



## PE – Learning Map

<u>Year Group</u>	<u>Knowledge and Skills to be taught:</u>	<u>Learning Opportunities:</u>
<b>EYFS</b>	<ul style="list-style-type: none"> <li>• Movement in a range of ways- over and under equipment</li> <li>• Movement to music- dance</li> <li>• Beginning to develop motor skills- throwing, catching, rolling,</li> </ul>	<ul style="list-style-type: none"> <li>• OnTour</li> <li>• Dance</li> <li>• Gymnastics</li> <li>• Inclusion Support for PE</li> <li>• Active 30/30</li> <li>• Go Project</li> <li>• Celebration/themed weeks</li> </ul>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>• Begin to develop ideas for dance movement’s patterns- explore using space pathways and working in groups.</li> <li>• Begin to develop basic catching and throwing skills (work in pairs using a range of objects and sizes.)</li> <li>• Start to develop running and jumping skills ( both feet, one to one, one to two, two or one, one to the other)</li> </ul>	<ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Basic ball and movement skills linked to a range of sports- more independent</li> <li>• Athletics- running, jumping throwing relay</li> <li>• Cricket skills festival</li> <li>• On tour</li> <li>• Active 30 / 30</li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>• perform dances using simple movement patterns- give modify which children can use and then change to develop own dances in groups.</li> <li>• Master basic movements including running, jumping, throwing and catching- group and paired work.</li> <li>• Developing balance, agility and co-ordination, and begin to apply these in a range of activities ( Link to gymnastics- on equipment and floor work. Working in pairs show different types of balances.)</li> <li>• participate in team games, developing simple tactics for attacking and defending (group work to kick the ball to the other side of the room- each child needs to have kicked it. Throwing ball to the other side of the hall- each child needs to have caught and thrown it.)</li> </ul>	<ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Basic ball and movement skills linked to a range of sports- working in pairs.</li> <li>• Athletics- running, jumping throwing relay</li> <li>• KS1 rapid fire</li> <li>• Leader running clubs</li> <li>• Inclusive rounder’s festival</li> <li>• On tour</li> <li>• Active 30 / 30</li> </ul>
<b>Year 3</b>	<ul style="list-style-type: none"> <li>• Continue to Master basic movements including running, jumping, throwing and catching- group and paired work</li> </ul>	<ul style="list-style-type: none"> <li>• Gymnastics</li> </ul>

	<ul style="list-style-type: none"> <li>• Develop basic principles suitable for attacking and defending working in pairs.</li> <li>• Explore perform dances using a range of movement patterns- in pairs and group work</li> <li>• Begin to explore flexibility, strength, technique, control and balance independently</li> </ul> <p><b>Swimming-</b></p> <ul style="list-style-type: none"> <li>• Introduce to a range of strokes effectively.</li> </ul>	<ul style="list-style-type: none"> <li>• Ball and movement skills linked to a range of sports- working in teams – basketball, cricket, tri golf.</li> <li>• Speed stacking festival Athletics- running, jumping throwing relay</li> <li>• Swimming</li> <li>• Football club</li> <li>• Paralympic topic- sitting volleyball</li> <li>• Team building skills</li> <li>• Change 4 life club</li> </ul>
<p><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>• Begin to apply movements including running, jumping, throwing and catching in team games- netball, basketball, rounder's.</li> <li>• Develop basic principles suitable for attacking and defending working in pairs and groups.</li> <li>• Explores in pairs flexibility, strength, technique, control and balance independently in a range of sports.</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• Starts to explore perform dances using a range of movement patterns- on own.</li> <li>• Begin to analysis own performance and develop ways of how to improve it.</li> </ul> <p><b>Swimming-</b></p> <ul style="list-style-type: none"> <li>• use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> </ul>	<ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• School trip</li> <li>• Bell boating festival/ climbing/ orienteering</li> <li>• Speed stacking festival</li> <li>• Tri golf festival</li> <li>• Athletics- running, jumping throwing relay-festival</li> <li>• Swimming</li> <li>• Ball skills linked to a range of team game</li> <li>• Basketball</li> <li>• Netball</li> <li>• Cricket – rapid fire</li> <li>• Change 4 life Mini Olympics</li> <li>• Dance Festival</li> </ul>
<p><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• Develop movements including running, jumping, throwing and catching in team games- netball, basketball, rounder's and individual skills- tennis, table tennis.</li> <li>• Apply skills developed to 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</li> </ul>	<ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Dance festival.</li> <li>• Netball team</li> <li>• Netball festival</li> <li>• Athletics- running, jumping throwing relay-festival</li> <li>• Swimming</li> </ul>

	<ul style="list-style-type: none"> <li>• Explore how to compare teams performances with previous ones and demonstrate improvement to achieve their personal best which they can use in next game.</li> <li>• Starts to explore perform dances using a range of movement patterns- in pairs and group work</li> </ul> <p><b>Swimming-</b></p> <ul style="list-style-type: none"> <li>• use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>• swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• perform safe self-rescue in different water-based situations</li> </ul>	<ul style="list-style-type: none"> <li>• Football team</li> <li>• Ball skills linked to a range of team game</li> <li>• Competitive team games</li> <li>• Football tournaments</li> <li>• Competition Calendar</li> <li>• Personal Challenge themed curricular session ('On Tour')</li> <li>• Active 30 / 30</li> <li>• Young Leader Training – Stevenage Young Ambassador Training</li> <li>• Change 4 life Mini Olympics</li> <li>• Dance Festival</li> </ul>
<p><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• 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</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• Understand and apply tactics during team games - using ipads to record performances.</li> </ul>	<ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• School trip</li> <li>• Bell boating festival/ climbing/ orienteering</li> <li>• Dance festival.</li> <li>• Athletics- running, jumping throwing relay</li> <li>• Football team</li> <li>• Football tournament</li> <li>• Netball team</li> <li>• Netball festival</li> <li>• Ball skills linked to a range of team game</li> <li>• Mix class competitive- handball</li> <li>• Personal Challenge themed curricular session ('On Tour')</li> <li>• Active 30 / 30</li> <li>• Change 4 life Mini Olympics</li> <li>• Dance Festival</li> </ul>

