


Physical Education Curriculum Map 2022-2023

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 1	<p>Fundamentals</p> <ul style="list-style-type: none"> To explore balance, stability and landing safely. To explore how the body moves differently when running at different speeds. To explore changing direction and dodging. To explore jumping, hopping, and skipping actions. To explore co-ordination and combining jumps. To explore combination jumping and skipping in an individual rope. 	<p>Ball Skills</p> <ul style="list-style-type: none"> To develop control and co-ordination when dribbling a ball with your hands. To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target. To explore catching with two hands. To explore control and co-ordination when dribbling a ball with your feet. To explore tracking a ball that is coming towards me. 	<p>Fitness</p> <ul style="list-style-type: none"> To develop knowledge about how exercise can make you feel. To develop knowledge about how exercise can make you strong and healthy. To develop knowledge about how exercise relates to breathing. To develop my understanding of how exercise helps my brain. To develop my understanding of how exercise helps my muscles. To begin to understand the importance of daily exercise. 	<p>Gymnastics</p> <ul style="list-style-type: none"> To explore travelling movements using the space around you. To develop quality when performing gymnastic shapes. To develop stability and control when performing balances. To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. To link gymnastic actions to create a sequence. 	<p>Athletics</p> <ul style="list-style-type: none"> To learn to move at different speeds for varying distances. To develop a foundation for balance and stability. To develop agility and co-ordination. To explore hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy. 	<p>Invasion</p> <ul style="list-style-type: none"> To develop dribbling towards a goal. To understand what being 'in possession' means. To develop passing to a teammate with your feet. To understand who to pass to and why when playing against a defender. To develop dribbling a ball with hands. To move towards a goal with the ball. To develop throwing to a teammate. To support a teammate when in possession. To move into space showing an awareness of defenders. To be able to stay with a player when defending.
	<p>Dance</p> <ul style="list-style-type: none"> THEME: Counting To explore travelling actions and use counts of 8 to move in time with the music. THEME: Trees and Leaves To remember and repeat actions and respond imaginatively to a stimulus. THEME: Pirates To copy, remember and repeat actions that represent the theme. THEME: Pirates To copy, repeat, create and perform actions that represent the theme. 	<p>Sending and Receiving</p> <ul style="list-style-type: none"> To develop rolling and throwing a ball towards a target. To develop receiving a rolling ball and tracking skills. To be able to send and receive a ball with your feet. To develop throwing and catching skills over a short distance. To apply sending and receiving skills to small games. 	<p>Team Building</p> <ul style="list-style-type: none"> To co-operate and communicate with a partner to solve challenges. To explore and develop teamwork skills. To develop communication skills. To use communication skills to lead a partner. To plan with a partner and small group to solve problems. To communicate with a group to solve challenges. 	<p>Yoga</p> <ul style="list-style-type: none"> To explore yoga and mindfulness. To be able to copy and remember poses. To develop flexibility when holding poses. To create yoga poses using a hoop. To create a yoga flow with a partner. 	<p>Striking and Fielding</p> <ul style="list-style-type: none"> To develop underarm throwing and catching and put this into small sided games. To develop overarm throwing. To develop striking a ball with my hand and equipment. To retrieve a ball when fielding. To understand how to get a batter out. To develop decision making and understand how to score points. 	<p>Net and Wall</p> <ul style="list-style-type: none"> To defend space, using the ready position. To play against an opponent and keep the score. To develop control when handling a racket. To develop racket and ball skills. To develop sending a ball using a racket. To develop hitting over a net.

	<ul style="list-style-type: none"> • THEME: The Lost Toy To use expression and create actions that relate to the story. • THEME: The Lost Toy To use a pathway when travelling. • THEME: Puddles To copy, repeat and choose actions that represent the theme. • THEME: Puddles To show changes in expression, level and shape. 					
Year 2	<p>Fundamentals</p> <ul style="list-style-type: none"> • To develop balance, stability and landing safely. <p>To explore how the body moves differently when running at different speeds.</p> <ul style="list-style-type: none"> • To develop changing direction and dodging. • To develop and explore jumping, hopping and skipping actions. • To develop co-ordination and combining jumps. • To develop combination jumping and skipping in an individual rope. 	<p>Ball Skills</p> <ul style="list-style-type: none"> • To be able to roll a ball to hit a target. • To develop co-ordination and be able to stop a rolling ball. • To develop technique and control when dribbling a ball with your feet. • To develop control and technique when kicking a ball. • To develop co-ordination and technique when throwing and catching. • To develop control and co-ordination when dribbling a ball with your hands. 	<p>Fitness</p> <ul style="list-style-type: none"> • To understand how to run for longer periods of time without stopping. • To develop co-ordination and timing when jumping in a long rope. • To develop individual skipping. • To take part in a circuit to develop stamina and agility. • To explore exercises that use your own body weight. • To develop 'ABC,' agility, balance and co-ordination. 	<p>Gymnastic</p> <ul style="list-style-type: none"> • To perform gymnastic shapes and link them together. • To be able to use shapes to create balances. • To be able to link travelling actions and balances using apparatus. • To demonstrate different shapes, take off and landings when performing jumps. • To develop rolling and sequence building. • To develop sequence work on apparatus. 	<p>Athletics</p> <ul style="list-style-type: none"> • To develop the sprinting action. • To develop jumping for distance. • To develop technique when jumping for height. • To develop throwing for distance. • To develop throwing for accuracy. • To develop technique when taking part in an athletics carousel. 	<p>Invasion</p> <ul style="list-style-type: none"> • To understand what being in possession means and support a teammate to do this. • To use a variety of skills to score goals. • To develop stopping goals. • To learn how to gain possession of the ball. • To develop an understanding of marking an opponent. • To learn to apply simple tactics for attacking and defending.
	<p>Dance</p> <ul style="list-style-type: none"> • THEME: Exploring space and travel To repeat, link and choose actions. • THEME: Actions and rhythms To create actions and accurately copy other's actions. • THEME: The Circus To copy, remember and repeat actions using facial expressions to show different characters. 	<p>Sending and Receiving</p> <ul style="list-style-type: none"> • To roll a ball towards a target. • To be able to track and receive a rolling ball. • To be able to stop, send and receive a ball with your feet. • To develop throwing and catching skills. • To send and receive a ball using a racket. 	<p>Team Building</p> <ul style="list-style-type: none"> • To follow instructions and work with others. • To co-operate and communicate in a small group to solve challenges. • To create a plan with a group to solve the challenges. • To communicate effectively and develop trust. • To work as a group to solve problems. 	<p>Yoga</p> <ul style="list-style-type: none"> • To copy and repeat yoga poses. • To develop an awareness of flexibility when completing yoga poses. • To copy and remember actions linking them into a flow. • To create a flow and teach it to a partner. • To explore poses and create a yoga flow. 	<p>Striking and Feilding</p> <ul style="list-style-type: none"> • To be able to track a rolling ball and collect it. • To develop accuracy in underarm throwing and consistency in catching when fielding a ball. • To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score. • To develop striking for distance and accuracy. 	<p>Net and Wall</p> <ul style="list-style-type: none"> • To develop racket familiarisation. • To develop placing an object. • To use the ready position to defend space on court. • To develop returning a ball with hands. • To develop returning a ball using a racket. • To move an opponent to win a point.

	<ul style="list-style-type: none">• THEME: The Circus To perform in unison creating shapes with a partner.• THEME: Mirrors To be able to mirror a partner and create ideas.• THEME: The Rainforest To copy, repeat and create actions in response to a stimulus.• THEME: The Rainforest To copy, create and perform actions considering dynamics.• THEME: The Rainforest To create a short dance phrase with a partner showing clear changes of speed.		<ul style="list-style-type: none">• To work with a group to copy and create a basic map.		<ul style="list-style-type: none">• To develop decision making to get a batter out.• To develop decision making when under pressure.	
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