

**PE Curriculum Map 2023-2024**

**Reception - Year 6**

<b>Year Group</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Reception</b>	Health – healthy eating and exercise. Control and coordination. Dressing/undressing. Hygiene	To start using tools effectively. Showing awareness of space. Different cultural dances.	Dressing/undressing. Showing awareness of space. Introduce equipment in the hall and safety procedures. To be able to catch a ball.	To be able to use their imagination to come up with a dance related to traditional tales/songs. To be able to use a pencil effectively.	To be able to negotiate space (assault course)	Healthy eating and the importance of a healthy lifestyle. Observe and talk about the effects of exercise. Introduce team games for Sports Day.
<b>Year 1</b>	Outdoor – Games: Bouncing and catching  Indoor – Gymnastics: travelling	Outdoor – Games: Travelling with the ball  Daily mile to be completed on other PE day for physical activity	Outdoor – Games: Sending and Receiving  Indoor – Dance: simple movements	Indoor – Gymnastics: taking weight on different parts  Indoor –Dance: exploring gesture and formation (Junior Hall – am 1Y one day, 1G the next)	Outdoor – Games: Developing hand eye co-ordination  Indoor – Gymnastics: transferring weight from one body part to another	Outdoor – Games: ABCs  Indoor – Dance: telling a story through movement
<b>Year 2</b>	Outdoor – Games: Dribbling  Indoor – Gymnastics: Balance	Outdoor – Games: Throwing and catching  Daily mile to be completed on other PE day for physical activity	Indoor – Gymnastics: parts (high and low)  Indoor – Dance: communicate different moods, feelings and ideas (Junior Hall – am 2Y one day, 2G the next)	Outdoor – Games: Sending and receiving skills  Indoor – Gymnastics: Jumping and landing	Outdoor – Games: Hitting and striking  Indoor – Dance: Using Dynamics to develop the dance	Outdoor – Games: Running, jumping and hopping  Indoor – Gymnastics: spinning and turning
<b>Year 3</b>	Outdoor – Invasion Games: Passing Indoor – Gymnastics: Travelling with a change of direction	Outdoor – Outdoor and Adventurous Activities: Simple trails/diagrams  Daily mile to be completed on other PE day for physical activity	Outdoor – Invasion Games: Creating space Indoor – Dance: linking actions	Outdoor - Net and Wall: Directing the ball Indoor – Gymnastics: Stretching and Curling	Outdoor – Athletics: Running, jumping and throwing Teach individually (2 sessions on each maybe)  Indoor – Dance: Exploring Cultural Dance	Outdoor – Striking and Fielding Games: Developing striking and fielding skills  Outdoor – Athletics: Running, jumping and throwing

<b>Year 4</b>	<p>Outdoor – Net and Wall Games: Applying tactics</p> <p>Indoor – Dance: Retelling a story</p>	<p>Outdoor – Outdoor and Adventurous Activities: Following plans and solving problems</p> <p>Daily mile to be completed on other PE day for physical activity</p>	<p>Outdoor – Invasion Games: Controlling and receiving</p> <p>Indoor – Gymnastics: Balance</p>	<p>Outdoor – Invasion Games: Keeping possession of the ball</p> <p>Indoor – Gymnastics: Receiving body Weight</p>	<p>Outdoor – Invasion Games: Marking and tackling</p> <p>Indoor – Dance: Characterisation</p>	<p>Outdoor – Athletics: Developing running, throwing and jumping techniques.</p> <p>Outdoor – Striking and Fielding Games: Fielding as a team</p>
<b>Year 5</b>	<p>Outdoor – Net and Wall Games: Developing individual shots</p> <p>Indoor – Dance: Formations in historical dance</p>	<p>Outdoor – Outdoor and Adventurous Activities: Responding to challenges</p> <p>Daily mile to be completed on other PE day for physical activity</p>	<p>1 class - swimming</p> <p>Other class - Outdoor – Invasion Games: Support play and positioning</p> <p>Indoor – Gymnastics: Flight</p>	<p>1 class - swimming</p> <p>Other class - Outdoor – Invasion Games: Support play and positioning</p> <p>Indoor – Gymnastics: Bridges</p>	<p>Outdoor – Invasion Games: Shooting and keeping</p> <p>Indoor – Dance: Communicating issues through dance</p>	<p>Outdoor – Striking and fielding Games: Role of batter, bowler, backstop &amp; close/deep fielder</p> <p>Outdoor – Athletics: Set targets&amp; improve performance in running, jumping and throwing activities</p>
<b>Year 6</b>	<p>Outdoor – Net and Wall Games: Developing game play</p> <p>Indoor – Gymnastics: Counter balance/counter tension</p>	<p>Outdoor – Outdoor and Adventurous Activities: Effective group working</p> <p>Daily mile to be completed on other PE day for physical activity</p>	<p>Outdoor – Invasion Games: Attacking and defending play</p> <p>Indoor – Dance: Visual Media</p>	<p>Outdoor – Invasion Games: Tactics</p> <p>Indoor – Gymnastics: Matching and mirroring</p>	<p>Outdoor – Invasion Games: Teamwork and formations</p> <p>Outdoor – Striking and Fielding: Tactical play and officiating</p>	<p>Outdoor – Athletics: Developing technical understanding</p> <p>(1 session a week due to production)</p>