



### Subject Curriculum Map: PE

	EYFS	1	2	3	4	5	6
<b>Autumn 1</b>	<b>Speed, Agility and Travel 1</b>  Move forwards, backwards and sideways at speed.  Participate in chasing games safely and in control.  Perform two animals moving fast and two animals moving slowly	<b>Attack Defend and Shoot 1</b>  Working as a team to keep the ball in a defined area.  Pass the ball for accuracy.  Play collaboratively to attack a goal.  <b>Gymnastics</b>  Perform sequence on low apparatus.  Demonstrate four different shapes.  Take off and land with (some) control.	<b>Attack, Defend and Shoot 1</b>  Move the ball using dribbling.  Play with and against others.  Make choices on where to stand when defending.  <b>Gymnastics</b>  Combine balance, rolling, jumping, rocking and spinning.  Show ways to jump with power and control.  Choose, adapt and perform shapes at different levels.	<b>Football 1</b>  Work with team to keep possession.  Move into space to receive the ball unchallenged.  Using short passes to keep possession.  <b>Football (Tottenham Hotspur coach)</b>	<b>Swimming</b>  <b>Hockey</b>  Use the block tackle in isolation.  Work as a team to pass within the D.  Apply basic marking to a game situation.	<b>Football 1</b>  Receive the ball and turn into space.  Select appropriate conclusion to run e.g., shoot, pass, dribble.  Play in a formation.  <b>Dance</b>  To be able to perform a non-locomotor movement.  To link movements into a short dance phrase  Create pathways and patterns as a group.	<b>Hockey</b>  Perform a long corner routine as part of a team.  Consistently mark in an appropriate position.  Apply channelling skills into a game.  <b>Football 1</b>  Collaborate with a partner to implement simple defensive principals.  Work as a team to attack rebounds from a penalty.  Play the role of covering defender.

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<b>Autumn 2</b>	<p><b>Speed, Agility and Travel 2</b></p> <p>Play games in an organised manner, taking turns.</p> <p>Link fast and slow travel movements</p> <p>Jump on, off and over with speed and control</p>	<p><b>Send and Return 1</b></p> <p>Practice sending a ball in a variety of ways to a partner.</p> <p>Work with a partner to receive and return balls to score points against opposition.</p> <p>Play in a rally with a partner.</p> <p><b>Dance</b></p> <p>Choose a travelling sequence using a variety of body parts.</p> <p>Show control, coordination and spatial awareness.</p> <p>Develop partner work.</p>	<p><b>Hit, Catch and Run 1</b></p> <p>Work as a team to field a ball back to a base.</p> <p>Use underarm throwing skills to feed/bowl a ball to a player.</p> <p>Make choices about where you are going to hit the ball.</p> <p><b>Send and Return</b></p> <p>Anticipate the flight of the ball fed from partner.</p> <p>Play a modified game introducing boundaries.</p> <p>Perform with increased agility in a conditioned game.</p>	<p><b>Football 2</b></p> <p>Use short passes and dribbling to build attack.</p> <p>Use control of the ball to keep possession.</p> <p>Determine when to run into space to receive the ball.</p> <p><b>Netball</b></p> <p>Pass and receive the ball in a variety of ways.</p> <p>Demonstrate dodging techniques to get 'free.'</p> <p>To demonstrate collaborative attacking play.</p>	<p><b>Swimming</b></p> <p><b>Gymnastics</b></p> <p>Compose and perform a sequence of 6 elements.</p> <p>Make smooth transitions from one action to another.</p> <p>Refine and reform as a group a 6-element sequence.</p>	<p><b>Netball 1</b></p> <p>Use a bounce pass in a game situation.</p> <p>Practise using different techniques when trying to find space.</p> <p>Use pivoting in a game to make more successful passes.</p> <p><b>Dance 2</b></p> <p>Manipulate and develop own action using devices.</p> <p>Create varied dance movements in a group using level and formations.</p> <p>Perform an elevation sequence with control.</p>	<p><b>Gymnastics 1</b></p> <p>Dismount from varying heights</p> <p>Work collaboratively to assign a leader and share ideas for sequence.</p> <p>Create a paired flight sequence, demonstrating both unison and cannon.</p> <p><b>Netball 1</b></p> <p>Play in a game utilising the marking the ball skill.</p> <p>Play in an attacking game s supporting GS &amp; GA.</p> <p>Make choices about which pass to use.</p>
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<b>Spring 1</b>	<b>Manipulation and Coordination 1</b>	<b>Send and Return 2</b>	<b>Swimming</b>	<b>Netball 2</b>	<b>Dance</b>	<b>Tag Rugby</b>	<b>Dance</b>
		<b>Send and Return 1</b>	<b>Send and Return 1</b>	<b>Cricket 1</b>	<b>Tag Rugby</b>	<b>Tag Rugby</b>	<b>Tag Rugby</b>
	<p>Copy, repeat and practise a variety of balloon handling activities.</p> <p>Reproduce movements with a ball bilaterally.</p> <p>Coordinate feet to practice hop, step and jump sequences.</p>	<p>Attempt to accurately send a ball which can be returned by others.</p> <p>Control body and limbs to move efficiently on the floor.</p> <p>Play cooperatively in a competitive game situation.</p> <p><b>Hit, Catch and Run 1</b></p> <p>To be able to move quickly with agility to score points.</p> <p>Work with other fielders to stop players scoring.</p> <p>Make decisions to make it difficult for hitters to score points.</p>	<p>Anticipate the flight of the ball fed from partner.</p> <p>Play a modified game to send and return using dominant and non-dominant sides.</p> <p>Accurately send a ball to specified areas using a range of techniques.</p>	<p>Identify and use the 1m distance rule in a game.</p> <p>Recognise which throw is needed over shorter &amp; longer distances.</p> <p>Use tactics and work together to score goals.</p> <p>Retrieve and throw the ball as a fielder.</p> <p>Bowl with some consistency in a game situation.</p> <p>Apply simple tactics to choose where to hit the ball.</p>	<p>Work in small groups to create freeze-frame positions.</p> <p>Develop a short dance using unison and formations.</p> <p>Work collaboratively in small groups to refine movements.</p> <p>Pass and receive the ball with accuracy.</p> <p>Receive the ball in a game and use changes of speed to create space.</p> <p>Keep possession of the ball and progress up the pitch consistently.</p>	<p>Apply basic defensive positions in a game.</p> <p>Running and passing accurately and consistently.</p> <p>Identifying when to run into space and when to pass into space.</p> <p>Developing tactics to deny space for the opposition.</p> <p>Maintaining possession having intercepted the ball.</p> <p>Use the 'magic diamond' in a game situation.</p>	<p>Develop a simple sequence using actions and dynamics.</p> <p>Explore space and relationships in dance.</p> <p>To develop a dance using an increased range of actions.</p> <p>Perform a set play off a free pass.</p> <p>Changing speed and direction to create try-scoring opportunities.</p> <p>Use the 'spaces not faces' idea to help their attacking play.</p>

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Spring 2	Gymnastics/Body Movement	Hit, Catch and Run 2	Swimming  Gymnastics 2	Tennis 1	Dance 2	Cricket 1	Dance 2
	<p>Jumping and rebounding on and off low apparatus.</p> <p>Show ability to copy and repeat simple patterns.</p> <p>Move over, under, around, through, on and off apparatus and incorporate balances.</p>	<p>Work together to attempt to intercept balls.</p> <p>Work together to place balls on bases to stop runners.</p> <p>Identify how to position to cover more space.</p> <p><b>Gymnastics 2</b></p> <p>Show creative ways to move on, off and over the apparatus.</p> <p>Link rocking into simple sequences with a start, balance, rock and jump.</p> <p>Practice and perform a simple jump, spin and rock movement pattern in unison.</p>	<p>Identify which muscles they are using in their core to control movement.</p> <p>With a partner, complete a challenge to make as many bridges and tunnels as they can with body control.</p> <p>Accurately replicate pike and use in short sequence.</p>	<p>Throw or hit a ball over a bench to score points.</p> <p>Use long high throws/hits for far targets and short low throws/hits for closer targets.</p> <p>Serve with some accuracy to targets.</p> <p><b>Gymnastics 1</b></p> <p>Consolidate and improve the quality of basic rolls.</p> <p>Work in groups of 3 or 4 to create a rolling and jumping sequence.</p> <p>Choose and apply contrasting shapes in a sequence.</p>	<p>Create movement in specific dynamic qualities to tell a story.</p> <p>Perform with the music, in front of peers without prompts.</p> <p>Manipulate and develop own action using devices.</p> <p><b>Cricket 1</b></p> <p>Throw and catch the ball with increasing accuracy.</p> <p>Work with a partner to score runs.</p> <p>Intercepting a moving ball over varying distances.</p>	<p>Select a shot to direct the ball.</p> <p>Positioning to catch the ball for run out in a game scenario.</p> <p>Anticipating the rise of the bowled ball.</p> <p><b>Badminton</b></p> <p>Begin to apply court position techniques to singles play.</p> <p>Perform service shots including backhand long and short.</p> <p>Play in modified doubles games.</p>	<p>Watch and copy/perform specific dance actions to communicate the theme.</p> <p>Create varied dance movements in a group to communicate a narrative.</p> <p>Copy and perform some attacking movements.</p> <p><b>Cricket 1</b></p> <p>Attempt attacking field placement including slip, short leg and cover position.</p> <p>Catching a high ball to get players out.</p> <p>Identify when to work as pairs to field long balls.</p>

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Summer 1	Cooperate and Solve Problems 1	Run, Jump and Throw 1	Swimming  Run, Jump and Throw 1	Gymnastics 2	Football	Football 2	Rounders
	<p>Identify relationships between self and others through group activity.</p> <p>Work as a pair to demonstrate larger numbers.</p> <p>Work cooperatively to construct shapes and patterns on the floor.</p>	<p>Adapt throwing styles to different objects.</p> <p>To explore and refine basic agility, balance and coordination skills.</p> <p>Perform a standing long jump.</p> <p><b>Dance 2</b></p> <p>Choose and link actions to make short dance phrases that reflect rhythmic qualities.</p> <p>Work as an individual to create a marching pattern.</p> <p>Perform cannon in a small group.</p>	<p>Work cooperatively to complete a jumping and throwing task.</p> <p>Throw demonstrating an application of power.</p> <p>Develop stamina through consistent running activity.</p>	<p>Engage muscles to jump high, straight and far.</p> <p>Mirror and match actions with a partner.</p> <p>Perform some dynamic and static stretches to improve range of movement.</p> <p><b>Rounders</b></p> <p>To bowl with some consistency in a game situation.</p> <p>Work as a team to stop and pass the ball in the field.</p> <p>Throw to appropriate bases based on the scenario of each conditioned game.</p>	<p>Demonstrate two types of marking and attacking the player (Front marking and goal side marking).</p> <p>Apply defensive tackling to game scenarios.</p> <p>Show dribbling in a game.</p> <p><b>Tennis 1</b></p> <p>Be in correct position to move and receive/return balls.</p> <p>Play in small games against opposition using forehand shots to score points.</p> <p>Attempt to self-feed for backhand shots.</p>	<p>Receive the ball and turn into space.</p> <p>Select appropriate conclusion to run e.g., shoot, pass, dribble.</p> <p>Choose when to change position in a game.</p> <p><b>Rounders</b></p> <p>Sprint with power to run between zones.</p> <p>Using the short throw to stump players out.</p> <p>Applying backwards hit tactics as a backstop.</p>	<p>Using the faster ball to deceive batters.</p> <p>Apply the rule which states once you leave a base as a batter you must run on.</p> <p>Play in on a full four base rounders game.</p> <p><b>Tennis 1</b></p> <p>Work as a pair to develop tactics against other pairs.</p> <p>Defend points against opposition using teamwork skills to return balls over the court.</p> <p>Umpire a game of doubles and singles.</p>

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Summer 2	Cooperate and Solve Problems 2	Athletics	Swimming	Hockey	Athletics	Tennis	Football 2
	<p>Work cooperatively as part of a pair to move objects.</p> <p>Listen and make decisions as part of a partnership.</p> <p>Recognise and retrieve coloured items assigned to their group.</p>	<p>Walk, run and travel at a variety of speeds.</p> <p>Take part in a broad range of activities to extend strength, balance, agility and coordination.</p> <p>Cooperate with others to carry out more complex physical activities.</p> <p><b>Attack Defend and Shoot 2</b></p> <p>Play a range of pulse-raising activities.</p> <p>I can use sideways movement to help get in better positions to defend.</p> <p>Adapt to play to the rules.</p>	<p><b>Athletics</b></p> <p>Throw and handle a variety of objects including quoits, beanbags, balls, hoops.</p> <p>Negotiate obstacles showing increased control of body and limbs.</p> <p>Improve running and jumping movements, work for sustained periods of time.</p>	<p>Pass and receive the ball with accuracy.</p> <p>Work collaboratively to attack a goal.</p> <p>Control ball when moving around players un-challenged.</p> <p><b>Athletics</b></p> <p>Control movements and body actions in response to specific instructions.</p> <p>Jump for height and distance with control and balance.</p> <p>Throw with speed and power and apply appropriate force.</p>	<p>Using running, jumping and throwing stations, investigate in small groups different ways of performing these activities.</p> <p>Using a variety of equipment and ways of measuring and timing, compare the effectiveness of different styles of runs, jumps and throws.</p> <p><b>Gymnastics 2</b></p> <p>Show control and tension.</p> <p>Combine start, weighted bunny hop, three travelling steps, arabesque, roll over the shoulder to knees.</p> <p>Take part in a series of mini Tabata.</p>	<p>Be prepared and ready to return using a volley shot.</p> <p>Use overhead shot to clear from back of the court.</p> <p>Recognise differences in where you might stand in doubles play.</p> <p><b>Athletics</b></p> <p>Sustain pace over short and longer distances.</p> <p>Run as part of a relay team working at their maximum speed.</p> <p>Perform a range of jumps and throws demonstrating increasing power and accuracy.</p>	<p>Use foot placement to send and receive the ball at speed.</p> <p>As a defensive pair work to close down one attacker.</p> <p>Play the role of covering defender.</p> <p><b>Athletics</b></p> <p>Apply strength and flexibility to a broad range of throwing, running and jumping activities.</p> <p>Work in collaboration and demonstrate improvement when working with self and others.</p> <p>Accurately and confidently judge across a variety of activities.</p>

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The Belham Primary School  
**PE Progression**

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