

PE Subject Map

| | Autumn Term 1 | Autumn Term 2 | Spring Term 1 | Spring Term 2 | Summer Term 1 | Summer Term 2 |
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| Reception | Fundamentals Unit 1 Balancing Changing direction Landing with control | Fundamentals Unit 2 Hopping Jumping Travelling using equipment | Dance Unit 1 Moving safely Repeating actions Linking actions Using imagination | Gymnastics Unit 1 Creating body shapes Balancing Rocking and rolling Linking sequences | Dance Unit 2 Moving in time to music Expressing emotions through movement Linking actions Using coordination | Gymnastics Unit 2 Rocking and rolling Linking actions Over and through apparatus Landing safely |
| | Introduction to PE Unit 1 Safe space Stopping Working cooperatively | Introduction to PE Unit 2 Following instructions Safely stopping Following a path Working cooperatively | Ball Skills Unit 1 Rolling a ball to a target Stopping the ball Bouncing and catching Dribbling and kicking | Games Unit 1 Running and stopping Tagging games Team games Understanding roles | Ball Skills Unit 2 Tracking a ball Throwing at a target Catching Kicking at a target | Games Unit 2 Throwing/Striking Competitive games Coordination Keeping score |
| Year 1 | Fundamentals Balancing Landing Changing direction Skipping | Gymnastics Travelling Balancing Jumping/rolling Linking actions Creating sequences | Target Games Underarm throwing Throwing for accuracy Overarm throwing Throwing for accuracy and distance | Dance Moving in time to music Using imagination Remembering actions Repeating actions Creating actions | Team Building Following instructions Solving challenges Communication skills Sharing ideas | Fitness Building stamina Skipping Agility, balance, coordination Body weight |
| | Ball Skills Hitting targets Rolling and stopping Dribbling (hands and feet) | Sending and receiving Tracking Catching Throwing Using a racket | Invasion Understanding possession Attacking/defending Controlling | Net and Wall Defending Positioning Using a racket Playing and hitting over a net | Striking and fielding Target work Under arm throw Over arm throw Fielding and batting Scoring | Athletics Differing speeds Stability Coordination/balance Throwing |
| Year 2 | Fundamentals Balancing Landing Changing direction Skipping | Gymnastics Linking shapes Travelling (direction, levels) Rolling Building sequences Using apparatus | Yoga Yoga poses Creating poses Control and coordination Breathing | Dance Flamenco Movement patterns Partner shapes Creating dance phrases Performing | Team Building Communication skills Solving challenges Developing trust Group work | Fitness Building stamina Skipping Agility, balance, coordination Body weight |
| | Ball Skills Hitting targets Rolling and stopping Dribbling (hands and feet) | Sending and receiving Tracking Catching Throwing Racket use | Invasion Understanding possession Attacking and defending Controlling | Striking and fielding Target work Under arm throw Over arm throw Fielding and batting Scoring | Net and Wall Defending Positioning Racket use Playing and hitting over a net | Athletics Sprinting Agility Jumping for height and distance |
| Year 3 <i>Each class do one term of swimming (alternated with multi-skills)</i> | Dance Moving in unison Representing ideas Phrasing Transitioning | Gymnastics Balancing Jumping with control Hoop work Creating partner sequences | Dodgeball Throwing at a target Dodging Blocking Catching | OAA Teamwork Communication Planning/problem solving Following instructions | Tennis Positioning Moving Ball control Forehand/backhand Scoring | Dance Moving in unison Representing ideas Phrasing Transitioning |

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| | Swimming Buoyancy and balance Movement and submersion Gliding and crawl legs Front crawl breathing | Swimming Gliding and backstroke Treading water Breaststroke technique Water safety and floating Personal survival | Football Dribbling Passing Moving Tracking | Basketball Dribbling Passing Tracking and defending Shooting Opponent work | Fitness Developing speed Agility Balance Stamina Body weight | Athletics Sprinting Relay races Positioning Jumping for height Throwing for distance |
| Year 4 | Dance Adapting movements Action and reaction Partner work Performing | Gymnastics Partner balances Rolling Creating sequences Using apparatus Travelling | Yoga Yoga poses Flexibility Arm balances Yoga flow Strength/fluidity | OAA Teamwork Communication Planning/problem solving Following instructions | Dance The Charleston Representing ideas Dynamics Spacing/timing Partner work/performing | Rounders Throwing/catching Bowling Decision making Hitting Team work |
| | Fundamentals Develop balancing Change of speed and direction Control when jumping, hopping and landing Skipping with a rope | Netball Throwing and catching Footwork Movement skills Shooting Netball rules | Hockey Dribbling Passing Receiving Defending Tackling | Handball Throw and catch while on the move Defending skills Change of direction and speed Compete in game situations | Fitness Developing speed Agility Balance Stamina Body weight | Athletics Sprinting Jumping for distance Throwing for distance Accuracy |
| Year 5 | Dance Providing feedback Adapting performance Transitioning | Gymnastics Symmetrical/ asymmetrical shapes Balancing/travelling Synchronisation Mirroring/matching | Fitness Sprinting technique Strength Coordination Agility Balancing | Dodgeball Throwing at a moving target Dodging Catching under pressure Applying tactics | OAA Communication/ trust Problem solving Team work Map reading/using a key Orienteering | Rounders Striking and fielding Throwing/catching Batting/bowling Decision making Rules |
| | Tennis Forehand/backhand Reacting Volleying Accuracy | Tag Rugby Developing attacking Throwing/catching Passing Dodging Decision Making Support Play | Basketball Shooting Dribbling Passing/throwing Attacking/defending Landing and pivoting Changing direction | Football Controlling Dribbling Defending/attacking Goalkeeping | Dance Providing feedback Adapting performances Transitioning | Athletics Adjusting speed Fluency/ coordination Relay changeovers Throwing distances |
| Year 6 | Gymnastics Rotation Landing Sequencing Flight Travelling Balancing Using apparatus | Dance World of Dance (ancient Greek focus) Repeating Working collaboratively Developing ideas Using props Conveying characters | Yoga Flexibility Strength Yoga flows Paired work | Dance The Jive Repeating Working collaboratively Developing ideas Using props Conveying characters | OAA Communication/trust Problem solving Team work Map reading Using a key Orienteering | Cricket Fielding Bowling Catching Batting Defending |
| | Volleyball Catching Volleying Rallying Serving Scoring | Netball Shooting Passing/throwing Attacking/defending Landing and pivoting Changing direction | Hockey Pushing Dribbling Receiving/passing Attacking/defending Spacing/blocking | Handball Maintain possession under pressure Defence Score goals and gain possession Apply rules | Fitness Sprinting technique Strength Coordination Agility Balancing | Athletics Working collaboratively Sprinting Developing power Throwing for accuracy/distance |