



St Saviour's C.E. Primary School Curriculum Map - PE

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
Term 1	Attack, defend, shoot <ul style="list-style-type: none"> • Sending to target • Catch and intercept • Roll a ball • Defend and attack • Understanding throwing works in a sequence • Using defensive body positions to defend 	Attack, defend, shoot <ul style="list-style-type: none"> • Inside of foot kicking • Stopping the ball with foot • Control on the ball • Bounce the ball to shoot • Basketball dribbling • Implement throwing and catching skills 	Athletics <ul style="list-style-type: none"> • Take off Combination Jumps • Recognising the differences between fast, slow and medium pace • Approaching hurdles • Javelin throw • Skipping • Working as a group to record points 	Swimming	Handball <ul style="list-style-type: none"> • Passing the ball using different throws; overhead, underarm, chest, bounce • Throwing at a direction • Marking with distance • Positions and formation • Footwork, learning how to be static whilst holding the ball • Moving in a direction to receive 	Athletics <ul style="list-style-type: none"> • Preparing to run individual leg • Developing appropriate pace over longer times • Jumping for distance • Push throw • Baton exchange within a restricted area • Teaching STEP principle 	Tag Rugby <ul style="list-style-type: none"> • Support player with the ball • Set plays for attacking • Taking the distance not the time • Spaces not faces principle • Transition from attack to defence • Observe and analyse
Term 2	Hit catch run <ul style="list-style-type: none"> • Underarm/overarm throw • Learning to throw with different pieces of equipment • Track and return ball • Catching • Feeding movement and body position • Moving to score • Working with other players, teamwork 	Hit catch run <ul style="list-style-type: none"> • Hitting with bats • Preparing to score points by defending a target • Underarm bowling • Hitting to targets • Throwing to bases/wickets • Making simple choices about where to hit • Kick a bowled ball • Recognising when to run and sprint 	Football <ul style="list-style-type: none"> • Sending the ball using inside of the foot • Trapping a ball travelling along the ground • Passing over short distances; moving to receive the ball. • finding space to receive the ball • Use outside of the foot to control the ball and dribble 		Athletics <ul style="list-style-type: none"> • Aiming for Targets • Accelerating over short distances • Take off from one foot when running • Sling throw • Baton Exchange 	Hockey <ul style="list-style-type: none"> • Block tackle • Passing into the D • Marking • Sweep (open stick) • Dragging the ball from RIGHT to LEFT • One-handed dribble (open side) 	Basketball <ul style="list-style-type: none"> • Introducing bouncing the balls to players in isolated and in-game scenarios • Incorporate life into movement phrase • Recognise the difference between actions in shooting • Passing forward to shoot • Being active for a sustained period in a competitive situation.



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	Exploring the need and when to hit, catch and run		working as a team: communication; signalling space				
Term 3	Gymnastics <ul style="list-style-type: none"> Refine shapes and jumps Coordination Muscle tension to hold shapes Take off and land Body tension and control in travel Become increasingly confident at core movements Understanding use of equipment and, how to safely move it. 	Gymnastics <ul style="list-style-type: none"> Start and finish shapes The use of power in jumping Linking movements How levels can be created in gymnastics Appropriate speeds for movements Judging system Sequencing routines 	Gymnastics <ul style="list-style-type: none"> Extend into full range in balance/shape Moving in and out of contrasting shapes with fluency Body control and strength when rolling Jumping for height and distance Basic partner unison Starting and finishing patterns as a group 		Gymnastics <ul style="list-style-type: none"> Changes in speeds of actions, e.g. roll Use STEP model Cartwheel progressions Developing four compositional ideas Cooperation Judging system 	Gymnastics <ul style="list-style-type: none"> 'Round Off' stationary or running Exploring symmetry in balance and travel Over shoulder roll and asymmetry Counter Balances Smooth transitions Performance 	Gymnastics <ul style="list-style-type: none"> Flight on to high apparatus (preparation for vaulting) Dismount from high apparatus Cannon Including Equipment in sequence Unison Perform to music ready for Unit 2
Term 4	Run, jump, throw <ul style="list-style-type: none"> Start and stop at speed, changing speeds Arm movement in running Arm movement in jumping Using a variety of different throws Knowing the names of different types of throws Taking off from two feet Use leading arm to direct throw 	Run, jump, throw <ul style="list-style-type: none"> Awareness of others Creating power with legs to turn Burpee Choosing appropriate throws for different games Quick feet Recognising the difference between static and dynamic balances 	Tennis <ul style="list-style-type: none"> Backhand Forehand Placement of the balls How to return the ball Developing a rally. Adjusting sides of swing Learning the follow through, diagonal line Working with a partner Working solo Competitive nature 		Tennis <ul style="list-style-type: none"> Being in a position to return the ball from around the court Forehand to targets Introduction to backhand shots Moving to return the serve Working with a partner Scoring points against opponents 	OAA <ul style="list-style-type: none"> Working with others Cooperate to solve challenges Work as an individual Take part in OAA as part of a team 	OAA <ul style="list-style-type: none"> Follow and orient a map Select a correct travelling pace, e.g. running, jogging or brisk walking pace Run as fast as possible under control Balance safely and with control Work efficiently as part of a team to eliminate opposition Problem solve as part of a team Refine and adapt ideas



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	Showing reaction skills by performing actions						
Term 5	<p>Send and return</p> <ul style="list-style-type: none"> Slide and receive a ball/bean bag Hitting Moving towards and hitting balls Basic rally Moving and using my body to try and defend Mastering basic movement skills Understanding the terms sending and returning, and when the correct time to use each term Understanding when the best time is to shoot or pass. Basic understanding the concept of teamwork and point scoring. 	<p>Send and return</p> <ul style="list-style-type: none"> On toes to move towards the path of the ball Identifying dominant and non-dominant side Basic service rules Push off feet to change direction Holding a racquet and self-feed Basic ready position 	<p>OAA</p> <ul style="list-style-type: none"> Work as a team Design obstacle course Develop and refine their work Identify safety features 		<p>Netball</p> <ul style="list-style-type: none"> Protecting the ball Basic shooting technique Playing within thirds Marking Footwork Gameplay and England Netball high 5 rotations 	<p>Cricket</p> <ul style="list-style-type: none"> Calling for runs as partners Throwing for accuracy over short distances Following the path of the ball, keeping wicket Overarm bowling with a run-up Forward defensive shot Setting a field 	<p>Tennis</p> <ul style="list-style-type: none"> Communicating with each other in doubles games Backhand Shot Lob Shot Rules and Scoring Positioning in doubles play Tactics
Term 6	<p>Athletics</p> <ul style="list-style-type: none"> Use both arms to direct a throw towards a target using different equipment. Body tension and control in movement: balancing, running, 	<p>Athletics</p> <ul style="list-style-type: none"> Creating power with legs to turn; agility. Choosing appropriate throws for different games Quick feet (Ladders and hurdles). 	<p>Cricket</p> <ul style="list-style-type: none"> Straight drive Underarm bowling Foot placement to strike the ball Long Barrier Overarm throw for distance 		<p>OAA</p> <ul style="list-style-type: none"> Develop strength Work cooperatively as part of a team Working collaboratively to perform under pressure 	<p>Netball</p> <ul style="list-style-type: none"> Protecting and passing the ball Mastering shooting technique Playing within thirds of Different formation and playstyles. 	<p>Athletics</p> <ul style="list-style-type: none"> Sprint Start Run up for long jump Recording data for different throws STEP Principle Judging



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	<p>jumping, skipping and hopping.</p> <ul style="list-style-type: none"> • Arm and leg movement in running • Start, jog, sprint and stop at different speeds • Using my body, arms and legs to control my balance whilst jumping and landing a jump. 	<ul style="list-style-type: none"> • Appropriate speeds for movements; acceleration and deceleration. • Identifying dominant and non-dominant side and throwing to target. 	<p>Introducing the role of the wicketkeeper</p>		<ul style="list-style-type: none"> • Marking in pairs and trios. • Footwork against opposition • Gameplay and England Netball high 5 rotations 	
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In addition, all classes receive dance tuition – see separate dance curriculum map for focus and skills