



St. Peter's Physical Education Curriculum Map



	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Reception	Body management Explore balance and managing own body including manipulating small objects. Able to stretch, reach, extend in a variety of ways and positions. Able to control body and perform specific movements on command.	Body management Explore a variety of rolling, sliding and slithering. Jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet in a variety of combinations. Participate in a variety of small group co-operative activities.	Speed, agility, travel Travel with some control and coordination. Change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause, prepare for and anticipate movement in a variety of situations.	Speed, agility, travel Participate in a variety of agility-based activities moving and controlling objects. Recognise the difference between actions such as: moving softly, quietly, quickly, powerfully, etc. Relate body movements to music and percussion beats.	Manipulation & coordination Send and receive a variety of objects with different body parts. Work with others to control objects in space. Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.	Gymnastics Develop confidence in fundamental movements Experience jumping, sliding, rolling, moving over, under and on apparatus To develop coordination and gross motor skills
Year 1	Send & return Send an object with increased confidence using hand or bat. Move towards a moving ball to return.	Run, jump, throw Pupils will begin to link running and jumping. To learn and refine a range of running which includes varying pathways and speeds. Develop throwing techniques to send	Dance Mirroring: Jungle Theme Respond to a range of stimuli and types of music Explore space, direction, levels and speeds	Gymnastics Identify and use simple gymnastics actions and shapes. Apply basic strength to a range of gymnastics actions.	Hit, catch, run Able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.	Attack, defend, shoot To practice basic movements including running, jumping, throwing and catching To begin to engage in competitive activities

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	Sending and returning a variety of balls.	objects over long distances.	Experiment creating actions and performing movements with different body parts	Begin to carry basic apparatus such as mats and benches. To recognise like actions and link.		To experience opportunities to improve agility, balance and coordination
Year 2	Dance Group Dance: Penguins Describe and explain how performers can transition and link shapes and balances Perform basic actions with control and consistency at different speeds and on different levels Challenge themselves to move imaginatively responding to music Work as part of a group to create and perform short movement sequences to music	Gymnastics Describe and explain how performers can transition and link gymnastic elements Perform with control and consistency basic actions at different speeds and on different levels Challenge themselves to develop strength and flexibility Create and perform a simple sequence that is judged using simple gymnastic scoring	Send & return Be able to track the path of a ball over a net and move towards it Begin to hit and return a ball using a variety of hand and racquet with some consistency Play modified net/wall games throwing, catching and sending over a net	Run, jump, throw Develop power, agility, coordination and balance over a variety of activities Can throw and handle a variety of objects including quoits, beanbags, balls, hoops Can negotiate obstacles showing increased control of body and limbs.	Hit, catch, run To developing hitting skills with a variety of bats Practice feeding/bowling skills Hit and run to score points in games	Attack, defend, shoot Can send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, e.g. dribbling and passing.
Year 3	Dance Matilda	Gymnastics Modify actions independently using	Handball Develop 3 step rule incorporating bounce.	Tennis	Rounders To play simple rounders games	Athletics Control movements and body actions in

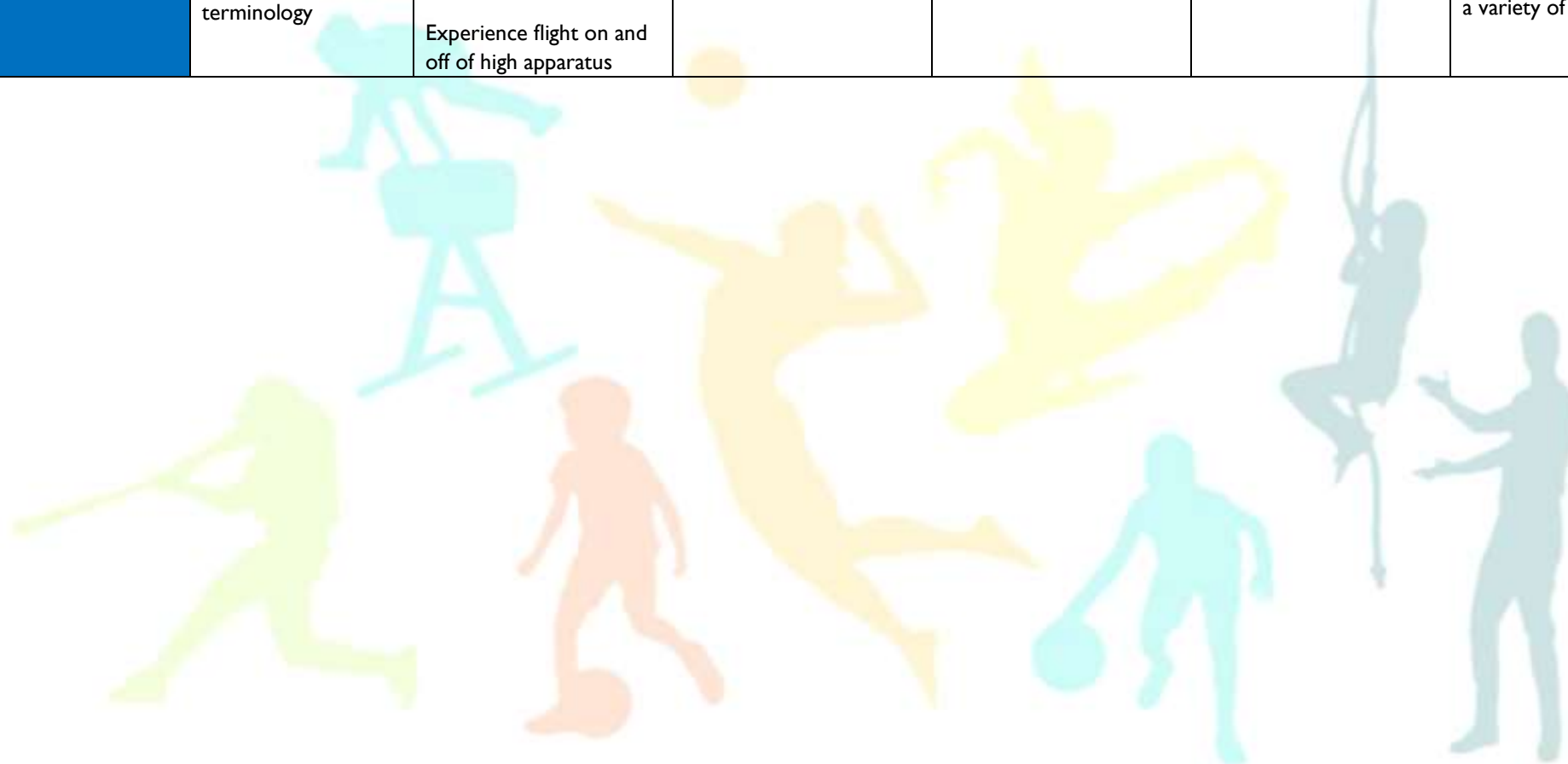
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	Practise different sections of a dance aiming to put together a performance Perform using facial expressions Perform with a prop	different pathways, directions and shapes Consolidate and improve the quality of movements and gymnastics actions Relate strength and flexibility to the actions and movements they are performing To use basic compositional ideas to improve sequence work—unison	Defend and stop attacks by blocking and intercepting Pass and move with the ball to set up attacks Demonstrate and implement the rules of handball	To identify and describe some rules of tennis. To serve to begin a game To explore forehand hitting	To apply some rules to games To develop and use simple rounders skills	response to specific instructions Demonstrate agility and speed Jump for height and distance with control and balance Throw with speed and power and apply appropriate force
Year 4	Dance Action Hero Work to include freeze frames in routines Practise and perform a variety of different formations in dance Develop a dance to perform as a group with a set starting position	Gymnastics To become increasingly competent and confident to perform skills more consistently Able to perform in time with a partner and group Use compositional ideas in sequences such as changes in height, speed and direction	Handball Develop 3 step rule incorporating bounce. Defend and stop attacks by blocking and intercepting Pass and move with the ball to set up attacks Demonstrate and implement the rules of handball	Tennis Explore different shots (forehand, backhand) Work to return the serve Positions in gameplay	Rounders To develop the range of rounders skills that can apply in a competitive context Choose and use a range of simple tactics in isolation and a game context Identify different positions in rounders and the roles of those positions	Athletics Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.

<i>Year 5</i>	Dance Bollywood Perform different styles of dance fluently and clearly Refine & improve dances adapting them to include the use of space rhythm & expression Worked collaboratively in groups to compose simple dances Recognise and comment on dances suggesting ideas for improvement	Gymnastics Create longer and more complex sequences and adapt performances Take the lead in a group when preparing a sequence Develop symmetry individually, as a pair and in a small group Compare performances and judge strengths and areas for improvement Select a component for improvement. For example— timing or flow	Handball Develop 3 step rule incorporating bounce. Defend and stop attacks by blocking and intercepting Pass and move with the ball to set up attacks Demonstrate and implement the rules of handball	Tennis Introduce Volley shots and Overhead shots Apply new shots into game situations Play with others to score and defend points in competitive games Further, explore Tennis service rules	Rounders Link together a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to rounders, e.g. power, flexibility and cardiovascular endurance	Athletics Sustain pace over short and longer distances such as running 100m and running for 2 minutes Able to run as part of a relay team working at their maximum speed Perform a range of jumps and throws demonstrating increasing power and accuracy
<i>Year 6</i>	Dance Hakka/ Street Dance Work collaboratively to include more complex compositional ideas Develop motifs and incorporate into selfcomposed dances as	Gymnastics Lead group warm-up showing understanding of the need for strength and flexibility Demonstrate accuracy, consistency, and clarity of movement	Handball Work as a team to improve group tactics and gameplay Play within the rules using screening to break down offensive play	Tennis Develop backhand shots Introduce the lob Begin to use full tennis scoring systems	Rounders Apply rounders rules consistently in conditioned games Play small-sided games using standard rounders pitch layout	Athletics Become confident and expert in a range of techniques and recognise their success Apply strength and flexibility to a broad range of throwing, running and jumping activities

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	individuals, pairs & groups	Work independently and in small groups to make up own sequences	Develop defensive skills	Continue developing doubles play and tactics to improve	Use a range of tactics for attacking and defending in the role of bowler, batter and fielder	Work in collaboration and demonstrate improvement when working with self and others
	Talk about different styles of dance with understanding, using appropriate language & terminology	Arrange own apparatus to enhance work and vary compositional ideas Experience flight on and off of high apparatus				Accurately and confidently judge across a variety of activities



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