



# Physical Education: Key Stage 1

	<b>Gymnastic Movements</b>	<b>Basic movements and Team Games</b>	<b>Dance</b>
	<i>developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>	<i>master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i>	<i>perform dances using simple movement patterns</i>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>• make body curled, tense, stretched and relaxed</li> <li>• control body when travelling and balancing</li> <li>• copy sequences and repeat them</li> <li>• roll, curl, travel and balance in different ways</li> </ul>	<ul style="list-style-type: none"> <li>• throw underarm</li> <li>• throw and kick in different ways</li> </ul>	<ul style="list-style-type: none"> <li>• perform own dance moves</li> <li>• copy or make up a short dance</li> <li>• move safely in a space</li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>• plan and perform a sequence of movements</li> <li>• improve sequence based on feedback</li> <li>• think of more than one way to create a sequence which follows some 'rules'</li> </ul>	<ul style="list-style-type: none"> <li>• use hitting, kicking and/or rolling in a game</li> <li>• decide the best space to be in during a game</li> <li>• use a tactic in a game</li> <li>• follow rules</li> </ul>	<ul style="list-style-type: none"> <li>• change rhythm, speed, level and direction in dance</li> <li>• make a sequence by linking sections together</li> <li>• use dance to show a mood or feeling</li> </ul>



## Physical Education: Key Stage 2

	<b>Athletics</b>	<b>Competitive Games</b>	<b>Gymnastics</b>
	<i>use running, jumping, throwing and catching in isolation and in combination</i>	<i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i>	<i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i>
<b>Year 3</b>	<ul style="list-style-type: none"> <li>run at fast, medium and slow speeds; changing speed and direction</li> <li>take part in a relay, remembering when to run and what to do</li> </ul>	<ul style="list-style-type: none"> <li>be aware of space and use it to support team-mates and to cause problems for the opposition</li> <li>know and use rules fairly</li> </ul>	<ul style="list-style-type: none"> <li>adapt sequences to suit different types of apparatus and criteria</li> <li>explain how strength and suppleness affect performance</li> </ul>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>sprint over a short distance and show stamina when running over a long distance</li> <li>jump in different ways</li> <li>throw in different ways and hit a target, when needed</li> </ul>	<ul style="list-style-type: none"> <li>throw and catch accurately with one hand</li> <li>hit a ball accurately with control</li> <li>vary tactics and adapt skills depending on what is happening in a game</li> </ul>	<ul style="list-style-type: none"> <li>move in a controlled way</li> <li>include change of speed and direction in a sequence</li> <li>work with a partner to create, repeat and improve a sequence with at least three phases</li> </ul>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>controlled when taking off and landing</li> <li>throw with increasing accuracy</li> <li>combine running and jumping</li> </ul>	<ul style="list-style-type: none"> <li>gain possession by working a team and pass in different ways</li> <li>choose a specific tactic for defending and attacking</li> <li>use a number of techniques to pass, dribble and shoot</li> </ul>	<ul style="list-style-type: none"> <li>make complex extended sequences</li> <li>combine action, balance and shape</li> <li>perform consistently to different audiences</li> </ul>
<b>Year 6</b>	<ul style="list-style-type: none"> <li>demonstrate stamina and increase strength</li> </ul>	<ul style="list-style-type: none"> <li>agree and explain rules to others</li> <li>work as a team and communicate a plan</li> <li>lead others in a game situation when the need arises</li> </ul>	<ul style="list-style-type: none"> <li>combine own work with that of others</li> <li>sequences to specific timings</li> </ul>



## Physical Education: Key Stage 2

	Dance	Outdoor and Adventurous Activity	Evaluate
	<i>perform dances using a range of movement patterns</i>	<i>take part in outdoor and adventurous activity challenges both individually and within a team</i>	<i>compare their performances with previous ones and demonstrate improvement to achieve their personal best</i>
<b>Year 3</b>	<ul style="list-style-type: none"> <li>improvise freely and translate ideas from a stimulus into movement</li> <li>share and create phrases with a partner and small group</li> <li>remember and repeat dance perform phrases</li> </ul>	<ul style="list-style-type: none"> <li>follow a map in a familiar context</li> <li>use clues to follow a route</li> <li>follow a route safely</li> </ul>	<ul style="list-style-type: none"> <li>compare and contrast gymnastic sequences</li> <li>recognise own improvement in ball games</li> </ul>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>take the lead when working with a partner or group</li> <li>use dance to communicate an idea</li> </ul>	<ul style="list-style-type: none"> <li>follow a map in a (more demanding) familiar context</li> <li>follow a route within a time limit</li> </ul>	<ul style="list-style-type: none"> <li>provide support and advice to others in gymnastics and dance</li> <li>be prepared to listen to the ideas of others</li> </ul>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>compose own dances in a creative way</li> <li>perform dance to an accompaniment</li> <li>dance shows clarity, fluency, accuracy and consistency</li> </ul>	<ul style="list-style-type: none"> <li>follow a map into an unknown location</li> <li>use clues and a compass to navigate a route</li> <li>change route to overcome a problem</li> <li>use new information to change route</li> </ul>	<ul style="list-style-type: none"> <li>pick up on something a partner does well and also on something that can be improved</li> <li>know why own performance was better or not as good as their last</li> </ul>
<b>Year 6</b>	<ul style="list-style-type: none"> <li>develop sequences in a specific style</li> <li>choose own music and style</li> </ul>	<ul style="list-style-type: none"> <li>plan a route and a series of clues for someone else</li> <li>plan with others, taking account of safety and danger</li> </ul>	<ul style="list-style-type: none"> <li>know which sports they are good at and find out how to improve further</li> </ul>



# Whole School ~ Curriculum Map

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Reception	Unit 1 Body Management	Unit 1 Cooperate & Solve Problems	Unit 1 Dance	Unit 2 Body Management	Unit 2 Cooperate & Solve Problems	Unit 2 Manipulation & Coordination
	Unit 1 Gymnastics	Unit 1 Manipulation & Coordination	Unit 1 Speed Agility Travel	Unit 2 Dance	Unit 2 Gymnastics	Unit 2 Speed Agility Travel
Year 1	Unit 1 Attack Defend Shoot	Unit 1 Hit Catch Run	Unit 2 Gymnastics	Unit 1 Run Jump Throw	Unit 2 Hit Catch Run	Unit 2 Run Jump Throw
	Unit 1 Gymnastics	Unit 1 Dance	Unit 2 Attack Defend Shoot	Unit 1 Send & Return	Unit 2 Dance	Unit 2 Send & Return
Year 2	Unit 1 Gymnastics	Unit 1 Dance	Unit 2 Gymnastics	Unit 2 Dance	Unit 2 Attack Defend Shoot	Unit 2 Hit Catch Run
	Unit 1 Run Jump Throw	Unit 1 Hit Catch Run	Unit 1 Attack Defend Shoot	Unit 2 Run Jump Throw	Unit 1 Send & Return	OAA Year 2
Year 3	OAA Year 3	Basketball Year 3	Hockey Year 3	Unit 2 Gymnastics	Unit 2 Dance	Athletics Year 3
	Unit 1 Gymnastics	Football Year 3	Unit 1 Dance	Netball Year 3	Cricket Year 3	Tennis Year 3
Year 4	OAA Year 4	Basketball Year 4	Unit 1 Dance	Unit 2 Gymnastics	Unit 2 Dance	Athletics Year 4
	Unit 1 Gymnastics	Football Year 4	Hockey Year 4	Netball Year 4	Cricket Year 4	Tennis Year 4
Year 5	Football Year 5	Sports Hall Athletics	Unit 1 Dance	Netball Year 5	Cricket Year 5	Athletics Year 5
	Tag Rugby Year 5	Unit 1 Gymnastics	Football Year 5	OAA Year 5	Beginners Swimming	Rounders Year 6
Year 6	Football Year 6	Unit 1 Gymnastics	Intermediate Swimming	Unit 1 Dance	Unit 2 Gymnastics	Athletics Year 6
	Unit 1 Gymnastics	Sports Hall Athletics	OAA Year 6	Netball Year 6	Cricket Year 6	Rounders Year 6