

### PE Whole School Curriculum Map

|  | Autumn 1                                                                                                                                                                                                                                                                                                                  | Autumn 2                                                                                                                                                                                                                                                                                                                     | Spring 1                                                                                                                                                                                                                                                                                                                                                                                  | Spring 2                                                                                                                                                                                                                                                                                     | Summer 1                                                                                                                                                                                                                                                                                                                                      | Summer 2                                                                                                                                                                                                                                                                                                 |
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|  | <b>Examples of Gross Motor Skills:</b><br><br>Football Skills<br><br>Ball Skills<br>kicking/receiving<br><br>Develop spatial awareness<br><br>Moving energetically<br><br><b>Examples of Fine Motor Skills:</b><br><br>Dough Disco<br><br>Pen Disco<br><br>Threading<br><br>Dancing<br><br>Go Noodle<br><br>Forest School | <b>Examples of Gross Motor Skills:</b><br><br>Gymnastics Stretching, taking weight on different body parts<br><br>Dance<br><br>Develop spatial awareness<br><br>Moving energetically<br><br><b>Examples of Fine Motor Skills:</b><br><br>Dough Disco<br><br>Pen Disco<br><br>Threading<br><br>Go Noodle<br><br>Forest School | <b>Examples of Gross Motor Skills:</b><br><br>Basketball<br><br>Ball skills - throwing / catching bean bags<br><br>Develop spatial awareness<br><br>Moving energetically<br><br><b>Examples of Fine Motor Skills:</b><br><br>Moving energetically<br><br><b>Examples of Fine Motor Skills:</b><br><br>Dough Disco<br><br>Pen Disco<br><br>Threading<br><br>Go Noodle<br><br>Forest School | <b>Examples of Gross Motor Skills:</b><br><br>Tennis<br><br>Bean bags aiming / throwing<br><br>Develop spatial awareness<br><br>Moving energetically<br><br><b>Examples of Fine Motor Skills:</b><br><br>Dough Disco<br><br>Pen Disco<br><br>Threading<br><br>Go Noodle<br><br>Forest School | <b>Examples of Gross Motor Skills:</b><br><br>Cricket<br><br>Bat and Ball (bean bag) skills Catching and Throwing<br><br>Parachute games<br><br>Develop spatial awareness<br><br>Moving energetically<br><br><b>Examples of Fine Motor Skills:</b><br><br>Dough Disco<br><br>Pen Disco<br><br>Threading<br><br>Go Noodle<br><br>Forest School | <b>Examples of Gross Motor Skills:</b><br><br>Athletics –running, jumping, aiming<br><br>Team Games<br><br>Develop spatial awareness<br><br>Moving energetically<br><br><b>Examples of Fine Motor Skills:</b><br><br>Dough Disco<br><br>Pen Disco<br><br>Threading<br><br>Go Noodle<br><br>Forest School |
|  | Outdoor Learning– Activities depend on children’s interests on that day.                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                              | Outdoor Learning– Activities depend on children’s interests on that day.                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                              | Outdoor learning — Activities depend on children’s interests on that day.                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                          |

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|                  | <p>English – Mark making / reading area/ literacy activities</p> <p>Mathematics – Maths activities</p> <p>Role play – Nursery Rhyme performances</p> <p>Small world</p> <p>Autumn 1 – Doll House                      Farm Setting</p> <p>Autumn 2 – Hot and Cold Places              Christmas</p> <p>Physical - Slide, crawling through the caterpillar tunnels, construction site, den, hula hoops, skipping ropes</p> <p>Malleable – sand/water/shaving foam</p> <p>Music - Musical instruments</p> <p>Activities depend on children’s interests on that day. Gross motor activities: ribbon dance etc.</p> <p>Exploration. Changing Colours/Leaves Cold Frosty Days</p> |                      | <p>English – Mark making / reading area/ literacy activities</p> <p>Mathematics – Maths activities</p> <p>Role play – Spring 1 &amp; 2 – Tales Toolkit story telling</p> <p>Small world</p> <p>Spring 1 – Dinosaurs/Little Red Riding Hood Traditional Tales</p> <p>Spring 2 — Fairy Stories      Kingdoms/Palaces Jobs</p> <p>Physical - Slide, crawling through the caterpillar tunnels, construction site, den, hula hoops, skipping ropes</p> <p>Malleable – sand/water/shaving foam</p> <p>Music - Musical instruments</p> <p>Outdoor Learning</p> <p>Activities depend on children’s interests on that day.</p> <p>Spring Warmer Days</p> |                      | <p>English – Mark making / reading area/ literacy activities</p> <p>Mathematics – Maths activities</p> <p>Role play – Summer 1 &amp; 2 – Tales Toolkit story telling</p> <p>Small world</p> <p>Summer 1 –Mini Beasts</p> <p>Summer 2 – Sea Creatures Seaside</p> <p>Physical - Slide, crawling through the caterpillar tunnels, construction site, den, hula hoops, skipping ropes</p> <p>Malleable – sand/water</p> <p>Music - Musical instruments</p> <p>Outdoor learning</p> <p>Activities depend on children’s interests on that day.</p> <p>Identification – Insects and trees.</p> <p>Seasons – Hot Summer Days</p> |                 |
|                  | <b>Autumn 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Autumn 2</b>      | <b>Spring 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Spring 2</b>      | <b>Summer 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Summer 2</b> |
| <b>Year 1 PE</b> | Football/Hockey and Cross Country                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Gymnastics and Dance | Netball and Basketball                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Tennis and Badminton | Rounders and Cricket                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Athletics       |
|                  | <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>• Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li> <li>• Participate in team games, developing simple tactics for attacking and defending.</li> <li>• Perform dances using simple movement patterns.</li> </ul>                                                                                                                                                                                                                                         |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                 |

|                      | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                                                | Autumn 2             | Spring 1               | Spring 2             | Summer 1             | Summer 2  |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|------------------------|----------------------|----------------------|-----------|
| <b>Year 2<br/>PE</b> | Football/Hockey and Cross Country                                                                                                                                                                                                                                                                                                                                                                                       | Gymnastics and Dance | Netball and Basketball | Tennis and Badminton | Rounders and Cricket | Athletics |
|                      | Children will be taught to: <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> <li>Perform dances using simple movement patterns.</li> </ul> |                      |                        |                      |                      |           |
|                      | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                                                | Autumn 2             | Spring 1               | Spring 2             | Summer 1             | Summer 2  |
| <b>Year 3<br/>PE</b> | Football/Hockey and Cross Country                                                                                                                                                                                                                                                                                                                                                                                       | Gymnastics and Dance | Netball and Basketball | Tennis and Badminton | Rounders and Cricket | Athletics |
|                      | Children will be taught to: <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> <li>Perform dances using simple movement patterns.</li> </ul> |                      |                        |                      |                      |           |
|                      | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                                                | Autumn 2             | Spring 1               | Spring 2             | Summer 1             | Summer 2  |
| <b>Year 4<br/>PE</b> | Football/Hockey and Cross Country                                                                                                                                                                                                                                                                                                                                                                                       | Gymnastics and Dance | Netball and Basketball | Tennis and Badminton | Rounders and Cricket | Athletics |
|                      | Children will be taught to: <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> <li>Perform dances using simple movement patterns.</li> </ul> |                      |                        |                      |                      |           |
|                      | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                                                | Autumn 2             | Spring 1               | Spring 2             | Summer 1             | Summer 2  |
| <b>Year 5<br/>PE</b> | Football/Hockey and Cross Country                                                                                                                                                                                                                                                                                                                                                                                       | Gymnastics and Dance | Netball and Basketball | Tennis and Badminton | Rounders and Cricket | Athletics |
|                      | Children will be taught to: <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> <li>Perform dances using simple movement patterns.</li> </ul> |                      |                        |                      |                      |           |
|                      | Autumn 1                                                                                                                                                                                                                                                                                                                                                                                                                | Autumn 2             | Spring 1               | Spring 2             | Summer 1             | Summer 2  |

| Year 6<br>PE | Football/Hockey and Cross<br>Country                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Gymnastics and Dance | Netball and Basketball | Tennis and Badminton | Rounders and Cricket | Athletics |
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|              | <p>Pupils should be taught to:</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Perform dances using a range of movement patterns.</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> |                      |                        |                      |                      |           |