

PE Curriculum Map

Rationale: This is a curriculum which has been designed bespoke for our Trust by our PE Department.
We teach fundamental concepts to students, so that they are equipped with the skills and knowledge required for a range different sports.

Year 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamental Movements	Gymnastics/ Fundamentals	Dance	Throw, catch, pass & receive	Team Building/problem solving	Athletics
Year 1 & 2	Introduction to invasion games	Core strength development & Gymnastics	Dance	Ball skills	Striking & fielding games	Athletics
	Attacking and defending principles - dribbling focused sports (handball, basketball, hockey)	<i>Jump, roll, balance, support</i>	<i>Basic travels, sequence, spacing</i>	<i>dribbling, throwing accuracy, bouncing, passing, receiving</i>	<i>Fielding, backing up, striking with direction</i>	<i>Run, jump, throw</i>
Year 3 & 4	Invasion games - Tag Rugby focus	Gymnastics	Dance	Handball	Tennis	Striking and Fielding games
	<i>Attack v defence invasion games Evading defenders and passing skills. Rugby/end zone games</i>	<i>Sequence, group work, transition</i>	<i>Group choreography</i>	<i>Skills: Throwing, catching, movement, evasion.</i>	<i>Striking with accuracy. Forehand and backhand.</i>	<i>Cricket, kickbal and rounders skills</i>
Year 5 & 6	Tag Rugby	Gymnastics	Dance	Handball	Tennis	Striking and Fielding games
	Attacking and defensive shape. 2 v 1, 3 v 2 building to competition.	<i>Perform, refine, advanced movements</i>	<i>Dance creation - student design. Partner work, lifts</i>	<i>Dribbling, passing, shooting, rules, attack v defence</i>	<i>Forehand, backhand, serve, basic rules.</i>	<i>Competitive tactics and techniques: cricket, rounders, kickball</i>

Year 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamental Movements	Gymnastics/ Fundamental movements	Throw, Catch, Pass & Receive	Dance	Team Building/problem solving	Athletics
Year 1 & 2	Introduction to invasion games	Health and fitness	Multi-skills - hand-eye coordination	Object control and striking	Throwing, catching & fielding games	Olympics
	<i>Attacking and defending principles</i>	<i>Circuit training: health and skill related fitness</i>	<i>Throwing, catching, rolling, bouncing, trapping.</i>	<i>Hockey, floor tennis, balancing objects, batting, kicking</i>	<i>How to field. Throwing accuracy and running games</i>	<i>Students will take part in a range of different Olympic sports for the 2024 Paris Games.</i>
Year 3 & 4	Basketball/Netball	Health and Fitness	Volleyball	Hockey	Invasion games	Olympics
	<i>Invasion skills + dribbling, different passes & scoring</i>	<i>Effects of exercise on the body. Different types of training</i>	<i>Basics of dig, set. Throw volleyball. Basic rules</i>	<i>Invasion game theme with hockey focus</i>	<i>Frisbee, handball, end ball type games</i>	<i>Students will take part in a range of different Olympic sports for the 2024 Paris Games.</i>
Year 5 & 6	Basketball/Netball	Health and Fitness	Volleyball	Hockey	Ultimate frisbee	Olympics

	Technical detail & tactics	Muscle groups, diet & nutrition	Dig, set, serve, passing, rallying, rules	Dribbling, passing, shooting, rules, attack v defence	End zone invasion games. Throwing accuracy	Students will take part in a range of different Olympic sports for the 2024 Paris Games.
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