



Scargill Church of England Primary School

P.E. Curriculum Map 2020-21

Department	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
EYFS Indoor	Physical literacy Building fundamental skills Getting undressed and redressed Hand-eye coordination Object control Jumping Hopping Skipping	Dance Move to music. Copy dance moves. Perform my own dance moves. Make up a short dance. Move safely in a space.	Gymnastics Develop confidence in fundamental movements. Develop coordination and gross motor skills	Gymnastics Jumping, sliding, rolling moving over, under and on apparatus.	Gymnastics Develop coordination and gross motor skills.	Dance Move to music. Copy dance moves. Perform my own dance moves. Make up a short dance. Move safely in a space.
EYFS Outdoor	ABC skills Agility - Running Running round obstacles. Moving sideways. Skipping without a rope. Hula hooping - turn hoop with hand. Hop-preferred foot. Leap - take off one foot and attempt to land on another. Move into a new space. Moving away from other people. Balance Taking weight on different body parts.	ABC Skills Co-ordination Jumping on the spot. Jumping off a bottom stair / bench. Kicking towards a target. Bouncing a ball on the spot. Spatial Awareness Moving at different speeds, negotiating space, stop and turn, change direction	Ball skills Games Receiving Along the ground Towards hands Into hands Cup hands Watch object into hands Sending Along the ground at a target In the air at a target underarm. Rolling along the ground at a target. Pushing along the ground at a target. Sending ball with a bounce at a target. Sending the object overarm towards a target.	Bat and ball skills Games Control and coordination Bouncing, dribbling, balancing. Aiming, predicting and estimating. Bouncing a ball, stationary and on the move, estimating, predicting, control and coordination, using a range of small equipment, Sending and aiming Rolling a ball, controlling their bodies, copy and observe, estimate	Multi skills Bouncing, throwing and striking Eye-hand co-ordination and control, spatial awareness, striking with different body parts Underarm throwing, target throwing, control and coordination Bouncing a ball, bouncing on the move, working with a partner, spatial awareness	Athletics Running, throwing and jumping Starts, running on a track, speed, stamina, sprints and long distance Throwing for distance – javelin, balls,



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Y1 Indoor	Dance <ul style="list-style-type: none"> -To respond to a range of stimuli and types of music. -To explore space, direction, levels and speeds. -To experiment creating actions and performing movements with different body part. 	Gymnastics <ul style="list-style-type: none"> -To identify and use simple gymnastics actions and shapes. -To apply basic strength to a range of gymnastics actions. -To begin to carry basic apparatus such as mats and benches. -To recognise like actions and link. 	Pilates <ul style="list-style-type: none"> -Introduce idea of static holds to develop strength. -To develop muscle strength in children's development. -Prepares children's musculoskeletal systems for the practice of sports and prevents injuries. -Create body awareness to prevent poor body posture. 	Gymnastics <ul style="list-style-type: none"> -To perform a variety of basic gymnastics actions showing control. -To introduce turn, twist, spin, rock and roll and link these into movement patterns. -To perform longer movement phases and link with confidence. 	Dance <ul style="list-style-type: none"> -To respond to a range of stimuli and types of music. -To explore space, direction, levels and speeds. -To experiment creating actions and performing movements with different body part. 	Dodgeball <ul style="list-style-type: none"> -Introduce idea of dodging. -Introduce speeds of movement and how that might help dodging. -Throw with different heights underarm. -Throw with increasing accuracy at a target.
Y1 Outdoor	Ball Skills <ul style="list-style-type: none"> -Use basic underarm, rolling and hitting skills accurately. -Hit and kick a ball in a variety of ways -Track, intercept, stop and catch balls and small equipment consistently. -Describe some basic rules, simple tactics and the way to score. -Show good awareness of space and the actions of others. - Compete in small sided games. -Know playing games is good for them and describe what it feels like. -Watch, describe and comment on what they have seen. 	FUNDamentals of movement <ul style="list-style-type: none"> -Develop physical literacy skills. -Developing locomotor skills running, skipping and galloping. - Develop non-locomotor skills of balances and shapes. -Develop manipulative skills of throwing, catching and kicking. 	Football <ul style="list-style-type: none"> -To move with the ball. -To change direction with the ball. -To keep the ball under control. -To pass the ball to a team-mate. -To receive the ball with control. -To shoot with power/finesse/accuracy. 	Target Games <ul style="list-style-type: none"> -From static postitions: -Consider distance -Consider Power -Consider accuracy -Develop moving and throwing at a target simultaneously. 	Rounders <ul style="list-style-type: none"> -To be able to play simple rounders games. -To apply some rules to games. -To develop and use simple rounders skills. 	Athletics <ul style="list-style-type: none"> -Improve running technique and run for longer distances. Run and jump sequence. -Develop an under and over arm throwing action. -Take part in a variety of team races using a variety of equipment. -Know running, jumping and throwing is good for them and describe what it feels like. Watch, copy, describe and comment on what they have seen.



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Y2 Indoor	Dance -To describe and explain how performers can transition and link shapes and balances. -To perform with control and consistency basic actions at different speeds and on different levels. -To challenge themselves to move imaginatively responding to music. -To work as part of a group to create and perform short movement sequences to music.	Gymnastics -To describe and explain how performers can transition and link gymnastic elements. -To perform with control and consistency basic actions at different speeds and on different levels. -To challenge themselves to develop strength and flexibility. -To create and perform a simple sequence that is judged using simple gymnastic scoring.	Yoga Introduce key yoga elements of: 1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.	Gymnastics -To develop body management through a range of floor exercise. -To use core strength to link recognized gymnastics elements e.g. back support and half twist. -To attempt to use rhythm whilst performing a sequence.	Dance -To describe and explain how performers can transition and link shapes and balances. -To perform with control and consistency basic actions at different speeds and on different levels. -To challenge themselves to move imaginatively responding to music. -To work as part of a group to create and perform short movement sequences to music.	Dodgeball -Develop ideas of dodging and body shapes. -Develop speeds of movement and how that might help dodging. -Throw with different heights underarm. -Introduce simple tactics -Throw with increasing accuracy at a target.
Y2 Outdoor	Ball Skills -Perform basic techniques of catching and throwing to a good level of consistency when moving and standing still. -Perform basic skills of rolling, striking and kicking with control. -Use a variety of simple tactics in a small sided game. Show an awareness of opponents and team mates during games. Describe the differences in the way their body works and feels when playing different games. -Begin to watch others and focus on specific actions to improve own skills.	FUNdamentals of movement -Master physical literacy skills. -Master locomotor skills running, skipping and galloping. - Master non-locomotor skills of balances and shapes. -Master manipulative skills of throwing, catching and kicking.	Hockey -To introduce familiarity with equipment. -To introduce dribbling of the ball in straight and curved lines. -To introduce stopping the ball. -Introduce push pass and shooting.	Basketball -To familiarise themselves with bouncing the ball repeatedly. -To introduce dribbling and changing direction. -To introduce passing and catching with each other.	Tennis -To familiarise themselves with ball and racquet. -To learn the correct grip hold. -To explore different shots (forehand, backhand) -To work to return ball to opponent (rallies). - To consider power and accuracy.	Athletics -Run with a good technique at different speeds. - Perform a two footed jump. -Show a good throwing technique and extend accuracy and distance. -Compete in a range of team events. -Describe the differences in the way their body works and feels when trying athletic activities. -Begin to watch others and focus on specific actions to improve own skills.



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Y3 Indoor	Dance/ Musical Theatre -To practise different sections of a dance aiming to put together a performance. -To perform using facial expressions. -To perform with a prop.	Pilates -Introduce idea of static and dynamic holds to develop strength. -To develop muscle strength in children's development. -Prepares children's musculoskeletal systems for the practice of sports and prevents injuries. -Create body awareness to prevent poor body posture.	Gymnastics To modify actions independently using different pathways, directions and shapes. -To consolidate and improve quality of movements and gymnastics actions. -To relate strength and flexibility to the actions and movements they are performing. -To use basic compositional ideas to improve sequence work—unison.	Healthy Eating & Healthy Living -Understand the importance of an active lifestyle upon mind and body. - Understand the importance of a balanced diet upon mind and body. -Introduce children to the 'eatwell plate'. -Children to try and improve on a previous best fitness activity.	Dance/ Musical Theatre To practise different sections of a dance aiming to put together a performance. -To perform using facial expressions. -To perform with a prop.	Gymnastics -To identify similarities and differences in sequences -To develop body management over a range of floor exercises. -To attempt to bring explosive moves in to floor work through jumps and leaps. -To show increasing flexibility in shapes and balances.
Y3 Outdoor	Football -To move with the ball at speed. -To change direction with the ball using both feet. -To keep the ball under control. -To pass the ball to a team-mate. -To receive the ball with control. -To shoot with power/finesse/accuracy. -To introduce some defensive skills.	Basketball -Catches a gently tossed hand-sized ball from a partner. - Dribbles and travels in general space at slow to moderate jogging speed with control of ball and body. - Applies simple strategies/tactics in chasing and fleeing activities. - Combines traveling with the manipulative skills of dribbling, passing, and catching in teacher- and/or student-designed small-sided practice task environments.	Net and Wall games -To introduce to net and wall games. -See iMoves checklist objectives.	Ultimate Frisbee -Introduce to the basic game concept. -Introduce to backhand throw. -Introduce crocodile catch. -Introduce turning on a pivot. -Consider power. -Consider accuracy.	Cricket -To introduce basic principles of the game. -To introduce bowling underarm with accuracy. - To introduce batting in different directions. -To introduce fielding techniques.	Athletics -Select running speed for appropriate activity. -Make up and repeat a short sequence of linked jumps. -Throw a variety of objects, changing their action for accuracy and distance. -Take part in relay activities remembering when to run and what to do. -Recognise when their body is warmer or cooler and when their heart beats faster and slower. -Recognise good performances in themselves and others to improve their own.



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Y4 Indoor	Dance/Musical Theatre -To work to include freeze frames in routines. -To practise and perform a variety of different formations in dance. -To develop a dance to perform as a group with a set starting position.	Gymnastics -To become increasingly competent and confident to perform skills more consistently. -To be able to perform in time with a partner and group. -To use compositional ideas in sequences such as changes in height, speed and direction.	Yoga Develop key yoga elements of: 1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness. Focus on improving flexibility and strength of body. Try to improve holds and balances on previous weeks.	Gymnastics -To develop an increased range of body actions and shapes to include in a sequence. -To define muscles groups needed to support the core of their body. -To refine taking weight on small and large body parts, for example hand and shoulder.	Dance / Musical Theatre -To work to include freeze frames in routines. -To practise and perform a variety of different formations in dance. -To develop a dance to perform as a group with a set starting position. CSupport	Badminton -Introduce children to equipment and differences from other previously played racquet sports. -Understand the flight of the shuttlecock. -Introduce forehand and backhand grip. - Introduce shots such as underarm clear, overarm clear, drop shots. -Encourage children to develop rallies.
Y4 Outdoor	Swimming - 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.	Swimming - 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.	Swimming - 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.	Hockey -To be able to consistently perform basic hockey skills such as dribbling and push pass -To implement the basic rules of hockey. -To develop tactics and apply them in competitive situations. -To increase speed and endurance during game play	Outdoor Adventurous Activities -Introduction to map reading and orienteering. -Show strong teamwork and communication. -Develop leadership schools. -	Athletics -Show some control when using a range of basic running, jumping and throwing actions. -Perform a range of jumps showing contrasting techniques and sometimes using a short run up. -Throw with some accuracy and power into a target area. -Work in cooperative groups to use different techniques, speeds and effort to meet challenges. -Relate different athletic activities to changes in heart rate, breathing and temperature. -Identify and describe different aspects of athletic styles and use to improve own performance.



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Y5 Indoor	Dance/Musical Theatre To perform different styles of dance fluently and clearly. To refine & improve dances adapting them to include use of space rhythm & expression. To work collaboratively in groups to compose simple dances To recognise and comment on dances suggesting ideas for improvement.	Gymnastics To create longer and more complex sequences and adapt performances. To take the lead in a group when preparing a sequence. To develop symmetry individually, as a pair and in a small group. To compare performances and judge strengths and areas for improvement. To select a component for improvement. For example—timing or flow.	Health Related Fitness Understand the importance of an active lifestyle upon mind and body. - Understand the importance of a balanced diet upon mind and body. -Introduce children to the 'eatwell plate'. -Children to try and improve on a previous best fitness activity. -Develop own fitness plan. -Create a fitness session for peers to complete.	Gymnastics To take responsibility in own warm up including remembering and repeating a variety of stretches. To perform more complex actions, shapes and balances with consistency. To use information given by others to improve performance. To remember and repeat longer sequences with more difficult actions.	Dance / Musical Theatre To perform different styles of dance fluently and clearly. To refine & improve dances adapting them to include use of space rhythm & expression. To work collaboratively in groups to compose simple dances To recognise and comment on dances suggesting ideas for improvement.	Dodgeball -Combine skills of running, throwing and catching. -Develop tactical ideas. -Use flexibility and core strength to change directions quickly. -Evaluate and coach peers.
Y5 Outdoor	Football -To play effectively in a variety of positions and formations on the pitch. -To relate a greater number of attacking and defensive tactics to game play. -To become more skilful when performing movements at speed. -To recognise and describe good individual and team performances. - To perform football skills (passing/shooting/tackling etc) under control.	Basketball - Catches a thrown ball above the head, at chest/waist level, and below the waist using a mature pattern in a non-dynamic environment. - Dribbles in self-space with both the preferred and the non-preferred hand using a mature pattern. - Dribbles with hand/feet in combination with other skills (e.g., passing, receiving, shooting).	Net and Wall games -To introduce to net and wall games. -See iMoves checklist objectives.	Ultimate Frisbee -Introduce to the basic game concept. -Develop backhand throw. -Develop crocodile catch. -Develop turning on a pivot. -Consider power. -Consider accuracy. -Introduce tactical elements. -Learn principles of marking.	Cricket -To understand principles of the game. -To introduce bowling underarm with accuracy and pace. - To introduce batting in different directions using different shots (forward drive etc.) -To use fielding techniques such as short and long barriers. -To use different catching techniques. -To use tactics in game situation.	Athletics -Understand and demonstrate the differences between sprinting and distance running. -Show control in take-off activities. -Demonstrate a range of throwing actions using modified equipment with some accuracy and control. -Predict how different activities will affect heart rate, temperature and performance. -Watch partner's performance and identify strengths. -Understand the basic principles of warming up. Understand fully why exercise is good for fitness, health and wellbeing.



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Y6 Indoor	Dance/ Musical Theatre To work collaboratively to include more complex compositional ideas. To develop motifs and incorporate into self-composed dances as individuals, pairs & groups. To talk about different styles of dance with understanding, using appropriate language & terminology.	Gymnastics To lead group, warm up showing understanding of need for strength and flexibility. To demonstrate accuracy, consistency and clarity of movement. To work independently and in small groups to make up own sequences. To arrange own apparatus to enhance work and vary compositional ideas. To experience flight on and off of high apparatus.	Yoga Master key yoga elements of: 1) To enable the student to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness. Focus on improving flexibility and strength of body. Try to improve holds and balances on previous weeks.	Gymnastics To perform increasingly complex sequences. To combine own ideas with others to build sequences. To compose and practise actions and relate to music. To show a desire to improve competency across a broad range of gymnastics action.	Dance/Musical Theatre To work collaboratively to include more complex compositional ideas. To develop motifs and incorporate into self-composed dances as individuals, pairs & groups. To talk about different styles of dance with understanding, using appropriate language & terminology.	Badminton -Introduce children to equipment and differences from other previously played racquet sports. -Understand the flight of the shuttlecock. -Introduce forehand and backhand grip. - Develop shots such as underarm clear, overarm clear, drop shots, serves and smashes. -Introduce children to scoring systems. -Children should think tactically about moving their opponent around the court. - Getting back to the centre of the court.
Y6 Outdoor	Netball -To introduce high five netball positions. -To acquire and apply basic shooting techniques. -To demonstrate and implement some basic rules of high five. -To develop netball skill such as marking and footwork. - To work as a team to improve group tactics and game play.	Tag-Rugby -To consistently perform basic tag rugby skills such as passing backwards, tagging, evading tags etc. -To implement rules and develop tactics in competitive situations -To increase speed and develop endurance during game play	Hockey -To be able to be able to combine basic hockey skills such as dribbling and push pass -To be able to confidently select and apply skills in a game situation -To begin to play effectively in different positions on the pitch including in defence -To increase power and strength of passes, moving the ball over longer distances	Invasion Games (Mixed) -Gain possession working as a team. -Pass in different ways. -Choose a tactic for defending and attacking. -Use a number of techniques to pass, dribble and shoot. -Play to agreed rules. -Explain rules to others. -Can umpire/officiate. -Make a team and communicate a plan.	Outdoor Adventurous Activities -Develop map reading and orienteering. -Show strong teamwork and communication. -Develop leadership skills. -Plan a route and a series of clues for someone else. -Plan with others, taking account of safety and danger. -Use clues and a compass to navigate a route. -Change my route to overcome a problem.	Athletics -Choose the best pace for a running event, in order to sustain running and improve their personal target. -Show control and power in take-off and landing activities. -Show accuracy and good technique when throwing for distance. -Choose appropriate techniques for specific events. -Organise and judge events and challenges well. -Identify activities that help develop stamina or power and suggest how some can be used in other types of activities. -Identify parts of a partner's performance that need to be practised and refined and suggest improvements.



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