PE Curriculum Map

CLAYGATE PRIMARY SCHOOL

Year Group	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
Reception	**Physical Development** Balance and coordination. Running, jumping and climbing skills. Spatial awareness and safe movement. Confidence when attempting new physical challenges. Fine motor control and hand-eye coordination. Independence for managing equipment. An early understanding of healthy, active lifestyles. (Acorns-Nursey Curriculum)		**First PE** Run Jump Agility Bounce Catch Throw Skip Co-ordination Balance Space		**Dance fairytale** Space Listening Pathways Performance **Swimming**		**Football FUNS** Moving with a ball Passing/kicking Looking Safe		**Mult skills** Climbing Balancing Independently Apparatus	**Enjoy-a-ball** Dribbling Running Direction Team Target	**Indoor Athletics FUNS** Safe Running fast Competition **Swimming**	**Tennis FUNS** Ball & Racket Co-ordination Aim
Year 1	**Dance – Winter Dancing** Patterns & Rhythms Timing Travelling Levels Performance Direction	**Ball Skills** Catching / throwing Pass (feet & hands) Throwing Dribble (hand & feet)	**Swimming** Water confidence, floating, travelling, basic safety.	**Ball Games** Space Marking Intercept Dodging	**Yoga** Body Control Poses Breathing Balance Strength	**Tennis** Underarm throw Bear position Forehand Backhand Catch	**Gymnastics** Shapes & Balance Rolls & jumps	**Outdoor Adventure Intro** Map Directions Teamwork Obstacle	**Indoor Athletics** Long jump (standing) Jumping Personal Best Skipper	**Kwik Cricket** Tee Rolling Underarm throw Catch Striking & fielding	**Swimming** Water confidence, floating, travelling, basic safety.	**Athletics** Running Throwing (bolt) Swinging arms and legs
Year 2	**Swimming** Water confidence, floating, travelling, basic safety.	**Ball Skills** Invasion Catching / throwing Pass (feet & hands) Throwing Dribble (hand & feet)	**Dance - Seaside dance** Expression Beat Count Control Co-operate	**Ball Games** Invasion game Possession Intercept Dodging	**Yoga** Core Strength Relaxation time	**Rugby FUNS** Team games and rules Catching Tagging	**Swimming** Water confidence, floating, travelling, basic safety.	**Outdoor Adventure – Trails** Co-ordinates Compass Points Solve Co-operate	**Indoor Athletics** Standing Long jump Personal best Race	**Cricket** Striking skills Overarm Throw Target Aim	**Gymnastics** Shapes Jumps Bunny hops Sequences Rolls	**Athletics** Technique Running Throwing Jumping
Year 3	**Leadership** Teamwork Communication Safe Rules **Swimming** (Sycamore) Core aquatic skills, gliding, kicking, front crawl and backstroke.	**Football** Invasion games basics Space Stopping the ball Passing Dribbling	**Leadership** Teamwork Communication Safe Rules **Swimming** (Hazel) Core aquatic skills, gliding, kicking, front crawl and backstroke.	**Tag Rugby** Tactical awareness Tagging Holding the ball Passing	**Dodgeball** Tactics Stance Balance Watching the ball Catching	**Tennis** Drop-feed Hand-feed Rally Consecutive	**Muay Thai** Stance Balance Fitness Combinations **Swimming** (Sycamore) Core aquatic skills, gliding, kicking, front crawl and backstroke.	**Outdoor Adventure** Team problem solving Compass points X-axis & Y-axis Co-ordinate	**Muay Thai** Stance Balance Fitness Combinations **Swimming (Hazel)** Core aquatic skills, gliding, kicking, front crawl and backstroke.	**Rounders** Bases Striking the ball Positions Bowling Fielding	**Multi Skills** Agility Balance Co-ordination	**Athletics** Measuring performance Long jump Triple jumps Shot put Relay Hurdle

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Year 4	**Indoor Leadership** Leadership Communication Teamwork	**Hockey** *Strategy* *Balance* *Receive* *Reaction* *Agility*	**Gymnastics** Sequences Travelling Matching Mirroring Elements Body Tensions	**Basketball** *Strategy* Hand eye coordination Passing Intercept SEB Familiarisation	**Swimming** Core aquatic skills, gliding, kicking, front crawl and backstroke.	**Tag Rugby** Passive/ Active defender Dodge Non-contact	**Indoor Fitness** Strength & Conditioning PB Technique Performance	**Netball** Control Marking Landing foot Catching/throwing	**Indoor Athletics** Strength and agility Pushing/throwing Skipping Leaping/ hoping/ bouncing	**Cricket** Striking & Fielding – Tactics C Batter Bowler Wicket Accuracy	**Swimming** Core aquatic skills, gliding, kicking, front crawl and backstroke.	**Athletics** Fitness & Endurance Speed Strength Compete Standing Long/ triple jump.
Year 5	**Dance** Choreography Dance Providing feedback Adapting performance Transitioning	**Football - Invasion Games** Positioning Controlling Dribbling Defending/attacking Goalkeeping	**Swimming** Stroke development, breaststroke, endurance, self-rescue.	**Tag Rugby** Competitive play Pick up Underlapping Agility Loop	**Dodgeball** Tactical games Catch/ dodge/ throw Control Possession Teamwork	**Tennis** Forehand Backhand Serve Racket skills Accuracy Power	**Muay Thai** Stance Balance Fitness Advanced Combinations	**Leadership - Outdoor Adventures** Balance Walk/rung/jog Grid lines Compass Grid-references	**Swimming** Stroke development, breaststroke, endurance, self-rescue.	**Rounders** Striking and Fielding Tactics Collaborate Speed Reaction Innings	**Multi Skills** Control Strength Flexibility Speed Agility Accuracy	**Athletics** Power & Technique Fitness & Endurance Drive
Year 6	**Swimming** Range of strokes Water safety and rescue 25m Swimming lengths	**Hockey** Advanced Strategy Pushing Dribbling Receiving/passing Possession/ Tactically Attacking/defending Spacing/blocking	**Handball** Invasion Jump shot Co-ordination Passive defender	**Netball** Invasion Games Advanced Strategy Infringement Reactions/ timing Footwork	**Fitness** Testing and analysis Explosive Repetitions Isolated	**Basketball** Weave Evaluate Agility Baseline	**Dance – WW2** Complement Contact Proximity Contrast	**Outdoor Adventures** Complex navigation Control points Advanced strategy	**Swimming** Range of strokes Water safety and rescue 25m Swimming lengths	**Cricket -** Striking & Fielding – Tactics Throw/ Bowling Co-ordination Balance	**Gymnastics** Performance and Routines Inverted skill Counter balance/ tension Formation Aesthetic appeal	**Athletics** Power & Technique Fitness & Endurance Competition