



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

	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> </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> </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>Swimming</b>	<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>Dance</b> <ul style="list-style-type: none"> <li>• Use tension and extension to control body</li> <li>• Develop a simple sequence using actions and dynamics</li> <li>• Recognise the difference between actions and dynamics</li> <li>• Develop a movement phrase that incorporates at least two relationships and a spatial element</li> </ul>
<b>Term 2</b>	<b>Run, jump, throw</b> <ul style="list-style-type: none"> <li>• Start and stop at speed</li> <li>• Arm movement in running</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>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>Tennis</b> <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> </ul> Scoring points against opponents	<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>Tennis course offered to school by Active Westminster.</b> <ul style="list-style-type: none"> <li>• Being in a position to return the ball</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> <li>• Observe and analyse</li> </ul>



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						<ul style="list-style-type: none"> <li>• Forehand to targets</li> <li>• Introduction to backhand shots</li> <li>• Moving to return the serve</li> <li>• Working with a partner</li> </ul>	
<b>Term 3</b>	<p style="text-align: center;"><b>Gymnastics</b></p> <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> </ul>	<p style="text-align: center;"><b>Gymnastics</b></p> <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> </ul>	<p style="text-align: center;"><b>Gymnastics</b></p> <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>		<p style="text-align: center;"><b>Handball</b></p> <ul style="list-style-type: none"> <li>• Passing the ball using different throws; overhead, underarm, chest, bounce</li> <li>• Throwing at a direction</li> <li>• Marking with distance</li> <li>• Positions and formation</li> <li>• Footwork, learning how to be static whilst holding the ball</li> <li>• Moving in a direction to receive</li> </ul>	<p style="text-align: center;"><b>Hockey</b></p> <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>	<p style="text-align: center;"><b>Tennis</b></p> <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>
<b>Term 4</b>	<p style="text-align: center;"><b>Hit catch run</b></p> <ul style="list-style-type: none"> <li>• Underarm/overarm throw</li> <li>• Track and return ball</li> <li>• Catching</li> <li>• Feeding movement and body position</li> <li>• Moving to score</li> </ul>	<p style="text-align: center;"><b>Hit catch run</b></p> <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> </ul>	<p style="text-align: center;"><b>Football</b></p> <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> </ul>		<p style="text-align: center;"><b>Gymnastics</b></p> <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> </ul>	<p style="text-align: center;"><b>Gymnastics</b></p> <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> <li>• Performance</li> </ul>	<p style="text-align: center;"><b>OAA</b></p> <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> <li>• Balance safely and with control</li> </ul>



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		<ul style="list-style-type: none"> <li>Making simple choices about where to hit</li> </ul>	<ul style="list-style-type: none"> <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 to receive the ball</li> </ul>	<ul style="list-style-type: none"> <li>Cooperation</li> <li>Judging system</li> </ul>		<ul style="list-style-type: none"> <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>
<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> </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>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> <li>Gameplay and England Netball high 5 rotations</li> </ul>	<b>Netball</b> <ul style="list-style-type: none"> <li>Protecting and passing the ball</li> <li>Mastering shooting technique</li> <li>Playing within thirds of</li> <li>Different formation and playstyles.</li> <li>Marking in pairs and trios.</li> <li>Footwork against opposition</li> <li>Gameplay and England Netball high 5 rotations</li> </ul>	<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 6</b>	<b>Athletics</b> <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> </ul>	<b>Athletics</b> <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> </ul>	<b>Cricket</b> <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> </ul> <p>Introducing the role of the wicketkeeper</p>	<b>OAA</b> <ul style="list-style-type: none"> <li>Develop strength</li> <li>Work cooperatively as part of a team</li> <li>Working collaboratively to perform under pressure</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>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</li> </ul>



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	Start, jog, sprint and stop at different speeds	<ul style="list-style-type: none"><li>Identifying dominant and non-dominant side and throwing to target.</li></ul>					
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**In addition, all classes receive dance tuition – see separate dance curriculum map for focus and skills**