

**Rockmount Primary School Subject Curriculum Map
Physical Education**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery						
Reception	<p align="center">Body Management</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to explore balance and managing own body including manipulating small objects to be able to stretch, reach, extend in a variety of ways and positions to be able to control the body and perform specific movements on command 	<p align="center">Cooperate & Solve Problems</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to organise and match various items, images, colours and symbols to collect, distinguish and differentiate colours and create a shape as a team to move confidently and cooperatively in space to travel in a range of ways 	<p align="center">Dance</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to recognise that actions can be reproduced in time to music; beat patterns and different speeds to perform a wide variety of dance actions both similar and contrasting to copy, repeat and perform simple movement patterns 	<p align="center">Gymnastics</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to develop confidence in fundamental movements to experience jumping, sliding, rolling, moving over, under and on apparatus to develop coordination and gross motor skills. 	<p align="center">Manipulation & Coordination</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to send and receive a variety of objects with different body parts to work with others to control objects in space to coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways 	<p align="center">Speed Agility Travel</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to travel with some control and coordination to change direction at speed through both choice and instructions to perform actions demonstrating changes in speed to stop, start, pause, prepare for an anticipate movement in a variety of situations
	<p align="center">Unit 2 Body Management</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to explore a variety of rolling, sliding and slithering to jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet in a variety of combinations to participate in a variety of small group co-operative activities 	<p align="center">Unit 2 Cooperate & Solve Problems</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to copy and repeat various patterns and actions to show an understanding of their own feelings and others to solve more complex tasks using skills learned to work and play cooperatively and take turns 	<p align="center">Unit 2 Dance</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to count and move to beats of 8 to copy and repeat movement patterns to work as an individual, in partners and as a group 	<p align="center">Unit 2 Gymnastic</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to develop confidence in fundamental movements to learn and refine a variety of shapes, jumps, balances and rolls. to link simple balance, jump and travel actions 	<p align="center">Unit 2 Manipulation & Coordination</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to coordinate similar objects in a variety of ways to differentiate ways to manoeuvre objects to skip in isolation with a rope 	<p align="center">Unit 2 Speed Agility Travel</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to participate in a variety of agility-based activities moving and controlling objects to recognise the different between actions such as: moving softly, quietly, quickly, powerfully, etc to relate body movements to music and percussion beats
Year 1	<p align="center">Attack Defend Shoot</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to practice basic movements including running, jumping, throwing and catching to begin to engage in competitive activities to experience opportunities to improve agility, balance and coordination 	<p align="center">Dance</p> <p>Children are taught:</p> <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 with creating actions and performing movements with different body parts 	<p align="center">Gymnastics</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to identify and use simple gymnastics actions and shapes to apply strength to a range of gymnastics actions to begin to carry basic apparatus such as mats and benches to recognise like actions and link 	<p align="center">Hit Catch Run</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to hit objects with a hand or bat to track and retrieve a rolling ball to hrow and catch a variety of balls and objects 	<p align="center">Run Jump Throw</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to will begin to link running and jumping to lean and refine a range of running which includes varying pathways and speeds to develop throwing techniques to send objects over long distances 	<p align="center">Send & Return</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to send an object with increased confidence using a hand or bat to move towards a moving ball to return to send and returning a variety of balls
Year 2	<p align="center">Attack Defend Shoot</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to send and receive a ball using their feet 	<p align="center">Gymnastics</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to describe and explain how performers can 	<p align="center">Hit Catch Run</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to develop hitting skills with a variety of bats 	<p align="center">Run Jump Throw</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to develop power, agility, coordination and balance over a variety of activities 	<p align="center">Send & Return</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to be able to track the path of a ball over a net and move towards it 	<p align="center">Dance</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to describe and explain how performers can

	<ul style="list-style-type: none"> to refine ways to control bodies and a range of equipment to recall and link combinations of skills, e.g. dribbling and passing 	<p>transition and link gymnastic elements</p> <ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> to practice feeding/bowling skill to hit and run to score points in game 	<ul style="list-style-type: none"> to throw and handle a variety of objects including quoits, beanbags, balls, hoops to negotiate obstacles showing increased control of body and limbs 	<ul style="list-style-type: none"> to begin to hit and return a ball using hands and racquets with some consistency to play modified net/wall games throwing, catching and sending over a net 	<p>transition and link shapes and balance</p> <ul style="list-style-type: none"> to perform basic actions with control and consistency 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
	<p>Unit 2 Attack Defend Shoot</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to select and apply a small range of simple tactics to recognise good quality in self and others to work with others to build basic attacking play 	<p>Unit 2 Gymnastic</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to develop body management through a range of floor exercises to use core strength to link recognised gymnastics elements, e.g., back support and half twist to attempt to use rhythm while performing a sequence 	<p>Unit 2 Hit Catch Run</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to work on a variety of ways to score runs in the different hit, catch, run games to work in teams to field to begin to play the role of wicketkeeper or backstop 	<p>Unit 2 Run Jump Throw</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to improve running and jumping movements, work for sustained periods of time to reflect on activities and make connections between a healthy active lifestyle to experience and improve on jumping for distance and height 	<p>Unit 2 Send & Return</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to be able to make it difficult for their opponent to score a point to begin to choose specific tactics appropriate to the situation to transfer net/wall skills to volleyball style games to improve agility and coordination and use in a game 	<p>Unit 2 Dance</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to perform using more sophisticated formations as well as an individual to explore relationships through different dance formations to explain the importance of emotion and feeling in dance use the stimuli to copy, repeat and create dance actions and motifs
Year 3	<p>Football</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to be able to show basic control skills including sending and receiving the ball to send the ball with some accuracy to maintain possession and build attacking play to implement the basic rules of football 	<p>Tennis</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to identify and describe some rules of tennis to serve to begin a game to explore forehand hitting 	<p>Gymnastics</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to identify similarities and differences in sequences to develop body management over a range of floor exercises to attempt to bring explosive moves into floor work through jumps and leaps to show increasing flexibility in shapes and balances 	<p>Handball</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to be able to show basic passing and catching skills to learn basic defensive techniques to implement the rules of handball 	<p>Cricket</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to be able to adhere to some of the basic rules of cricket to develop a range of skills to use in isolation and a competitive context to use basic skills with more consistency including striking a bowled ball 	<p>Athletics</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to control movements and body actions in response to specific instructions to demonstrate agility and speed to jump for height and distance with control and balance to throw with speed and power and apply appropriate force
	<p>Yoga</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to explore yoga and mindfulness to copy and repeat yoga poses to develop an awareness of strength when completing yoga poses 	<p>Yoga</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to explore yoga and mindfulness to copy and repeat yoga poses to develop an awareness of strength when completing yoga poses 	<p>Dance</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to build stylistic qualities of Barn Dance through repetition and applying movement to own bodies to build basic creative choreography skills in travelling, dynamics and partner work in the specific style of Barn Dance 	<p>Gymnastics</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to modify actions independently using different pathways, directions and shapes to consolidate and improve the quality of movements and gymnastics actions to relate strength and flexibility to the actions and 	<p>Hockey</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to play in small sided hockey-type invasion games to send and receive balls in a variety of situations to develop motor skills to handle sticks with ease and improve agility 	

				movements they are performing <ul style="list-style-type: none"> to use basic compositional ideas to improve sequence work - unison 		
Year 4	Football Children are taught: <ul style="list-style-type: none"> to introduce some defensive skills to dribble in different directions using different parts of their feet to pass for distance to evaluate skills to aid improvement 	Dance Children are taught: <ul style="list-style-type: none"> 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 Children are taught: <ul style="list-style-type: none"> 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 	Rounders Children are taught: <ul style="list-style-type: none"> to develop the range of rounders skills that can apply in a competitive context to choose and use a range of simple tactics in isolation and a game context to identify different positions in rounders and the roles of those position 	Cricket Children are taught: <ul style="list-style-type: none"> to develop the range of Cricket skills they can apply in a competitive context to choose and use a range of simple tactics in isolation and in a game context to consolidate existing skills and apply with consistency 	Athletics Children are taught: <ul style="list-style-type: none"> to use running, jumping and throwing stations, children investigate in small groups different ways of performing these activities to use a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws
	Handball Children are taught: <ul style="list-style-type: none"> to develop 3 step rule incorporating bounce. to defend and stop attacks by blocking and intercepting to pass and move with the ball to set up attacks to demonstrate and implement the rules of handball 	Unit 2 Dance Children are taught: <ul style="list-style-type: none"> to develop choreography and devising skills in relation to a theme to explore dynamic quality and formations to communicate character to concentrate on one simple theme throughout and linking all activities to the communication of this to an audience 	Unit 2 Gymnastic Children are taught: <ul style="list-style-type: none"> 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 	Hockey Children are taught: <ul style="list-style-type: none"> 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 gameplay 	Netball Children are taught: <ul style="list-style-type: none"> to introduce high five netball positions to acquire and apply basic shooting technique to demonstrate and implement some basic rules of high five to develop netball skill such as marking and footwork 	Swimming Children are taught: <ul style="list-style-type: none"> to swim over greater distances, between 10 & 20 meters with confidence in shallow water to have begun to use basic swimming techniques including correct arm and leg action to explore and use basic breathing patterns to enter and exit the water in a variety of ways to have taken part in problem-solving activities such as group floats and team challenge
Year 5	Football Children are taught: <ul style="list-style-type: none"> to play effectively in a variety of positions and formations on the pitch to relate a greater number of attacking and defensive tactics to gameplay to become more skilful when performing movements at speed 	Netball Children are taught: <ul style="list-style-type: none"> to be able to use specific netball skills in games for example confidently: pivoting, dodging, bounce pass and previously learnt skills to begin to play efficiently in different positions on the court in both attack and defence to increase power and strength of passes, moving the ball over longer distances 	Gymnastics Children are taught: <ul style="list-style-type: none"> 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 	Rounders Children are taught: <ul style="list-style-type: none"> to link together a range of skills and use in combination. to collaborate with a team to choose, use and adapt rules in games. to recognise how some aspects of fitness apply to rounders, e.g. power, flexibility and cardiovascular endurance 	Handball Children are taught: <ul style="list-style-type: none"> to confidently use specific handball skills in games, for example, dribbling, blocking, shooting and keeping goal to begin to play effectively in different positions on the pitch in both attack and defence to increase power and strength of passes, moving the ball over longer distances to use a wide range of handball rules consistently 	Athletics Children are taught: <ul style="list-style-type: none"> to sustain pace over short and longer distances such as running 100m and running for 2 minutes to be able to run as part of a relay team working at their maximum speed to perform a range of jumps and throws demonstrating increasing power and accuracy

	<p align="center">Football</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to play effectively in a variety of positions and formations on the pitch to relate a greater number of attacking and defensive tactics to gameplay to become more skilful when performing movements at speed 	<p align="center">Netball</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to be able to use specific netball skills in games for example confidently: pivoting, dodging, bounce pass and previously learnt skills to begin to play efficiently in different positions on the court in both attack and defence to increase power and strength of passes, moving the ball over longer distances 	<p align="center">Hockey</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to combine basic hockey skills such as dribbling and push pass to select and apply skills in a game situation confidently to play effectively in different positions on the pitch including in defence to increase power and strength of passes, moving the ball over longer distance 	<p align="center">Cricket</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to link together a range of skills and use in combination to collaborate with a team to choose, use and adapt rules in games to recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance 	<p align="center">Swimming</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to have swum short distances unaided between 5 & 20 metres using one consistent stroke to Propel themselves over longer distances with the assistance of swimming aids to move with more confidence in the water including submerging themselves fully to enter and exit the water independently 	
Year 6	<p align="center">Swimming</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to bring control and fluency to at least two recognised strokes to implement good breathing techniques to allow for smooth stroke patterns to attempt personal survival techniques as an individual and group with success to link lengths together with turns and attempt tumble turn in isolation and during a stroke 	<p align="center">Volleyball</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to perform underhand pass and participate in passing games to perform an underhand serve (short distance) and participate in games with underhand passes to apply simple tactics with teammates in game situations 	<p align="center">Gymnastics</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to lead group warm-up showing understanding of the 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 	<p align="center">Netball</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to work as a team to improve group tactics and gameplay to play within the rules using blocking skills for shots and passes to develop defensive skills 	<p align="center">Cricket</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to apply with consistency standard cricket rules in a variety of different styles of games to attempt a small range of recognised shots in isolation and in competitive scenarios to use a range of tactics for attacking and defending in the role of bowler, batter and fielder 	<p align="center">Athletics</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to become confident and expert in a range of techniques and recognise their success to apply strength and flexibility to a broad range of throwing, running and jumping activities to work in collaboration and demonstrate improvement when working with self and others to accurately and confidently judge across a variety of activities
	<p align="center">Football</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to choose and implement a range of strategies to attack and defend to perform a wider range of more complex skills to recognise and describe good individual and team performances to suggest, plan and lead simple drills for given skills 	<p align="center">Hockey</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to choose and implement a range of strategies and tactics to attack and defend to combine and perform more complex skills at great speed to recognise and describe good individual and team performances to suggest, plan and lead a warm-up as a small group 	<p align="center">Handball</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to work as a team to improve group tactics and gameplay to play within the rules using screening to break down offensive play to develop defensive skill 	<p align="center">Tag Rugby</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to choose and implement a range of strategies and tactics to attack and defend to combine and perform more complex skills at speed to observe, analyse and recognise good individual and team performances to suggest, plan and lead a warm-up as a small group 	<p align="center">Tennis</p> <p>Children are taught:</p> <ul style="list-style-type: none"> to develop backhand shots to introduce the lob to begin to use full tennis scoring systems to continue developing doubles play and tactics to improve 	