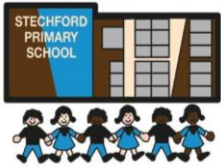




Stechford Primary School

School Curriculum Map – Physical Education

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2		
F2	Dance: <i>Ourselves</i> - Explore moving and making shapes	Locomotion: <i>Walking 1</i> - Explore walking in different pathways	Gymnastics: <i>High, Low, Over, Under</i> - Explore creating our own movement sequences	Locomotion: <i>Hands 1</i> – Explore pushing, rolling and bouncing	Dance: <i>Heroes</i> – Explore moving in different ways	Locomotion: <i>Jumping 1</i> - Explore jumping and hopping	Locomotion: <i>Feet 1</i> – Explore moving with a ball using our feet		Locomotion: <i>Hands 2</i> – Explore throwing and catching		Attack v Defence: <i>Games For Understanding</i> - Understand taking, turns, keeping the score playing by the rules		
Year 1	Gymnastics: <i>Body Parts</i> - Combining movements together (wide, narrow, curled)	Locomotion: <i>Health Related Exercise</i> – Explore ways to be agile when moving	Ball Skills: <i>Hands 1</i> - Combine sending and receiving skills	Locomotion: <i>Jumping 1</i> - Develop Jumping	Dance: <i>Explorers</i> - Create movements with expression	Swimming / Football		Ball Skills: <i>Hands 2</i> - Develop throwing and catching	Swimming / Football	Ball Skills: <i>Rackets, Bats and Balls</i> – Develop hitting skills using a ball	Swimming / Football	Attack v Defence: <i>Games For Understanding</i> - Understand attacking and defending	Swimming / Football
Year 2	Swimming / Football (Beech)		Swimming / Football (Beech / Maple)		Swimming / Football (Maple)		Locomotion: <i>Dodging 1</i> – Explore dodging	Health and Wellbeing: Develop agility, balance and coordination	Dance: <i>Water</i> – Respond to a rhythm	Locomotion: <i>Jumping 1</i> - Consolidate jumping	Ball Skills: <i>Feet 1</i> - Understand dribbling, passing, receiving and possession	Ball Skills: <i>Rackets, Bats and Balls</i> – Develop striking skills and hitting into space	
	Gymnastics: <i>Linking</i> – Develop linking movements together	Ball Skills: <i>Hands 1</i> – Develop keeping possession	Dance: <i>Mr Candy's Sweet Factory</i> – Create motifs with expression	Ball Skills: <i>Hands 2</i> – Develop passing and receiving	Attack v Defence: <i>Games For Understanding</i> - Create attacking and defending tactics								



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Year 3	OAA: <i>Communication and Tactics</i> - Explore effective teamwork	Gymnastics: <i>Symmetry & Asymmetry</i> - Introduce symmetry and asymmetry	Invasion: <i>Basketball</i> - Introduce passing, receiving, attacking and defending space	Net / Wall: <i>Tennis</i> – Introduce outwitting an opponent	Dance: <i>Weather</i> - Develop dance character	Invasion: <i>Dodgeball</i> – Understand when, where and why we dodge, throw, catch and change direction	Invasion: <i>Netball</i> – Focus on passing and moving	Swimming / Football	Dance: <i>Greeks</i> – Choreograph movements into a sequence	Swimming / Football	Athletics: Explore running using correct techniques	Swimming / Football
Year 4	Swimming / Football	Gymnastics: <i>Cats</i> – Develop clear movements and expression	Swimming / Football	Invasion: <i>Netball</i> – Develop shooting	Swimming / Football	Gymnastics: <i>Bridges</i> - Develop sequences with bridges	Health and Wellbeing: <i>Mindfulness</i> – Explore meditation balance, mime and deep breathing	Invasion: <i>Football</i> - Develop dribbling creating shooting opportunities	Invasion: <i>Tag Rugby</i> - Develop passing and receiving	Game Sense Invasion: Introduce defending and the concept of marking	OAA: <i>Problem Solving</i> - Develop collaboration and communication	Athletics: Develop sprinting, throwing and jumping
Year 5	Health Related Exercise: Understand the cardio - vascular system	Gymnastics: <i>Counter Balance & Counter Tension</i> - Introduce counter tension and counter balances	OAA: <i>Orienteering</i> – Introduce orienting on a map and teamwork	Invasion: <i>Netball</i> – Explore different passes	Swimming / Football	Dance: <i>Space</i> - Create movements using improvisation	Swimming / Football	Invasion: <i>Dodgeball</i> - Consolidate throwing, catching and dodging skills	Net / Wall: <i>Tennis</i> – Refine racket skills and develop tactics	Invasion: <i>Tag Rugby</i> – Refine passing and receiving	Striking and Fielding: <i>Rounders</i> - Develop fielding tactics	Athletics: Refine sprinting, throwing and jumping
Year 6	Swimming / Football	Dance: <i>World War II</i> - Create movements using improvisation	Swimming / Football	Invasion: <i>Basketball</i> – Applying decision making to keep possession	Invasion: <i>Football</i> - Create and apply attacking and defending tactics	Dance: <i>Titanic</i> - Perform with technical control	Gymnastics: <i>Matching & Mirroring</i> - Introduce matching and mirroring	Health Related Exercise: Understand the components of fitness	OAA: <i>Leadership</i> - Organise and manage team formations	Swimming / Football	Striking & Fielding: <i>Cricket</i> - Apply tactics in scenarios	Swimming / Football