

Physical Education Curriculum Map

Year	Autumn		Spring		Summer	
*Reception	Spatial Awareness <i>Safe warming up/ cooling down activities – Awareness of surrounding during lessons</i>	Gymnastics <i>Travelling around under & over</i>	Sending and Receiving <i>Rolling</i>	Sending and Receiving <i>Bouncing, and catching</i>	Athletics <i>Running & throwing towards targets</i>	Sending and Receiving <i>Throwing & Catching</i>
Year 1	Sending and Receiving <i>Developing bouncing and Catching</i>	Gymnastics <i>Travelling</i>	Gymnastics <i>Transferring weight from one body part to another</i>	Sending and Receiving <i>Throwing and catching</i>	Athletics <i>Running, throwing & jumping</i>	Sending and Receiving <i>Hitting and Striking</i>
Year 2	Sending and Receiving <i>Developing throwing and Catching</i>	Gymnastics <i>Balance</i>	Gymnastics <i>Parts high and low</i>	Gymnastics <i>Jumping, Landing, Spinning & Landing</i>	Athletics <i>Running, throwing & jumping</i>	Sending and Receiving <i>Developing hitting and striking</i>
Year 3	Basketball <i>Passing dribbling, shooting</i>	Football <i>Passing dribbling, shooting</i>	Gymnastics <i>Directing the ball</i>	Tennis <i>Jumping and Landing</i>	Athletics <i>Running, throwing & jumping</i>	Striking & Fielding Games <i>Devolving striking & fielding skills</i>
Year 4	Basketball – <i>Passing, dribbling & shooting</i>	Football <i>Passing, dribbling & shooting</i>	Gymnastics <i>Balance</i>	Net/Wall Games Tennis <i>Defending the court</i>	Athletics <i>Developing running, throwing & jumping techniques</i>	Striking & Fielding Games <i>Devolving striking & fielding skills as team</i>
Year 5	Basketball <i>Passing, dribbling & shooting.</i> <i>Attack v Defence</i>	Hockey <i>Dribbling, passing, scoring & attack vs defence</i>	Tennis (Grey class) <i>Developing Individual shots & officiating.</i> Gymnastics (Violet class) <i>Flight</i> Swimming	Gymnastics (Grey class) <i>Flight</i> Tennis (Violet class) <i>Developing Individual Shots & officiating.</i> Swimming	Athletics <i>Setting targets to improve performance in running, jumping and throwing activities. (Use of timekeeping & set targets)</i>	Striking & Fielding Games <i>Develop ranges of roles and positional play. (E.g. Batter, bowler, wicketkeeper etc.)</i>
Year 6	Hockey <i>Dribbling, passing, scoring & attack vs defence</i>	Basketball <i>Passing, dribbling, shooting & team tactical awareness.</i>	Football (Indigo class) <i>Passing, dribbling, & team tactics for attack vs defence</i> Gymnastics (Lilac Class) <i>Matching and Mirroring</i>	Gymnastics (Indigo class) <i>Matching and Mirroring</i> Football (Lilac Class) <i>Passing, dribbling, & team tactics for attack vs defence</i>	Athletics <i>Developing technical understanding in improving performance.</i>	Striking & Fielding Games <i>Tactical play and officiating</i>