
Perform canon with a group	Perform canon showing a range of movement patterns	Dance in canon showing good timing	Dance in canon in a group showing good timing, energy and strength
Use some different levels and pathways	Perform a variety of levels and pathways in a dance	Perform using a variety of levels and using the space	Use levels, travelling and space with timing and musicality

## Quicksticks Hockey- Progression of Key Skills

Year 3	Year 4	Year 5	Yr 6
Dribble the ball holding the stick in correct position	Dribble the ball the ball with control	Dribbling the ball in different directions keeping head up	Dribble the ball at various speeds- both in isolation and a game situation
Perform a pass at a short distance and receive the ball with some control	Perform a short pass and begin to move into a space and receive the ball with some control	Perform a pass with control, accuracy and with movement into a space	Pass and move into a space with accuracy, control and speed (in isolation/game situation)
Pass the ball over a longer distance	Pass the ball over a longer distance with accuracy and power	Pass the ball over a variety of distances with some accuracy and power in a game situation	I can start to pass the ball over a variety of distances in attacking or defensive situations
Begin to tackle a player safely	Tackle a player using correct grip	I can begin to defend against an opponent in a game situation	Begin to defend as an individual and communicate to defend as a team (marking and tackling)
Can occasionally score whilst the ball is <b>stationary</b>	Can occasionally score whilst the ball is <b>moving</b>	Can hit a moving ball with some accuracy and control into a goal	I can hit a moving ball into a goal from different angles and sometimes with different levels of power.
Embracing rules and playing fairly	Inspire others with fair play and being gracious in victory and defeat	Begin to communicate with team to develop tactics for attacking and defending	Communicate with team evaluate and recognise success to help improve individual and team performance



## Netball - Progression of Key Skills (Invasion Games)

Reception-(through intro first PE unit)	Year 1- (through ball skills unit)	Year 2 (through ball skills unit)
<p>Throw to self, catching a soft ball/balloon</p> <p>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>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>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>

Year 3	Year 4	Year 5	Yr 6
<p>Pass and receive a netball safely (chest and bounce pass)</p> <p>Perform a stride stop in netball</p> <p>Perform a jump stop in netball</p> <p>Perform a dodge in netball to get into a space</p> <p>Marking a player keeping on the balls of your feet</p> <p>Shooting the ball high and bending knees</p> <p>Introduce high fives game or an adapted game</p>	<p>Pass and receive stepping into the pass (chest, bounce and shoulder pass)</p> <p>Perform a stride stop with a pivot</p> <p>Perform a jump top with a pivot</p> <p>Perform two different dodges (Drive and the dodge)</p> <p>Marking a player standing side on sticking to player</p> <p>Shooting- bend knees and place hand under the ball to shoot</p> <p>Begin to understand the positions in a high five game</p>	<p>Pass and move (chest, shoulder and bounce)</p> <p>Receive the ball on the move and perform the correct footwork (stride stop,)</p> <p>Receive the ball on the move and perform the correct footwork (jump stop)</p> <p>Perform three different dodges (Drive dodge and double dodge) and receive a ball</p> <p>To defend a player and attempt to intercept a pass</p> <p>Flick my wrist to shoot into a goal</p> <p>Know where the positions are on a netball court</p>	<p>Perform a variety of passes within a game with precision and control</p> <p>Perform correct footwork in a game (stride stop with a pivot)</p> <p>Perform correct footwork in a game (jump stop with a pivot)</p> <p>Perform a variety of dodges to move into a space and receive a ball in a practice and in a game situation</p> <p>To defend a player during a game to intercept the ball</p> <p>Shoot into a goal and attempt to get the rebound if missed.</p> <p>Rotate into different positions on the court.</p>