

# PE Curriculum Map

2020-2021 (A) /

2021-2022 (B)

Year Group	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
R/1	<b>Athletic activities:</b>  <b>Focus on:</b> Exploring running, jumping and throwing activities	<b>Multi skills:</b>  <b>Focus on:</b> Developing basic locomotion, stability and object control	<b>Gymnastic activities:</b>  <b>Focus on:</b> Developing locomotion, stability and object control through gymnastic activities.	<b>Multi skills:</b>  <b>Focus on:</b> Developing control and consistency: Locomotion, stability and object control	<b>Gymnastic activities:</b>  <b>Focus on:</b> 'Points and Patches' – weight bearing using different body parts	Dance activities  <b>Focus on:</b> Story based (super worm) /thematic	<b>Multi skills:</b>  <b>Focus on:</b> Developing and applying locomotion, stability and object control through target activities	Dance activities  <b>Focus on:</b> Story based /thematic	<b>Swimming</b>  <b>OAA activities:</b>  <b>Focus on:</b> Co-operation/ following instructions/ developing listening skills (See OAA resources).	<b>Health and Well-Being / Playground Games</b>  Yoga  Tai chi	<b>Swimming</b>	
2	<b>Athletic activities:</b>  <b>Focus on:</b> Developing running, jumping and throwing techniques; in isolation and combination	<b>Multi-skills:</b>  <b>Focus on:</b> Invasion games focus on linking and applying locomotion, stability and object control.	<b>Gymnastic activities</b>  <b>Focus on:</b> Rolling	<b>Multi-skills:</b>  <b>Focus on:</b> Net/wall and strike/field games.  Linking and applying fundamental locomotion, stability and object control	<b>Gymnastic activities</b>  <b>Focus on:</b> 'Family of Actions' – developing and linking core actions together.	Dance activities  <b>Focus on:</b> Story based (super worm) /thematic	<b>Multi-skills:</b>  <b>Focus on:</b> Net/wall and strike/field games.  Linking and applying fundamental locomotion, stability and object control	Dance activities  <b>Focus on:</b> Story based /thematic	<b>Swimming</b>  <b>OAA activities:</b>  <b>Focus on:</b> Co-operation/ following instructions/ developing listening skills	<b>Health and Well-Being / Playground Games</b>  Yoga  Tai chi	<b>Swimming</b>	
<b>Link to Upcoming Festivals</b>												

National Curriculum Link:-

- Master basic movements including running, jumping, throwing and catching
- Developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns
- Swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]

A	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
3/4	<b>Fitness or Athletics</b>  <b>Focus on:</b> Developing core running, jumping and throwing techniques/ healthy lifestyles.	<b>Gymnastics</b>  <b>Focus on:</b> Stretching, curling and arching.	<b>Invasion Games (thematic)</b>  <b>Focus on:</b> Developing ball skills through hockey, football and handball based activities.	<b>Gymnastics</b>  <b>Focus on:</b> Stretching, curling and arching.	Dance  <b>Focus on:</b> Topic/theme based stimulus.	<b>Invasion Games</b>  <b>Focus on:</b> Developing and applying skills through small-sided games.  <b>Swimming</b>	Dance  <b>Focus on:</b> Topic/theme based stimulus	<b>Net and Wall Games</b>  <b>Focus on:</b> Developing ball skills & co-ordination through tennis and badminton activities  <b>Swimming</b>	<b>Striking and fielding Games</b>  <b>Focus on:</b> Developing striking/fielding skills through kwik cricket and rounders activities.	<b>DAA</b>  <b>Focus on:</b> Developing communication, team work and listening skills.	<b>Net and Wall Games</b>  <b>Focus on:</b> Developing ball skills & co-ordination through tennis and badminton activities	<b>Athletics</b>  <b>Focus on:</b> Exploring running, jumping and throwing activities
B	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
3/4	<b>Athletics</b>  <b>Focus on:</b> Developing core running, jumping and throwing techniques/ healthy lifestyles.	<b>Gymnastics</b>  <b>Focus on:</b> 'Dynamic Balances'	<b>Invasion Games (thematic)</b>  <b>Focus on:</b> Developing ball skills through netball and basketball based activities.	<b>Gymnastics</b>  <b>Focus on:</b> Stretching, curling and arching.	Dance  <b>Focus on:</b> Topic/theme based stimulus.	<b>Invasion Games</b>  <b>Focus on:</b> Developing and applying skills through small-sided games.  <b>Swimming</b>	Dance  <b>Focus on:</b> Topic/theme based stimulus	<b>Net and Wall Games</b>  <b>Focus on:</b> Developing ball skills & co-ordination through tennis and badminton activities  <b>Swimming</b>	<b>Striking and fielding Games</b>  <b>Focus on:</b> Kwik cricket or rounders	<b>DAA</b>  <b>Focus on:</b> Team work and problem solving.	<b>Health and Well-Being</b>  Focus on health and well-being. Yoga Tai chi	<b>Athletics</b>  <b>Focus on:</b> Exploring running, jumping and throwing activities
<b>Link to Upcoming Festivals</b>												

National Curriculum Link:-

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis],
- Apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team

- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.

A	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
5/6	Athletics	Invasion Games	Net /Wall Games	Gymnastics	Dance	Gymnastics	Dance	Invasion Games	Striking/fielding Games	OAA	Fitness/circuit training/ less tradition games	Athletics
	Focus on: Cross country/core techniques	Focus on: Hockey	Focus on: Tennis / Badminton	Focus on: 'Matching and Mirroring'	Focus on: Topic/ theme based stimulus.	Focus on: 'Bridges'	Focus on: Topic/ theme based stimulus.	Focus on: Tag Rugby	Focus on: Kwick cricket	Focus on: Orienteering activities	Wolverley High School transition period Ski slope / bouldering / Yoga	Focus on: Developing running, jumping and throwing techniques
		Swimming	Swimming									
B	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
5/6	Athletics	Invasion Games	Striking/fielding Games	Gymnastics	Dance	Gymnastics	Dance	Net and Wall Games	Invasion Games	OAA	Health and Well-Being	Athletics
	Focus on: Cross country/core techniques	Focus on: Hockey	Focus on: Tri-golf	Focus on: 'Flight'	Focus on: Topic/theme based stimulus.	Focus on: 'Creative Performance'	Focus on: Topic/theme based stimulus.	Focus on: Tennis / Badminton	Focus on: Netball	Focus on: Orienteering activities	Focus on health and well-being. Wolverley High School transition period Yoga / Ski slope / bouldering.	Focus on: Developing running, jumping and throwing techniques
		Swimming	Swimming									
Link to Upcoming Festivals												

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- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.