



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

EYFS	In EYFS Physical Education is embedded throughout our day with physical movement and organised activities such as Dance, games and a regular specialist PE lessons. Our daily activities focus on gross and fine motor skills development.					
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Term 1</b>	<b>Attack, defend, shoot</b> <ul style="list-style-type: none"> <li>• Sending to target</li> <li>• Catch and intercept</li> <li>• Roll a ball</li> <li>• Defend and attack</li> <li>• Understanding throwing works in a sequence</li> <li>• Using defensive body positions to defend</li> </ul>	<b>Attack, defend, shoot</b> <ul style="list-style-type: none"> <li>• Inside of foot kicking</li> <li>• Stopping the ball with foot</li> <li>• Control on the ball</li> <li>• Bounce the ball to shoot</li> <li>• Basketball dribbling</li> <li>• Implement throwing and catching skills</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• Take off Combination Jumps</li> <li>• Recognising the differences between fast, slow and medium pace</li> <li>• Approaching hurdles</li> <li>• Javelin throw</li> <li>• Skipping</li> <li>• Working as a group to record points</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• Aiming for Targets</li> <li>• Accelerating over short distances</li> <li>• Take off from one foot when running</li> <li>• Sling throw</li> <li>• Baton Exchange</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• Preparing to run individual leg</li> <li>• Developing appropriate pace over longer times</li> <li>• Jumping for distance</li> <li>• Push throw</li> <li>• Baton exchange within a restricted area</li> <li>• Teaching STEP principle</li> </ul>	<b>Tag Rugby</b> <ul style="list-style-type: none"> <li>• Support player with the ball</li> <li>• Set plays for attacking</li> <li>• Taking the distance not the time</li> <li>• Spaces not faces principle</li> <li>• Transition from attack to defence</li> </ul> <p>Observe and analyse</p>
<b>Term 2</b>	<b>Hit catch run</b> <ul style="list-style-type: none"> <li>• Underarm/overarm throw</li> <li>• Learning to throw with different pieces of equipment</li> <li>• Track and return ball</li> <li>• Catching</li> <li>• Feeding movement and body position</li> <li>• Moving to score</li> <li>• Working with other players, teamwork</li> <li>• Exploring the need and when to hit, catch and run</li> </ul>	<b>Hit catch run</b> <ul style="list-style-type: none"> <li>• Hitting with bats</li> <li>• Preparing to score points by defending a target</li> <li>• Underarm bowling</li> <li>• Hitting to targets</li> <li>• Throwing to bases/wickets</li> <li>• Making simple choices about where to hit</li> <li>• Kick a bowled ball</li> <li>• Recognising when to run and sprint</li> </ul>	<b>Football</b> <ul style="list-style-type: none"> <li>• Sending the ball using inside of the foot</li> <li>• Trapping a ball travelling along the ground</li> <li>• Passing over short distances; moving to receive the ball.</li> <li>• finding space to receive the ball</li> <li>• Use outside of the foot to control the ball and dribble</li> <li>• working as a team: communication; signalling space</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>• Changes in speeds of actions, e.g. roll</li> <li>• Use STEP model</li> <li>• Cartwheel progressions</li> <li>• Developing four compositional ideas</li> <li>• Cooperation</li> <li>• Judging system</li> <li>• </li> </ul>	<b>Hockey</b> <ul style="list-style-type: none"> <li>• Block tackle</li> <li>• Passing into the D</li> <li>• Marking</li> <li>• Sweep (open stick)</li> <li>• Dragging the ball from RIGHT to LEFT</li> <li>• One-handed dribble (open side)</li> </ul>	<b>Basketball</b> <ul style="list-style-type: none"> <li>• Introducing bouncing the balls to players in isolated and in-game scenarios</li> <li>• Incorporate life into movement phrase</li> <li>• Recognise the difference between actions in shooting</li> <li>• Passing forward to shoot</li> <li>• Being active for a sustained period in a competitive situation.</li> </ul> <p>Swimming</p>



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<b>Term 3</b>	<b>Run, jump, throw</b> <ul style="list-style-type: none"> <li>Start and stop at speed, changing speeds</li> <li>Arm movement in running</li> <li>Arm movement in jumping</li> <li>Using a variety of different throws</li> <li>Knowing the names of different types of throws</li> <li>Taking off from two feet</li> <li>Use leading arm to direct throw</li> </ul>	<b>Run, jump, throw</b> <ul style="list-style-type: none"> <li>Awareness of others</li> <li>Creating power with legs to turn</li> <li>Burpee</li> <li>Choosing appropriate throws for different games</li> <li>Quick feet</li> <li>Recognising the difference between static and dynamic balances</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Extend into full range in balance/shape</li> <li>Moving in and out of contrasting shapes with fluency</li> <li>Body control and strength when rolling</li> <li>Jumping for height and distance</li> <li>Basic partner unison</li> <li>Starting and finishing patterns as a group</li> </ul>	<b>Netball</b> <ul style="list-style-type: none"> <li>Protecting the ball</li> <li>Basic shooting technique</li> <li>Playing within thirds</li> <li>Marking</li> <li>Footwork</li> </ul> Gameplay and England Netball high 5 rotations	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>'Round Off' stationary or running</li> <li>Exploring symmetry in balance and travel</li> <li>Over shoulder roll and asymmetry</li> <li>Counter Balances</li> <li>Smooth transitions</li> </ul> <b>Swimming</b>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Flight on to high apparatus (preparation for vaulting)</li> <li>Dismount from high apparatus</li> <li>Cannon</li> <li>Including Equipment in sequence</li> <li>Unison</li> <li>Perform to music ready for Unit 2</li> </ul>
<b>Term 4</b>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Refine shapes and jumps</li> <li>Coordination</li> <li>Muscle tension to hold shapes</li> <li>Take off and land</li> <li>Body tension and control in travel</li> <li>Become increasingly confident at core movements</li> <li>Understanding use of equipment and, how to safely move it.</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Start and finish shapes</li> <li>The use of power in jumping</li> <li>Linking movements</li> <li>How levels can be created in gymnastics</li> <li>Appropriate speeds for movements</li> <li>Judging system</li> <li>Sequencing routines</li> </ul>	<b>Tennis</b> <ul style="list-style-type: none"> <li>Backhand Forehand</li> <li>Placement of the balls</li> <li>How to return the ball</li> <li>Developing a rally.</li> <li>Adjusting sides of swing</li> <li>Learning the follow through, diagonal line</li> <li>Working with a partner</li> <li>Working solo</li> <li>Competitive nature</li> </ul>	<b>Cricket</b> <ul style="list-style-type: none"> <li>Throwing for accuracy over short distances</li> <li>Following the path of the ball, keeping wicket</li> <li>Overarm bowling with a run-up</li> <li>Setting a field</li> </ul>	<b>Cricket</b> <ul style="list-style-type: none"> <li>Calling for runs as partners</li> <li>Throwing for accuracy over short distances</li> <li>Following the path of the ball, keeping wicket</li> <li>Overarm bowling with a run-up</li> <li>Forward defensive shot</li> <li>Setting a field</li> </ul> <b>Swimming</b>	<b>Athletics</b> <ul style="list-style-type: none"> <li>Sprint Start</li> <li>Run up for long jump</li> <li>Recording data for different throws</li> <li>STEP Principle</li> <li>Judging Balance safely and with control</li> <li>Work efficiently as part of a team to eliminate opposition</li> <li>Problem solve as part of a team</li> <li>Refine and adapt ideas</li> </ul>



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<b>Term 5</b>	<b>Send and return</b> <ul style="list-style-type: none"> <li>Slide and receive a ball/bean bag</li> <li>Hitting</li> <li>Moving towards and hitting balls</li> <li>Basic rally</li> <li>Moving and using my body to try and defend</li> <li>Mastering basic movement skills</li> <li>Understanding the terms sending and returning, and when the correct time to use each term</li> <li>Understanding when the best time is to shoot or pass.</li> <li>Basic understanding the concept of teamwork and point scoring.</li> </ul>	<b>Send and return</b> <ul style="list-style-type: none"> <li>On toes to move towards the path of the ball</li> <li>Identifying dominant and non-dominant side</li> <li>Basic service rules</li> <li>Push off feet to change direction</li> <li>Holding a racquet and self-feed</li> <li>Basic ready position</li> </ul>	<b>OAA</b> <ul style="list-style-type: none"> <li>Work as a team</li> <li>Design obstacle course</li> <li>Develop and refine their work</li> <li>Identify safety features</li> </ul>	<b>OAA</b> <ul style="list-style-type: none"> <li>Working with others</li> <li>Cooperate to solve challenges</li> <li>Work as an individual</li> <li>Take part in OAA as part of a team</li> </ul> <b>Swimming</b>	<b>OAA</b> <ul style="list-style-type: none"> <li>Working with others</li> <li>Cooperate to solve challenges</li> <li>Work as an individual</li> <li>Take part in OAA as part of a team</li> </ul>	<b>Tennis</b> <ul style="list-style-type: none"> <li>Communicating with each other in doubles games</li> <li>Backhand Shot</li> <li>Lob Shot</li> <li>Rules and Scoring</li> <li>Positioning in doubles play</li> <li>Tactics</li> </ul>
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Term 6	Athletics	Athletics	Cricket	Tennis	Basketball	OAA
	<ul style="list-style-type: none"> <li>Use both arms to direct a throw towards a target using different equipment.</li> <li>Body tension and control in movement: balancing, running, jumping, skipping and hopping.</li> <li>Arm and leg movement in running</li> <li>Start, jog, sprint and stop at different speeds</li> <li>Using my body, arms and legs to control my balance whilst jumping and landing a jump.</li> </ul>	<ul style="list-style-type: none"> <li>Creating power with legs to turn; agility.</li> <li>Choosing appropriate throws for different games</li> <li>Quick feet (Ladders and hurdles).</li> <li>Appropriate speeds for movements; acceleration and deceleration.</li> <li>Identifying dominant and non-dominant side and throwing to target.</li> </ul>	<ul style="list-style-type: none"> <li>Straight drive</li> <li>Underarm bowling</li> <li>Foot placement to strike the ball</li> <li>Long Barrier</li> <li>Overarm throw for distance</li> <li>Introducing the role of the wicketkeeper</li> </ul>	<ul style="list-style-type: none"> <li>Being in a position to return the ball from around the court</li> <li>Forehand to targets</li> <li>Introduction to backhand shots</li> <li>Moving to return the serve</li> <li>Working with a partner</li> <li>Scoring points against opponents</li> </ul> <p><b>Swimming</b></p>	<ul style="list-style-type: none"> <li>Incorporate life into movement phrase</li> <li>Recognise the difference between actions in shooting</li> <li>Passing forward to shoot</li> <li>Being active for a sustained period in a competitive situation.</li> </ul>	<ul style="list-style-type: none"> <li>Follow and orient a map</li> <li>Select a correct travelling pace, e.g. running, jogging or brisk walking pace</li> <li>Run as fast as possible under control</li> </ul>

In addition, all classes receive dance tuition – see separate dance curriculum map for focus