



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 	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 	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	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 	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 	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.
Term 2	Run, jump, throw <ul style="list-style-type: none"> • Start and stop at speed • Arm movement in running • 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 <p>Scoring points against opponents</p>	Cricket <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 Tennis (TBC) <ul style="list-style-type: none"> • Being in a position to return the ball • Forehand to targets • Introduction to backhand shots • Moving to return the serve • Working with a partner 	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



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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 	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 	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 		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 	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) 	Tennis <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 4	Hit catch run <ul style="list-style-type: none"> Underarm/overarm throw Track and return ball Catching Feeding movement and body position Moving to score 	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 	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 working as a team: communication; 		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 	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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			signalling space to receive the ball				
Term 5	Send and return <ul style="list-style-type: none"> Slide and receive a ball/bean bag Hitting Moving towards and hitting balls Basic rally 	Send and return <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 	OAA <ul style="list-style-type: none"> Work as a team Design obstacle course Develop and refine their work Identify safety features 		Netball <ul style="list-style-type: none"> Protecting the ball Basic shooting technique Playing within thirds Marking Footwork Gameplay and England Netball high 5 rotations 	Netball <ul style="list-style-type: none"> Protecting and passing the ball Mastering shooting technique Playing within thirds of Different formation and playstyles. Marking in pairs and trios. Footwork against opposition Gameplay and England Netball high 5 rotations 	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 6	Athletics <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, jumping, skipping and hopping. Arm and leg movement in running Start, jog, sprint and stop at different speeds 	Athletics <ul style="list-style-type: none"> Creating power with legs to turn; agility. Choosing appropriate throws for different games Quick feet (Ladders and hurdles). Appropriate speeds for movements; acceleration and deceleration. Identifying dominant and non-dominant side and throwing to target. 	Cricket <ul style="list-style-type: none"> Straight drive Underarm bowling Foot placement to strike the ball Long Barrier Overarm throw for distance <p>Introducing the role of the wicketkeeper</p>		OAA <ul style="list-style-type: none"> Develop strength Work cooperatively as part of a team Working collaboratively to perform under pressure 	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 	Athletics <ul style="list-style-type: none"> Sprint Start Run up for long jump Recording data for different throws STEP Principle Judging

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