



PE – Learning Map

<u>Year Group</u>	<u>Knowledge and Skills to be taught:</u>	<u>Learning Opportunities:</u>
EYFS	<ul style="list-style-type: none"> • Movement in a range of ways- over and under equipment • Movement to music- dance • Beginning to develop motor skills- throwing, catching, rolling, 	<ul style="list-style-type: none"> • OnTour • Dance • Gymnastics • Inclusion Support for PE • Active 30/30 • Go Project • Celebration/themed weeks
Year 1	<ul style="list-style-type: none"> • Begin to develop ideas for dance movement’s patterns- explore using space pathways and working in groups. • Begin to develop basic catching and throwing skills (work in pairs using a range of objects and sizes.) • Start to develop running and jumping skills (both feet, one to one, one to two, two or one, one to the other) 	<ul style="list-style-type: none"> • Gymnastics • Basic ball and movement skills linked to a range of sports- more independent • Athletics- running, jumping throwing relay • Cricket skills festival • On tour • Active 30 / 30
Year 2	<ul style="list-style-type: none"> • perform dances using simple movement patterns- give modify which children can use and then change to develop own dances in groups. • Master basic movements including running, jumping, throwing and catching- group and paired work. • 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.) • 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.) 	<ul style="list-style-type: none"> • Gymnastics • Basic ball and movement skills linked to a range of sports- working in pairs. • Athletics- running, jumping throwing relay • KS1 rapid fire • Leader running clubs • Inclusive rounder’s festival • On tour • Active 30 / 30
Year 3	<ul style="list-style-type: none"> • Continue to Master basic movements including running, jumping, throwing and catching- group and paired work 	<ul style="list-style-type: none"> • Gymnastics

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

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

