

PE Curriculum map
(Get Set 4 PE)

Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
EYFS Nursery	N/A	Introduction to PE Unit 1	Fundamentals Unit 1	Dance Unit 1 /Gymnastics Unit 1	Gymnastics Unit 1 /Athletics (Sports day specific)	Athletics (Sports day specific)/ Ball skills Unit 1
EYFS Rec	Fundamentals Unit 2	Dance Unit 2	Gymnastics	Ball skills Unit 2	Athletics (Sports day specific)	Games Unit 2
1	Fundamentals	<i>DANCE (Christmas Show)</i>	Gymnastics	Ball skills	Striking & Fielding (3 weeks) Athletics (3 weeks Sports day specific)	Athletics (3 weeks Sports day specific) Fitness (3 weeks)
2	Fundamentals	Fitness	Gymnastics	Invasion (through netball)	Athletics	Striking & fielding
3	Fundamentals	Basketball	Gymnastics	Ball Skills	Athletics	Rounders
4 Swimming	Fitness	Goalball and Boccia	Gymnastics	Tennis	Athletics	Cricket
5	Fitness and OAA**	Netball	Gymnastics	Football	Athletics	Rounders
6	Fitness and OAA**	Basketball	Gymnastics	Tennis	Athletics	Cricket

Health & Wellbeing
(taught throughout the year in PE and PSHE)

<p>EYFS</p>	<p>Children are beginning to identify the effects of exercise on the body such as; feeling hot, breathless, heart beating faster, change of colour to face (getting redder), and sweat.</p> <p>Children understand it is important to warm-up as this prevents us from getting hurt.</p> <p>Children show awareness and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> - regular physical activity - healthy eating (food and drink) - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian
<p>Key Stage 1</p>	<p>During the fitness topic children learn:</p> <ul style="list-style-type: none"> - how exercise can make you feel. - how exercise can make you strong and healthy. - how exercise relates to breathing. - how exercise helps your brain. - how exercise helps your muscles. - the importance of daily exercise. <p>Children continue to develop their understanding of this over the year as well as:</p> <ul style="list-style-type: none"> - the importance of warming up to prevent injury - other factors as well as exercise that improve health and well being - diet, oral health, sleep, screen time, and mindfulness
<p>Key Stage 2</p>	<p>During the fitness topic children learn:</p> <ul style="list-style-type: none"> - how to develop an awareness of what your body is capable of and the effects on the body. - how to develop strength, speed, stamina, coordination, agility, control whilst balancing, aerobic endurance. <p>Children continue to develop their understanding of this over the year as well as:</p> <ul style="list-style-type: none"> - having a good knowledge and understanding of the importance of warming up to prevent injury - having a good knowledge and understanding of other factors as well as exercise that improve health and well being - diet, oral health, sleep, screen time, and mindfulness - the ability to talk confidently about their personal triggers of stress and what they do to help their own mental and physical health and wellbeing to decrease stress and improve health and fitness.

Nursery						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2 <i>EYFS Sports day 22/6/22</i>
Unit of work	N/A	Introduction to PE Unit 1	Fundamentals Unit 1	Dance Unit 1/ Gymnastics Unit 1	Gymnastics Unit 1/ Athletics <i>(Sports day specific)</i>	Athletics <i>(Sports day specific)/</i> Ball skills Unit 1
Objectives	<p>During the first half term in nursery, the focus is on exploring their classroom environment (inside and outside) and support the children to use the inside areas and resources safely and appropriately.</p> <p>The children develop the skills of negotiating space.</p> <p>Our outdoor environment includes:</p> <p>Trim trail - the children learn to use the strength, agility, balance and coordination to get from one end to the other safely.</p> <p>Bikes & scooters - we have a variety of bikes and scooters that vary in difficulty (4 wheels, 3, wheels and 2 wheels).</p> <p>Physical equipment - outdoors there is a</p>	<p>1. Theme: Witches and wizards. To move safely and sensibly in a space with consideration of others.</p> <p>2. Theme: Pirates. To develop moving safely and stopping with control.</p> <p>3. Theme Mythical creature. To use equipment safely and responsibly.</p> <p>4. Theme: to the castle. To use distance travelling actions whilst following a path.</p> <p>5. Theme: Superheroes. To work with others cooperatively and play as a group.</p> <p>6. Theme: Monsters. To follow, copy and lead a partner.</p>	<p>1. Theme: Body parts. To develop balancing whilst stationary and on the move.</p> <p>2. Theme: Feelings. To develop running and stopping.</p> <p>3. Theme: Our senses. To develop a changing direction.</p> <p>4. Theme: Ways we look after ourselves. To develop jumping and landing.</p> <p>5. Theme: My favourite things. To develop hopping and landing with control.</p> <p>6. Theme: It's good to be me. To explore different ways to travel.</p>	<p>Dance (3 weeks): Lesson 2. Theme: Head, shoulders, knees and toes. To explore different body parts and how they move and remember and repeat actions. Lesson 4. Theme: Transport. To create movements and adapt and perform simple dance patterns. Lesson 5. Theme: Morning routine. To copy and repeat actions showing confidence and imagination</p> <p>Gymnastics (3 weeks): 1. Theme: rainforest animals. To copy and create shapes with your body. 2. Theme: woodland animals. To be able to create shapes whilst on apparatus. 3. Theme: lakeland animals. To develop balancing and taking weight on different body</p>	<p>Gymnastics (3 weeks): Lesson 4. Theme: desert animals To develop jumping and landing safely. Lesson 5. Theme: sea animals To develop rocking and rolling. Lesson 6. Theme: pet animals To copy and create short sequences by linking actions together.</p> <p>Athletics (3 weeks) <i>Sports day specific:</i></p> <p>Yard events: 1. Penalty shoot out 2. Bucket ball/throw the ball into the bucket 3. Standing long jump 4. Gymnastics station - climb on the bench, walk along and jump off 5. Complete the Nursery Trim trail</p>	<p>Athletics (2 weeks) <i>Sports day specific: Yard events:</i></p> <p>1. Penalty shoot out 2. Bucket ball/throw the ball into the bucket 3. Standing long jump 4. Gymnastics station - climb on the bench, walk along and jump off 5. Complete the Nursery Trim trail</p> <p>Track Events: 1. Straight run /sprint 2. Egg and spoon 3. Sack Race 4. Hurdles</p> <p>Ball Skills (4 weeks) Lesson 3. Theme: Ladybirds and butterflies. To develop accuracy when throwing to a target. Lesson 4. Theme: Grasshoppers. To develop bouncing and</p>

	<p>variety of other physical resources children have daily access; hoops, beanbags, balls, skipping ropes, rackets, stilts are just to name a few.</p> <p>Explore Go Noodle & Cosmic Yoga.</p>			<p>parts.</p>	<p>Track Events:</p> <ol style="list-style-type: none"> 1. Straight run /sprint 2. Egg and spoon 3. Sack Race 4. Hurdles 	<p>catching a ball.</p> <p>Lesson 5. Theme: Caterpillars. To develop dribbling a ball with your feet.</p> <p>Lesson 6. Theme: Spiders. To develop kicking a ball.</p>
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Reception

Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Unit of work	Fundamentals Unit 2	Dance Unit 2	Gymnastics	Ball skills Unit 2	Athletics <i>(Sports day specific)</i>	Games Unit 2
Objectives	<p>1. Theme: At the circus. To develop balancing.</p> <p>2. Theme: On safari. To develop running and stopping.</p> <p>3. Theme: Under the sea. To develop changing direction.</p> <p>4. Theme: Space explorers. To develop jumping.</p> <p>5. Theme: At the farm. To develop hopping.</p> <p>6. Theme: Into the woods. To explore different ways to travel using equipment.</p>	<p>1. Theme: at the seaside To copy, repeat and explore actions in response to a theme.</p> <p>2. Theme: under the sea To explore and remember actions considering level, shape and direction.</p> <p>3. Theme: at the fireworks display To explore movement using a prop with control and co-ordination.</p> <p>4. Theme: at the fireworks display To move with control and co-ordination, expressing ideas through movement.</p> <p>5. Theme: at the farm To remember and repeat actions moving in time with the music.</p> <p>6. Theme: at the farm To explore actions in response to a theme and begin to use counts.</p>	<p>1. Theme: Jack and the Beanstalk To create short sequences using shapes, balances and travelling actions.</p> <p>2. Theme: Jack and the Beanstalk To develop balancing and safely using apparatus.</p> <p>3. Theme: Jack and the Beanstalk To develop jumping and landing safely from a height.</p> <p>4. Theme: Goldilocks and the Three Bears To develop rocking and rolling.</p> <p>5. Theme: Goldilocks and the Three Bears To explore travelling around, over and through apparatus.</p> <p>6. Theme: Goldilocks and the Three Bears To create sequences using apparatus.</p>	<p>1. Theme: Windy weather. To develop rolling and tracking a ball.</p> <p>2. Theme: Snow is falling. To develop accuracy when throwing to a target.</p> <p>3. Theme: There's a storm coming. To develop dribbling with hands.</p> <p>4. Theme: Rainy days. To develop throwing and catching with a partner.</p> <p>5. Theme: Sunshine and rainbows. To develop dribbling with a ball with your feet.</p> <p>6. Theme: Foggy days. To develop kicking a ball to a target.</p>	<p>Yard events:</p> <p>1. Penalty shoot out</p> <p>2. Bucket ball/throw the ball into the bucket</p> <p>3. Standing long jump</p> <p>4. Gymnastics station - climb on the bench, walk along and forward roll off the end</p> <p>5. Complete the Nursery Trim trail</p> <p>Track Events:</p> <p>1. Straight run /sprint</p> <p>2. Egg and spoon</p> <p>3. Sack Race</p> <p>4. 3 legged race</p> <p>5. Hurdles</p>	<p>1. Theme: polar regions To aim when throwing and practise keeping score.</p> <p>2. Theme: the rainforest To follow instructions and move safely when play tagging games.</p> <p>3. Theme: Australia To learn to play against a partner.</p> <p>4. Theme: wild west To develop co-ordination and play by the rules.</p> <p>5. Theme: India To explore striking a ball and keeping score.</p> <p>6. Theme: far east To work co-operatively as a team.</p>

Year 1						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Lesson 1 Unit of work	Fundamentals	Dance	Gymnastics	Ball skills	Striking & Fielding (3 weeks) Athletics (3 weeks - Sports day specific)	Athletics (3 weeks - Sports day specific) Fitness (3 weeks)
Objectives	<ol style="list-style-type: none"> 1. To explore balance, stability and landing safely. 2. To explore how the body moves differently when running at different speeds. 3. To explore changing direction and dodging. 4. To explore jumping, hopping and skipping actions. 5. To explore co-ordination and combining jumps. 6. To explore combination jumping and skipping in an individual rope. 	<p><i>Hall slot needed to practise Christmas Show with Rec & Y1</i></p>	<ol style="list-style-type: none"> 1. To explore travelling movements. 2. To develop and combine travelling movements. 3. To develop quality when performing and linking shapes. 4. To develop quality when linking shapes. 5. To develop stability and control when performing balances. 6. To develop stability and control when performing balances. 	<ol style="list-style-type: none"> 1. To develop control and coordination when dribbling a ball with your hands. 2. To explore accuracy when rolling a ball. 3. To explore throwing with accuracy towards a target. 4. To explore catching with two hands. 5. To explore control and coordination when dribbling a ball with your feet. 6. To explore tracking a ball that is coming towards me 	<p>Striking & Fielding (3 weeks)</p> <ol style="list-style-type: none"> 1. To develop underarm throwing and catching. 2. To develop overarm throwing. 3. To develop hitting a ball. <p>Athletics (3 weeks)</p> <p>Yard events:</p> <ol style="list-style-type: none"> 1. Dribble the football around the cones and shoot into the goal. 2. Javelin - cumulative score 3. Standing long jump - cumulative score. 4. Speed bounce - jump over hurdle (15 seconds timed) 5. Trim trail time trial (total time for every member to cross, max 5 students on at a time) <p>Track events:</p> <ol style="list-style-type: none"> 1. Sprint 2. Sack race 3. Skipping race 4. Hurdles race 5. 3 legged race 6. Egg and spoon race 	<p>Athletics (3 weeks)</p> <p>Yard events:</p> <ol style="list-style-type: none"> 1. Dribble the football around the cones and shoot into the goal. 2. Javelin - cumulative score 3. Standing long jump - cumulative score. 4. Speed bounce - jump over hurdle (15 seconds timed) 5. Trim trail time trial (total time for every member to cross, max 5 students on at a time) <p>Track events:</p> <ol style="list-style-type: none"> 1. Sprint 2. Sack race 3. Skipping race 4. Hurdles race 5. 3 legged race 6. Egg and spoon race

					<p>cross, max 5 students on at a time)</p> <p>Track events:</p> <ol style="list-style-type: none">1.Sprint2.Sack race3.Skipping race4.Hurdles race5.3 legged race6.Egg and spoon race7.Relay race (batton)8.Blackpool beach race (5 chn at a time)	<ol style="list-style-type: none">7.Relay race (batton)8.Blackpool beach race (5 chn at a time) <p>Fitness (3 weeks)</p> <ol style="list-style-type: none">2.To develop knowledge about how exercise can make you strong and healthy.3.To develop knowledge about how exercise relates to breathing.5.To develop my understanding of how exercise helps my muscles.
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Year 2						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Unit of work	Fundamentals	Fitness	Gymnastics	Invasion (through netball)	Athletics	Striking & fielding
Objectives	<ul style="list-style-type: none"> 1.To explore how the body moves when running at different speeds 2. To develop changing direction and dodging 3. To develop balance, stability and landing safely 4. To develop and explore jumping, hopping and skipping actions 5. To develop coordination and combining jumps 6. To develop combination jumping and skipping in an individual rope 	<ul style="list-style-type: none"> 1.To learn how to run for a long time. 2.To develop jumping in a long rope using timing. 3.To develop co-ordination in individual skipping. 4.To develop stamina and change of direction. 5.To explore exercises to develop strength. 6.To develop agility, balance and co-ordination. 	<ul style="list-style-type: none"> 1. To perform gymnastic shapes and link them together. 2. To perform gymnastics shapes with control and link them together. 3. To use shapes to create balances. 4.To use shapes to create balances. 5.To link travelling actions and balances using apparatus. 6. To develop travelling actions and balances using apparatus. 	<ul style="list-style-type: none"> 1. To understand what being in possession means and support a teammate to do this. 2. To understand that scoring goals is an attacking skill and to explore ways to do this. 3. To understand that stopping goals is a defending skill and explore ways to do this. 4. To explore how to gain possession. 5. To mark an opponent and understand that this is a defending skill. 6. To learn to apply simple tactics for attacking and defending. 	<ul style="list-style-type: none"> 1. To develop the sprinting action 2. To develop jumping for distance 3. To develop technique when jumping for height 4. To develop throwing for distance 5. To develop throwing for accuracy 6. To select and apply knowledge and technique in an athletics carousel. 	<ul style="list-style-type: none"> 1. To develop underarm throwing and catching. 2. To develop overarm throwing. 3. To develop hitting a ball. 4. To develop collecting a ball. 5. To learn how to get a batter out. 6. To play games and understand how to score points.

Year 3						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Unit of work	Fundamentals	Basketball	Gymnastics	Ball Skills	Athletics	Rounders
Objectives	<ol style="list-style-type: none"> 1. To develop balancing and understand the importance of this skill 2. To demonstrate good technique when running at different speeds 3. To develop agility using a change of speed and direction 4. To develop technique and control when jumping, hopping and landing 5. To develop skipping with a rope 6. To apply fundamental skills to a variety of challenges 	<ol style="list-style-type: none"> 1. To dribble with control under pressure. 2. To move into and create space to support a teammate. 3. To choose when to pass and when to dribble. 4. To use the appropriate defensive technique for the situation. 5. To develop shooting technique and make decisions about when to pass, dribble or shoot. 6. To apply principles, rules and tactics to a tournament. 	<ol style="list-style-type: none"> 1.To be able to create interesting point and patch balances. 2. To develop point and patch balances on apparatus. 3. To develop stepping into shape jumps with control. 4. To develop stepping into shape jumps using apparatus. 5. To develop the straight, barrel, and forward roll. 6. To include rolls in sequence work using apparatus. 	<ol style="list-style-type: none"> 1. To develop tracking and collecting skills. 2.To develop confidence and accuracy when tracking a ball. 3.To develop dribbling skills with hands and feet. 4.To develop catching skills using one and two hands. 5.To explore and develop a variety of throwing techniques. 6.To use tracking and sending skills with feet. 	<ol style="list-style-type: none"> 1. To develop the sprinting technique and improve on your personal best. 2.To develop changeover in relay events. 3. To develop jumping technique in a range of approaches and take off positions. 4. To develop throwing for distance and accuracy. 5. To develop throwing for distance in a pull throw. 6. To develop officiating and performing skills. 	<ol style="list-style-type: none"> 1. To develop overarm and underarm throwing, catching and apply these to a striking and fielding game. 2. To develop bowling and learn the rules of the skill within this game. 3. To run around the outside of the bases and make decisions about when to stop and when to run. 4. To develop fielding techniques and apply them to game situations. 5. To develop batting technique and understand where to hit the ball. 6. To apply skills and knowledge to compete in a tournament.

Year 4 (swimming)

Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Unit of work	Fitness	Goalball and Boccia	Gymnastics	Tennis	Athletics	Cricket
Objectives	<ol style="list-style-type: none"> 1. To recognise different areas of fitness and explore what your body can do. 2. To develop strength and speed. 3. To develop coordination 4. To develop agility. 5. To develop balance. 6. To develop stamina. 	<p>Goalball</p> <ol style="list-style-type: none"> 1. To develop different ways of rolling the goalball. 2. I can use my body to create a barrier to stop the ball. 3. I can communicate with my team to be effective during a game. <p>Boccia</p> <ol style="list-style-type: none"> 1. To develop accuracy and power using different throwing techniques in order to be successful. 2. To develop tactics to help my team be effective in a game. 3. To follow the rules of boccia to play in a competition. 	<ol style="list-style-type: none"> 1. To develop individual and partner balances. 2. To develop individual and partner balances using apparatus. 3. To develop control in performing and landing rotation jumps. 4. To develop rotation jumps and sequence building using apparatus 5. To develop the straight, barrel, forward and straddle roll. 6. To assess my straight, barrel, forward and straddle roll. 	<ol style="list-style-type: none"> 1. To develop racket and ball control. 2. To develop returning the ball using a forehand and understand when to use it. 3. To develop the backhand and understand when to use it. 4. To keep a continuous rally going showing increased technique. 5. To use and apply rules and simple tactics. 6. To understand and use rules to manage a game. 	<ol style="list-style-type: none"> 1. To develop stamina and an understanding of speed and pace in relation to distance. 2. To develop power and speed in the sprinting technique. 3. To develop technique when jumping for distance. 4. To develop power and technique when throwing for distance. 5. To develop a pull throw for distance and accuracy. 6. To develop officiating and performing skills. 	<ol style="list-style-type: none"> 1. To develop overarm and underarm throwing and apply these to a striking and fielding game. 2. To develop bowling technique and learn the rules of the skill within this game. 3. To develop batting technique and understand where to hit the ball. 4. To develop fielding techniques and apply them to game situations. 5. To play different roles in a game and begin to think tactically about each role. 6. To apply skills and knowledge to compete in a tournament.

Year 5						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Unit of work	Fitness and OAA	Netball	Gymnastics	Football	Athletics	Rounders
Objectives	<p>Fitness:</p> <ol style="list-style-type: none"> To develop an awareness of what your body is able to do. To develop speed and stamina. To develop strength using my own body weight. <p>OAA:</p> <ol style="list-style-type: none"> To build communication and trust whilst showing an awareness of safety. To work as a team to solve problems, sharing ideas and collaborating with one another. To develop tactical planning and problem solving. 	<ol style="list-style-type: none"> To develop passing and moving to maintain possession. To use a variety of attacking skills to lose a defender. To move into and create space to support a teammate. To use defending skills to gain possession. To develop accuracy in the shooting action under pressure. To use and apply skills, principles and tactics to a game situation. 	<ol style="list-style-type: none"> To perform symmetrical and asymmetrical balances. To perform interesting symmetrical and asymmetrical balances using apparatus. To develop the straight, forward, straddle and backward roll. To develop the straight, forward, straddle and backwards roll into a sequence. To explore different travelling actions using both canon and synchronisation. To explore different methods of travelling, linking actions in both canon and synchronisation. 	<ol style="list-style-type: none"> To maintain possession when dribbling. To dribble with control under pressure. To select the appropriate skill, choosing when to pass and when to dribble. To move into and create space to support a teammate. To use the appropriate defensive technique for the situation. To apply rules, skills and principles to play in a tournament 	<ol style="list-style-type: none"> To be able to apply different speeds over varying distances. To develop fluency and coordination when running for speed. To develop technique in relay changeovers. To build momentum and power in the triple jump. To develop throwing with force for longer distances To develop throwing with greater control and technique. 	<ol style="list-style-type: none"> To develop bowling under pressure whilst abiding by the rules of the game. To strike a bowled ball with increasing consistency. To make decisions about where and when to send the ball to stump a batter out. To develop a variety of fielding techniques and when to use them in a game.. To develop long and short barriers in fielding and understand when to use them. To apply skills and knowledge to compete in a tournament.

Year 6						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Unit of work	Fitness and OAA	Basketball	Gymnastics	Tennis	Athletics	Cricket
Objectives	<p>Fitness:</p> <ol style="list-style-type: none"> To develop an awareness of what your body is able to do To develop coordination and to develop balancing with control To develop agility. <p>OAA:</p> <ol style="list-style-type: none"> To share ideas and work as a team to solve problems. To develop navigational skills and map reading. To be able to use a key to identify objects and locations. 	<ol style="list-style-type: none"> To dribble with control under pressure. To move into and create space to support a teammate. To choose when to pass and when to dribble.. To use the appropriate defensive technique for the situation. To develop shooting technique and make decisions about when to pass, dribble or shoot. To apply principles, rules and tactics to a tournament. 	<ol style="list-style-type: none"> To be able to develop the straddle, forward and backward roll. To perform interesting symmetrical and asymmetrical balances using apparatus. To develop the straight, forward, straddle and backward roll. To develop the straight, forward, straddle and backwards roll into a sequence. To explore different travelling actions using both canon and synchronisation. To explore different methods of travelling, linking actions in both canon and synchronisation 	<ol style="list-style-type: none"> To develop placement of the ball using a forehand. To develop placement of the ball using a backhand groundstroke. To develop the volley and understand when to use it. To employ tactics when playing with a partner. To develop accuracy and consistency using the underarm serve. To apply rules, skills and principles to play against an opponent. 	<ol style="list-style-type: none"> To develop my own and others sprinting technique. To identify a suitable pace for the event. To develop power, control and technique for triple jump. To develop power, control and technique when throwing for distance. To develop throwing with force and accuracy for longer distances. To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. 	<ol style="list-style-type: none"> To develop throwing and catching under pressure and apply these to a striking and fielding game. To develop bowling under pressure whilst abiding by the rules of the game. To strike a bowled ball with increasing consistency. To develop fielding techniques and select the appropriate action for the situation. To understand and apply tactics in a game. To apply skills and knowledge to compete in a tournament..