



PE Curriculum Map 2022-2023



Our overview is linked to the Get Set for PE scheme of work. The Sports Leader has chosen activities that develop through the Key Stages. Each unit is for a half term (or 6 lessons) apart from gymnastics which has a whole term (or 12 hours) Classes get one body movement and strength a week (eg gymnastics) and one more 'games' style lesson (eg invasion games)

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fundamentals Moving, throwing and collecting.	Dance Actions and rhythms.	Fundamentals Sending, receiving and controlling equipment	Dance Dance a story	Body Management/ Gymnastics with Calypso gymnastics Travel under, over and through apparatus	
Reception	Games Travelling in different ways. Throwing, catching	Body Management/ gymnastics Introductions to apparatus.	Dance Action, rhythm and rhyme	Games Linking different actions. Versatile use of different implements	Body Management/ gymnastics with Calypso gymnastics Travel under, over and through apparatus	
Year1	Gymnastics with Calypso gymnastics Body parts and space awareness – Traveling Explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases. Pupils are given opportunities to select their own actions to build short sequences and develop their confidence in performing. Pupils begin to understand the use of levels, directions and shapes when travelling and balancing		Fundamentals Pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination		Striking and Fielding Pupils develop their basic understanding of striking and fielding games such as Rounders and Cricket. They learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball	Yoga Pupils learn about mindfulness and awareness. They begin to learn poses and techniques that will help them connect their mind and body.
	Movement/Athletics 1 master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Dance Exploring Gesture and Formation; Creating short dances	Ball Skills Pupils will explore their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball	Invasion Games Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They develop their understanding of attacking and defending	Team Building Pupils develop their communication and problem solving skills. They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other.	Athletics 2 pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing



PE Curriculum Map 2022-2023



				and what being 'in possession' means.				
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2		
Year 2	<p><u>Gymnastics with Calypso gymnastics</u> Balance Body parts high and low, body shape aware, link movements with control Mirror, contrast, lead, follow. Plan and perform linked actions</p>		<p><u>Fundamentals</u> Pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will be given the opportunity to work with a range of different equipment</p>		<p><u>Net/Wall games</u> Pupils will develop the basic skills involved in net and wall games. They will develop their understanding of the principles of net and wall games such as using the ready position to defend their space and sending the ball away from an opponent to maximise their chances of scoring</p>		<p><u>Athletics</u> Pupils will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance</p>	
	<p><u>Ball Skills</u> Pupils will develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball</p>	<p><u>Dance linked to Fire of London Topic</u></p>		<p><u>Invasion</u> Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They develop their understanding of attacking and defending and what being 'in possession' means.</p>		<p><u>Team building</u> Pupils develop their communication and problem-solving skills. They work individually, in pairs and in small groups. Throughout, there is an emphasis on teamwork</p>		<p><u>Yoga</u> Pupils learn about mindfulness and body awareness. They begin to learn yoga poses and techniques that will help them to connect their mind and body. The unit builds strength, flexibility and balance</p>



PE Curriculum Map 2022-2023



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p>Tennis Specialised coaching at Finsbury Park. Double PE session. pupils develop the key skills required for tennis such as the ready position, racket control and forehand and backhand ground strokes. Pupils learn how to score points and how to use skills, strategies and tactics to outwit the opposition</p>		<p>Gymnastics with Calypso gymnastics. Safe practice skills, jumps, landing, climbing, balancing. Link series of actions to repeat.</p>		<p>Basketball Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling. Pupils will learn to use attacking skills to maintain possession of the ball</p>	<p>Athletics Running, jumping, Throwing. Measuring, keeping and beating own scores.</p>
			<p>OAA Pupils develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies</p>	<p>Dance Pupils create dances in relation to an idea including historical and scientific stimuli. Pupils work individually, with a partner and in small groups, sharing their ideas. Pupils develop their use of counting and rhythm</p>	<p>Yoga Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body.</p>	<p>Rounders Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles</p>



PE Curriculum Map 2022-2023



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	<p>Tennis Specialised coaching at Finsbury Park. Double PE session., pupils develop the key skills required for tennis such as the ready position, racket control and forehand and backhand ground strokes. Pupils learn how to score points and how to use skills, strategies and tactics to outwit the opposition</p>		<p>Gymnastics with Calypso Gymnastics Y4 develop more advanced actions such as inverted movements and explore ways to include apparatus. They work independently and with a partner to build sequences. In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.</p>		<p>Cricket Pupils learn how to strike the ball into space so that they can score runs. When fielding, they learn how to keep the batters' scores low</p>	<p>Athletics Running, jumping, throwing for accuracy and distance. Measuring, keeping and beating own scores.</p>
			<p>Fundamentals Pupils will develop the fundamental skills of balancing, running, jumping, hopping and skipping. Pupils will develop their ability to change direction with balance and control. They will be given the opportunity to explore how the body moves at different speeds as well as how to accelerate and decelerate.</p>	<p>Dodgeball Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to apply simple tactics to the game to outwit their opponent</p>	<p>Yoga mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body</p>	<p>Netball Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and shooting. They will learn to use a range of different passes in different situations to keep possession and attack toward</p>
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2



PE Curriculum Map 2022-2023



Year 5	<p><u>Gymnastics with Calypso Gymnastics</u> Y5 create longer sequences individually, with a partner and a small group. They learn a wider range of actions such as inverted movements to include cartwheels and handstands. They explore partner relationships such as canon and synchronisation and matching and mirroring. In Gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.</p>	<p><u>Cricket</u> Overarm bowling. Fielding ball at different heights and speeds. Play small-sided versions of cricket</p>	<p><u>OAA</u> Pupils develop teamwork skills through completion of a number of challenges. Pupils work individually, collaboratively in pairs and groups to solve problems</p>	<p><u>Swimming Intensive</u> 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] perform safe self-rescue in different water-based situations. This is 10 hours of swimming.</p>	
	<p><u>Dodgeball</u> Forehand and backhand strokes, volleys. Cooperate with partner to make rallies.</p>	<p><u>Hockey</u> Pupils will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure</p>	<p><u>Dance</u> Pupils learn different styles of dance, working individually, as a pair and in small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thought</p>	<p><u>Basketball</u> Pupils will develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Pupils will learn to use attacking skills to maintain possession as well as defending skills to gain possession. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition.</p>	<p><u>Athletics</u> Standing long jump, triple jump, Running, jumping, throwing for accuracy and distance. Measuring, keeping and beating own scores.</p>



PE Curriculum Map 2022-2023



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	<p><u>Basketball</u></p> <p>Pupils will develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Pupils will learn to use attacking skills to maintain possession as well as defending skills to gain possession. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They develop</p>	<p><u>Swimming Intensive</u></p> <p>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] perform safe self-rescue in different water-based situations.</p> <p>This is 10 hours of swimming.</p>	<p><u>Yoga</u></p> <p>With Sats in the Spring, Year 6 are going to have yoga sessions to help them with mindfulness, breathing and focus for the whole term.</p>		<p><u>Gymnastics</u></p> <p>Y6 use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences. They work in larger groups using formations to improve the aesthetics of their performances. In</p> <p>Gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.</p>	



PE Curriculum Map 2022-2023



	<p>their understanding of the importance of fair play and honesty while self managing games, as well as developing their ability to evaluate their own and others' performances</p>			<p>Cricket Accurate bowling, controlled batting, quick fielding. Plan, perform, and reflect on success of own created games.</p>	<p>Athletics Sprints, middle distance, relays jumping, throwing for accuracy and distance. Measuring, keeping and beatin own scores</p>