

PE Curriculum Map 2024-2025

Curriculum Mapping



Year/Term	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Early Years (Reception)	Walking 1	Ourselves	High, Low, Over, Under	High, Low, Over, Under	Jumping 1	Rackets Bats Balls and Balloons
Year 1	Running 1	Heroes	Wide, Narrow, Curled	Feet 1	Hands 1	Games For Understanding
Year 2	Dodging 1	Water	Linking	Hands 2	Rackets Bats and Balls	Team Building
Year 3	Athletics	Handball	Symmetry & Asymmetry	Witches and Wizards	Tennis	Hockey
Year 4	Orienteering	Tennis	Bridges	Mindfulness	Hockey	Athletics
Year 5	Dodgeball	Football	Swimming Tag Rugby	Swimming Game Sense Invasion	Badminton Swimming	Swimming Athletics
Year 6	Swimming Game Sense Invasion	Leadership Swimming	Matching & Mirroring	Football	Badminton	Athletics

Progression of Skills

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception/EYFS <i>(EYFS teachers utilise some aspects of these Complete PE plans/units as they have regular activities linking to the different areas of EYFS curriculum throughout the week, in the classroom/EYFS outdoor area.)</i>	<u>Locomotion: Walking 1</u> <ul style="list-style-type: none"> - Explore/develop walking - Explore walking in different pathways - Sustain walking - Explore marching - Apply walking into a game Locomotion Walking 1 EYFS Knowledge Organiser	<u>Ourselves</u> <ul style="list-style-type: none"> - Moving in sequence - Responding in movement to words and music - Moving with props and contrasting tempos - Creating their own movements - Exploring opposites and creating simple movement sequences Ourselves Dance EYFS Knowledge Organiser	<u>High, Low, Over, Under</u> <ul style="list-style-type: none"> - Introduce, 'champion gymnastics' by moving in a high way and explore making high shapes - to apply, 'champion gymnastics' by moving in a low way and explore making low shapes - to apply, 'champion gymnastics' while exploring how to move safely using apparatus - to apply, 'champion gymnastics' to explore movements and shapes in high and low ways on the apparatus - to apply, 'champion gymnastics' to explore movements and shapes in high, low, over and under ways on the apparatus <i>(This unit is spread of two half terms to enhance the Gymnastics skills of the younger pupils.)</i> High, Low, Over, Under EYFS Knowledge Organiser		<u>Locomotion: Jumping 1</u> <ul style="list-style-type: none"> - Explore/develop jumping - Apply jumping into a game - Jumping for distance - Explore jumping high - Explore hopping Locomotion: Jumping 1 EYFS Knowledge Organiser	<u>Rackets, Bats, Balls and Balloons</u> <ul style="list-style-type: none"> - Explore different ways to use their hands (pushes and hits) and feet (kicks) to keep the balloon up in the air without it touching the floor - Begin to understand why they need to direct the balloon upwards with control to keep it in the air Rackets, Bats, Balls and Balloons EYFS Knowledge Organiser
Year 1	<u>Locomotion: Running 1</u> <ul style="list-style-type: none"> - Explore running - Apply running to a game - Explore running at different speeds - Running for speed: Acceleration 	<u>Heroes</u> <ul style="list-style-type: none"> - Create a range of controlled movements that represent a superhero - Begin to control and co-ordinate their bodies to perform a sequence of 	<u>Wide, Narrow, Curled</u> <ul style="list-style-type: none"> - Introduction to wide, narrow and curled - Exploring the difference between wide, narrow and curled 	<u>Ball Skills Feet 1</u> <ul style="list-style-type: none"> - Develop moving the ball using the feet - Apply dribbling into games - Consolidate dribbling - Explore kicking (passing) 	<u>Ball Skills Hands 1</u> <ul style="list-style-type: none"> - Introduce sending (bouncing) with control - Introduce aiming with accuracy - Introduce power and speed when sending a ball 	<u>Games for Understanding</u> <ul style="list-style-type: none"> - Understanding the principles of attack/defence - Applying attacking/defending principles into a game

	<ul style="list-style-type: none"> - Explore running in a team - Consolidate running, apply running into a competitive game <p>Year 1 Locomotion Running 1 Knowledge Organiser</p>	<p>movements, including a balance (freeze position).</p> <p>Year 1 Dance Heroes Knowledge Organiser</p>	<ul style="list-style-type: none"> - Transition between wide, narrow and curled movements - Linking two movements together <p>Year 1 Gymnastics Wide, Narrow, Curled Knowledge Organiser</p>	<ul style="list-style-type: none"> - Apply kicking (passing) to score a point <p>Year 1 Ball Skills Feet 1 Knowledge Organiser</p>	<p>Introduce/develop stopping, combining sending skills</p> <ul style="list-style-type: none"> - Combine sending and receiving skills <p>Year 1 Ball Skills Hands 1 Knowledge Organiser</p>	<ul style="list-style-type: none"> - Consolidate attacking/defending <p>Year 1 Games for Understanding Knowledge Organiser</p>
Year 2	<p><u>Locomotion: Dodging 1</u></p> <ul style="list-style-type: none"> - Explore dodging - Develop dodging - Apply dodging: explore attacking and defending - Apply dodging in teams <p>Year 2 Locomotion: Dodging 1 Knowledge Organiser</p>	<p><u>Water</u></p> <ul style="list-style-type: none"> - Responding to stimuli - Developing whole group movement - Improvisation and physical descriptions - Creating contrasting movement sequences - Sequences, relationships and performance <p>Year 2 Dance Water Theme Knowledge Organiser</p>	<p><u>Linking</u></p> <ul style="list-style-type: none"> - Developing linking - Linking on apparatus - Jump, roll, balance sequences/on apparatus - Creation of sequences - Complete of sequences and performance <p>Year 2 Gymnastics Linking Knowledge Organiser</p>	<p><u>Hands 2</u></p> <ul style="list-style-type: none"> - Introduce throwing with accuracy - Apply throwing with accuracy - Introduce stopping a ball - Develop sending (rolling) skills to score a point <p>Year 2 Hands 2 Knowledge Organiser</p>	<p><u>Racket, Bats and Balls</u></p> <ul style="list-style-type: none"> - Explore using a racket and a ball together - Explore moving the ball using the racket, beginning an understanding of how and why we keep the ball close and controlled <p>Year 2 Racket, Bats and Balls Knowledge Organiser</p>	<p><u>Team Building</u></p> <ul style="list-style-type: none"> - Introducing teamwork - Develop teamwork - Building trust and developing communication - Cooperation and communication - Explore simple strategies <p>Year 2 Team Building Knowledge Organiser</p>
Year 3	<p><u>Athletics</u></p> <ul style="list-style-type: none"> - Explore running for speed - Explore acceleration 	<p><u>Handball</u></p> <ul style="list-style-type: none"> - Introduce passing, receiving and creating space 	<p><u>Symmetry & Asymmetry</u></p> <ul style="list-style-type: none"> - Introduction to symmetry 	<p><u>Witches and Wizards</u></p> <ul style="list-style-type: none"> - Respond to different stimuli being able to sustain our character 	<p><u>Tennis</u></p> <ul style="list-style-type: none"> - Introduction to tennis, outwitting an opponent 	<p><u>Hockey</u></p> <ul style="list-style-type: none"> - Introduce dribbling: keeping control

	<ul style="list-style-type: none"> - Introduce/Develop relay: Running for speed in a team - Throwing: Accuracy vs Distance - Standing long jump <p>Year 3 Athletics Knowledge Organiser</p>	<ul style="list-style-type: none"> - Develop passing and moving - Combine passing and moving - Introduce shooting - Develop passing and shooting <p>Year 3 Handball Knowledge Organiser</p>	<ul style="list-style-type: none"> - Introduction to asymmetry - Application of learning onto apparatus - Sequence formation - Sequence completion <p>Year 3 Gymnastics Symmetry & Asymmetry Knowledge Organiser</p>	<p>whilst adding drama and emotion to dance</p> <ul style="list-style-type: none"> - Explore creating motifs and sequences with a partner as they extend their ability to tell a story through movements <p>Year 3 Dance Witches and Wizards Knowledge Organiser</p>	<ul style="list-style-type: none"> - Creating space to win a point - Consolidate how to win a game - Introduce rackets - Introduce the forehand <p>Year 3 Tennis Knowledge Organiser</p>	<ul style="list-style-type: none"> - Introduce passing and receiving - Combine dribbling and passing to create space - Develop passing, receiving and dribbling - Introduce shooting <p>Year 3 Hockey Knowledge Organiser</p>
Year 4	<p><u>Orienteering</u></p> <ul style="list-style-type: none"> - Introduce the concept of a map or a plan and to be able to use a key correctly to help us navigate - introduce the concept of orienteering and learn how to use a map to follow a route - challenge pupils to orientate a map, locate points on the map, then travel to them and record what they find 	<p><u>Tennis</u></p> <ul style="list-style-type: none"> - Developing the forehand - Creating space to win a point using a racket - Introduce the backhand - Applying the forehand and backhand in game situations - Applying the forehand and backhand for creating pace to win a point <p>Year 4 Tennis Knowledge Organiser</p>	<p><u>Bridges</u></p> <ul style="list-style-type: none"> - Introduction to bridges - Application of bridge learning onto apparatus - Develop sequences with bridges - Sequence formation - Sequence completion 	<p><u>Mindfulness</u></p> <ul style="list-style-type: none"> - Explore positive and negative emotions and managing them through using mindfulness techniques such as visualisation, using music, meditative balances, mime, and deep breathing. - Pupils will be able to bring these emotions to life and understand how they can manage them <p>Year 4 Health and Safety Knowledge Organiser</p>	<p><u>Hockey</u></p> <ul style="list-style-type: none"> - Refine dribbling and passing - Developing shooting; combine passing and dribbling to create shooting opportunities - Develop passing and dribbling for creating space for attacking opportunities - Introduce defending: blocking and tackling 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> - Develop running at speed - Exploring our stride pattern - Exploring running at pace - Understand and apply tactics when running for distance - Javelin - Standing triple jump <p>Year 4 Athletics Knowledge Organiser</p>

	Year 4 Orienteering Knowledge Organiser		Year 4 Gymnastics Bridges Knowledge Organiser		Year 4 Hockey Knowledge Organiser	
Year 5 <i>Year 5 attend The Vedanta in the academic year – this is a school residential where the pupils take part in Outdoor Adventure Activities.</i>	<u>Dodgeball</u> <ul style="list-style-type: none"> - Introduce blocking - Consolidate catching - Understand where we throw and why we need to throw with accuracy and power - Explore basic attacking and defending tactics Year 5 Dodgeball Knowledge Organiser	<u>Football</u> <ul style="list-style-type: none"> - Refine dribbling and passing to maintain possession - Introduce and develop defending - Develop shooting - Refine attacking skills, passing, dribbling, and shooting Year 5 Football Knowledge Organiser	<u>Tag Rugby</u> <i>(using year 3 plans as new for pupils)</i> <ul style="list-style-type: none"> - Introduce moving with the ball, passing, and receiving - Introduce tagging - Create space when attacking - Develop passing and moving - Combine passing/moving to create attacking opportunities Year 5 Tag Rugby Knowledge Organiser <u>Swimming</u> <ul style="list-style-type: none"> - Swim competently, confidently, and proficiently over a distance of at least 25 metres - Use a range of strokes effectively (for example, front crawl, 	<u>Game Sense Invasion</u> <ul style="list-style-type: none"> - Develop dribbling in order to keep control and possession of the ball - Develop prior learning of how to dribble the ball keeping possession to beat an opponent. Year 5 Game Sense Invasion Knowledge Organiser <u>Swimming</u> <ul style="list-style-type: none"> - Swim competently, confidently, and proficiently over a distance of at least 25 metres - Use a range of strokes effectively (for example, front crawl, 	<u>Badminton</u> <ul style="list-style-type: none"> - Exploring different forehand/backhand shots - Applying different forehand/backhand shots to win a point - Consolidate outwitting an opponent Year 5 Badminton Knowledge Organiser <u>Swimming</u> <ul style="list-style-type: none"> - Swim competently, confidently, and proficiently over a distance of at least 25 metres - Use a range of strokes effectively (for example, front 	<u>Athletics</u> <ul style="list-style-type: none"> - Finishing a race - Evaluating our performance - Sprinting: My personal best - Relay changeovers - Shot Put - Introducing the hurdles Year 5 Athletics Knowledge Organiser <u>Swimming</u> <ul style="list-style-type: none"> - Swim competently, confidently, and proficiently over a distance of at least 25 metres - Use a range of strokes effectively (for example, front

			backstroke, and breaststroke).	backstroke, and breaststroke).	crawl, backstroke, and breaststroke).	crawl, backstroke, and breaststroke).
Year 6	<p><u>Game Sense Invasion</u></p> <ul style="list-style-type: none"> - Consolidate pupils' understanding and application of attacking skills into game play - Consolidate their attacking skills to effectively pass and dribble to move the ball forwards and create successful shooting opportunities. <p><u>Year 6 Game Sense Invasion Knowledge Organiser</u></p> <p><u>Swimming</u></p> <ul style="list-style-type: none"> - 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). 	<p><u>Leadership</u></p> <ul style="list-style-type: none"> - Pupils to begin to understand what makes an effective leader - Pupils will be able to identify the different attributes that make an effective leader - Pupils will start to lead an activity for small groups of their peers <p><u>Year 6 Leadership Knowledge Organiser</u></p> <p><u>Swimming</u></p> <ul style="list-style-type: none"> - 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). 	<p><u>Matching and Mirroring</u></p> <ul style="list-style-type: none"> - Introduction to matching/mirroring - Application of matching/mirroring learning onto apparatus - Sequence development <p><u>Year 6 Gymnastics Matching and Mirroring Knowledge Organiser</u></p>	<p><u>Football</u></p> <ul style="list-style-type: none"> - Consolidate keeping possession - Develop officiating - Consolidate formations and manage teams - Organise formations to decide tactics, manage teams and officiate games <p><u>Year 6 Football Knowledge Organiser</u></p>	<p><u>Badminton</u></p> <ul style="list-style-type: none"> - Introduction to badminton: Outwitting an opponent - Introduce the forehand and backhand - Applying the forehand and backhand: Creating space to win a point - Controlling the game from the serve <p><u>Year 6 Badminton Knowledge Organiser</u></p>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> - Running for speed competition - Running for distance competition - Throwing competition - Jumping competition <p><u>Year 6 Athletics Knowledge Organiser</u></p>

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