



Physical Education Curriculum Mapping



Progression	Year groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Early years	<p>Movement;</p> <p>Building confidence through movement.</p> <p>Walking, jogging, running, turning, and changing direction.</p> <p>Large Balls Skills; Rolling, stopping, catching, kicking, bouncing. Able to manipulate a ball whilst moving individually or in a pair</p>	<p>Movement;</p> <p>Avoids clear obstacles in games.</p> <p>Can adjust speed and balance.</p> <p>Bean Bags and Small balls.</p> <p>Can throw underarm at a target. Can throw and catch with two hands. Can roll accurately at a target.</p>	<p>Gymnastics;</p> <p>Can move along equipment and keep good balance.</p> <p>Can perform basic jumps from equipment.</p> <p>Can hold different body shapes. Can rock and roll sideways keeping basic tension throughout.</p> <p>Can use small points of the body</p>	<p>Athletics;</p> <p>Shows increased levels of fundamental body movement.</p> <p>Can change speeds from walking to running. Can take part in basic relay games.</p> <p>Can perform varied jumps over obstacles. Can throw at a target or for distance.</p>	<p>Striking and fielding;</p> <p>Can roll and stop a small ball. Can strike a small ball from a batting tee.</p> <p>Can hold a small bat correctly. Can throw a ball at target.</p> <p>Understands very basic rules of sending and receiving in a SSG.</p>	<p>Bats and balls;</p> <p>Can hold a small bat correctly. Can balance a small ball using a bat.</p> <p>Shows increasing control over large and small objects with hands.</p> <p>Can work with a partner to send and receive a small ball across the ground.</p>
<p>Introduced tennis in 2024 to improve hand eye coordination</p> <p>SEN interventions to improve learning.</p>	Year 1	<p>Invasion games Football;</p> <p>Improving agility, balance, and coordination through movement.</p> <p>Learning simple dribbling skills and ball control.</p> <p>Passing and receiving skills and learning the basics in SSG's 1 v 1, 2 v 2's, 3 v 3's.</p>	<p>Invasion games Tag Rugby;</p> <p>Learning to move with a large ball in two hands.</p> <p>Avoiding obstacles when running.</p> <p>Learning the basics of throwing and catching a rugby ball. Scoring try's through simple SSG's to improve basic game and movement concepts.</p>	<p>Gymnastics;</p> <p>Can travel using small points of the body.</p> <p>Can use basic animal actions when traveling.</p> <p>Can perform basic rolls sideways and forwards.</p> <p>Can link actions to equipment.</p>	<p>Athletics;</p> <p>Developing the A, B, C, S – Agility – Balance – Speed – Coordination.</p> <p>Can compete in simple running races and relays. Can throw implements at a target.</p> <p>Can compete in small groups and understand simple rules.</p>	<p>Striking and fielding;</p> <p>Can roll a small ball at a target.</p> <p>Can retrieve a small ball on the move.</p> <p>Can use simple handling skills.</p> <p>Can strike a small ball from a batting tee.</p> <p>Can make a short run to score.</p>	<p>Tennis;</p> <p>Can balance a ball on a racket.</p> <p>Can control a small ball on the ground with a racket.</p> <p>Can make short bat taps upwards.</p> <p>Can make short bat taps down wards.</p>

<p>Introduced OAA in 2024 to help create good team building skills.</p> <p>SEN interventions to improve learning. TA support children in PE lessons.</p> <p>Buddy up with a more able pupil.</p>	<p>Year 2</p>	<p>Invasion games Basketball;</p> <p>Can roll a large ball forward and receive.</p> <p>Can dribble a large ball independently. Can play simple passes in pairs.</p> <p>Can shoot at a low target or medium height target.</p> <p>Can play and understand simple rules and tactics 1.1 2v2 3v3 max.</p>	<p>Invasion games Tag Rugby;</p> <p>Can change speed and avoid obstacles holding a large ball.</p> <p>Can make a tackle with tag belt.</p> <p>Can throw a ball into space and receive using two hands.</p>	<p>Gymnastics;</p> <p>Can travel using small points of the body using equipment.</p> <p>Can perform basic jumps, straight, star.</p> <p>Can perform simple actions rocking and rolling and linking to equipment.</p> <p>Can describe how they can improve basic gymnastic actions.</p>	<p>OAA Team building games;</p> <p>Can work outdoors and explore and develop.</p> <p>Can use a range of physical skills they cannot do indoors.</p> <p>Can work in small groups to take part in simple challenges.</p>	<p>Cricket;</p> <p>Can bowl a ball underarm.</p> <p>Can make a two-handed catch from a simple throw.</p> <p>Can strike a moving ball to make a run.</p> <p>Has developed retrieving skills to send or receive small ball.</p> <p>Understands basic laws and simple tactics of the game.</p>	<p>Athletics;</p> <p>Developing the A, B, C, S.</p> <p>Can jump over and around obstacles.</p> <p>Can work in small groups to compete in flat and relay races.</p> <p>Can throw an object at a target such as bean bag, quoy or small ball.</p>
<p>Introduce more basketball skills for hand eye development.</p> <p>SEN interventions to improve learning.</p> <p>Think about alternative methods of teaching or equipment.</p>	<p>Year 3</p>	<p>Invasion games Football;</p> <p>Can dribble a ball into space keeping close control.</p> <p>Can change direction using the instep or outstep of the foot.</p> <p>Can pass the ball to a partner using the instep or laces.</p> <p>Can stop a ball using their hands and roll a ball to feet.</p> <p>Can understand simple rules and tactics in a SSG max 5 v 5 format.</p>	<p>Basketball;</p> <p>Can dribble a basketball with both hands</p> <p>Can perform a chest pass and bounce pass.</p> <p>Can shoot at a medium height target to score.</p> <p>Can understand simple rules and tactics in a SSG max 4 v 4 format.</p>	<p>Gymnastics;</p> <p>Understands small points and large patches of the body.</p> <p>Can perform Arch and Dish shapes.</p> <p>Can rock to stand and perform a forward and side roll.</p> <p>Can link travelling, flight, rolling actions to equipment to form a basic sequence.</p>	<p>Health and Fitness Gymrun.</p> <p>Challenges the body to increase running laps over 3 minutes.</p> <p>Can perform agility jumps over a flat cone for 30 seconds.</p> <p>Can increase a standing long jump over 6 weeks.</p> <p>Can push their body away from a bench and increase strength.</p>	<p>Cricket;</p> <p>Can send a small ball and receive it using rolling and underarm actions.</p> <p>Can bowl underarm at a target.</p> <p>Can hold a bat correctly and strike from a batting tee.</p> <p>Can make and score runs in a simple SSG.</p> <p>Understands basics rules of kwick cricket.</p>	<p>Athletics;</p> <p>Can run straight at speed inside running lanes.</p> <p>Can jump over and move under different obstacles.</p> <p>Can compete in a simple relay as a team.</p> <p>Can throw for distance with foam Javelin and tennis ball.</p>

<p>Introduce basketball in 2024 to improve hand eye games.</p> <p>SEN interventions to improve learning.</p> <p>Think about alternative methods of teaching or equipment.</p>	<p>Year 4</p>	<p>Invasion Games Football;</p> <p>Can use simple Goal keeping skills and understands the position.</p> <p>Can dribble a ball using different parts of the feet.</p> <p>Can change direction using instep, outstep and stop turn</p> <p>Can mark a player when playing SSG to defend.</p> <p>Can understand simple rules and tactics in a SSG max 5 v 5 format.</p>	<p>Basketball;</p> <p>Can manipulate the ball using both hands.</p> <p>Understands how to mark a player non-contact.</p> <p>Can pass and shoot in a variety of ways.</p> <p>Can understand simple rules and tactics in a SSG max 5 v 5 format.</p>	<p>Gymnastics;</p> <p>Can balance along a beam and hold a one-legged balance.</p> <p>Can roll in a variety of ways forwards, backways, rotational.</p> <p>Can squat onto a table or box.</p> <p>Can use a variety of jumps and lands in a fixed shape.</p> <p>Links actions to equipment and can do a paired sequence.</p>	<p>Health and Fitness Gymrun.</p> <p>Can improve their 3-minute running time.</p> <p>Can perform agility jumps over a 15cm hurdle for 30 secs.</p> <p>Can increase a standing long jump over 6 weeks.</p> <p>Can perform triceps dips for 1 minute.</p> <p>Can do cross fit sit ups for 1 minute.</p> <p>Can peer assess with a partner.</p>	<p>Cricket;</p> <p>Can use an underarm and overarm bowling action.</p> <p>Can receive a moving ball with speed high or low when fielding.</p> <p>Can hit a straight drive from a moving ball.</p> <p>Can make quick and clever decisions when fielding.</p> <p>Can recognise and play by the rules of kwick cricket.</p>	<p>Athletics;</p> <p>Can power walk and run over distance 1k.</p> <p>Can run at speed to compete.</p> <p>Can throw a variety of implements such as Javelin, discuss, shot.</p> <p>Can jump from a standing position or for height.</p> <p>Can compete in a team in a variety of events.</p>
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<p>Introduce Netball in 2024 as a specific unit to help promote the game and compete.</p> <p>Introduce OAA in 2024 to help create good team building skills. Help develop problem solving.</p> <p>SEN interventions to improve learning.</p> <p>Think about alternative methods of teaching or equipment.</p> <p>Introduce Netball in 2024 as a specific unit to help promote the game and compete.</p>	<p>Year 5</p>	<p>Invasion Games Netball;</p> <p>Can control footwork when receiving a ball.</p> <p>Can use a variety of passes to link play.</p> <p>I can create space by losing my marker.</p> <p>Can anticipate and intercept a pass.</p> <p>Understands the designated positions in high 5 netball and can apply simple tactics.</p>	<p>Tag Rugby;</p> <p>Can run with the ball in two hands and beat a defender.</p> <p>Can make a simple pop pass when running with the ball.</p> <p>Can react and make a tag when defending.</p> <p>Can understand how to stay onside and outwit the opposition.</p> <p>Understands the simple rules of tag rugby and can apply them in a SSG.</p>	<p>Gymnastics;</p> <p>Can roll into and out of forward rolls in different ways.</p> <p>Can squat onto a table with confidence.</p> <p>Can take body weight onto hands – bunny hop, Handstand, and cartwheel.</p> <p>Can link actions to combine a mirrored sequence with a partner.</p>	<p>Health and Fitness Gymrun.</p> <p>Has improved fitness through running.</p> <p>Has improved agility jumps over a 15cm hurdle for 30 secs.</p> <p>Has improved their power through jumping for distance.</p> <p>Has improved upper body strength.</p> <p>Improved core strength through gym run challenges.</p> <p>Can peer assess with a partner with honesty and integrity.</p>	<p>Cricket;</p> <p>Can overarm bowl into a crease area with accuracy.</p> <p>Can field with effectiveness to anticipate stumping out or catching.</p> <p>Can strike the ball in a variety of ways such as pull shots and straight drives.</p> <p>Understands how to score in pairs cricket.</p>	<p>Rounders;</p> <p>Can throw a rounders ball accurately towards a post.</p> <p>Can strike a ball using a rounders bat.</p> <p>Can hit and make effective decisions around a pitch.</p> <p>Understands the rules of the game.</p> <p>OAA;</p> <p>Work confidently with others to problem solve.</p> <p>Follow simple instructions and rules.</p> <p>Work with collaboration in a small group.</p> <p>Finding solutions.</p>
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<p>Introduce OAA in 2024 to help create good team building skills. Help develop problem solving. Offsite activity to help develop orienteering</p> <p>SEN interventions to improve learning.</p> <p>Think about alternative methods of teaching or equipment.</p>	<p>Year 6</p>	<p>Invasion games Basketball;</p> <p>I can dribble with a basketball effectively.</p> <p>I can pivot and change direction with agility.</p> <p>I can use a variation of passing skills when in possession.</p> <p>I can intercept the ball from opposition.</p> <p>Understand how to link play to outwit the opposition in a small sided game.</p>	<p>Tag Rugby;</p> <p>Can run with the ball in two hands and run through defensive lines.</p> <p>Can pass the ball on the move at speed.</p> <p>Is able to understand how to stay onside and outwit the opposition.</p> <p>Can make a defensive line to block runners and outwit opposition.</p> <p>Understands the rules of tag rugby and can play a 7 v 7 game.</p>	<p>Gymnastics;</p> <p>Can roll in a number of different ways</p> <p>Can squat onto a table with confidence. Or squat through using a spring board.</p> <p>Can take body weight from a bar and hold shapes.</p> <p>Can take body weight onto hands with a handstand, cartwheel, round off.</p> <p>Can link actions to combine a mirrored sequence with a partner.</p>	<p>Health and fitness Gymrun;</p> <p>Can achieve at least 13 laps and above in 3 minutes.</p> <p>Has improved agility jumps over a 15cm hurdle for 30 secs.</p> <p>Is able to perform a standing long jump over 110cm.</p> <p>Has improved upper body strength through conditioning.</p> <p>Improved core strength through gymrun program.</p> <p>Can peer assess with a partner with honesty and integrity.</p>	<p>Cricket;</p> <p>Can overarm bowl into a crease area with accuracy and speed.</p> <p>Can field with effectiveness to anticipate stumping out or catching.</p> <p>Can strike the ball in a variety of ways such as pull shots and straight drives.</p> <p>Understands how to score in pairs cricket.</p> <p>Can outwit opponents with simple tactics.</p> <p>Can self-evaluate to improve personal performance.</p>	<p>Rounders;</p> <p>Can bowl and throw a rounders ball accurately towards a batter or fielder.</p> <p>Can strike a ball using a rounders bat.</p> <p>Can hit and make effective decisions around a pitch.</p> <p>Understands the rules of the game.</p> <p>Can communicate effectively to outwit opponents.</p> <p>OAA;</p> <p>Work confidently with others to problem solve.</p> <p>Follow simple instructions and rules.</p> <p>Work with collaboration in a small group.</p> <p>Finding solutions.</p> <p>Complete a planned orienteering activity.</p>
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