

PE CURRICULUM MAP - ST MICHAEL AND ST MARTIN 2022-2023

| | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
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| NURSERY | Fine Motor Skills Builds on gross motor skills and combines locomotion skills with fine motor activities. | Locomotion 1 One of the 3 Key Fundamental Movement Skills - Learning about own space and negotiating space with others. Stability 1 Fundamental Movement Skills - focuses on static balances and then moves into dynamic ways of balancing. | Gymnastics Travelling, Stopping, making shapes Gymnastics -Parts High & Parts Low | Dance Jungle Dance Seasons | Target Games Looking at the technique involved in sending and object with accuracy and also power. Encourages to use both hands/feet. Dance Toys | A visit to the zoo Themed movement. Under the sea Themed movement. |

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| <p>RECEPTION</p> | <p>Fine Motor Skills Builds on gross motor skills and combines locomotion skills with fine motor activities.</p> <p>Fundamental Movement Skills Developing their fine motor skills.</p> | <p>Locomotion 1 Fundamental Movement Skills - Learning about own space and negotiating space with others.</p> <p>Stability 2 Fundamental Movement Skills - focuses on static balances and then moves into dynamic ways of balancing.</p> | <p>Gymnastics Rocking & Rolling</p> <p>Gymnastics Flight - Bouncing, Jumping & Landing.</p> | <p>Locomotion 2 Builds on ways of travelling from locomotion 1 and looks at linking movements and involves. apparatus</p> <p>Striking & Fielding Game Skills 1 Learn how to send and receive and how to bounce, dribble, dodge and evade.</p> | <p>Striking & Fielding Game Skills 1</p> <p>Learn basic batting field and bowling skills. Learn how to run between wickets; of some basic rules and how to work together through good communication.</p> <p>Dance Seasons</p> | <p>Athletics 1 Learn some techniques for running, how to run a lane; dip at the finish and transfer a baton. Learn how to jump from a short run and how to throw for accuracy and power.</p> <p>Net & Wall Game Skills 1 Net and wall game skills 1 introduces children to net/wall games and the skills involved in games they will play at a later date.</p> |
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| <p>YEAR 1</p> | <p>Fundamental Movement Skills 1 Developing their fine motor skills.</p> <p>Locomotion 2</p> | <p>Dance - Fire of London</p> <p>Fundamental Movement Skills 2 In this unit children work on developing their fine motor skills.</p> | <p>Gymnastics - Balancing & spinning on Points & Patches</p> <p>Object Manipulation This unit builds on object manipulation 1 and asks children to manipulate objects in more complex ways e.g. dribbling with feet and hands.</p> | <p>Gymnastics - Pathways - small & long</p> <p>Dance - Under the Sea</p> | <p>Invasion Game Skills This unit explores some strategies of attack and defence like using the width of the pitch when attacking and closing the space down quickly when defending.</p> <p>Net & Wall Game Skills Net and wall game skills 1 introduces children to net/wall games and the skills involved in games they will play at a later date.</p> | <p>Invasion Game Skills 2 This unit explores some strategies of attack and defence like using the width of the pitch when attacking and closing the space down quickly when defending</p> <p>Athletics 1 In Athletics children get to develop their ability to coordinate and link movements and refine their techniques.</p> |
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| YEAR 2 | Fundamental Movement Skills 2 Looking primarily at locomotion skills, this unit attempts to ensure that children have mastered different ways of moving and whilst doing so can show awareness of others and their surroundings. | Dance Mini Beasts Gymnastics - Pathways: straight, zigzag & curving. | Gymnastics - Wide, narrow & curled rolling & balancing. Gymnastics - Spinning, turning & twisting. | Dance Animals Target Games Involves children considering throwing at moving targets and sending throws and strikes at different heights and understanding when we might do that in games. | Invasion Game Skills This unit explores some strategies of attack and defence like using the width of the pitch when attacking and closing the space down quickly when defending. | Athletics 2 In Athletics 2 children get to develop their ability to coordinate and link movements and refine their techniques. |
| | Fundamental Movement Skills 3 In this unit we look at a variety of fundamental movement skills looking at how children use the hands and feet to send and receive and expanding their range of skills and knowledge. | | | | Net & Wall Game Skills This unit focuses on developing children's striking skills on the forehand and backhand; their ability to move around a corner and to play passive and active rallies over a net. | Yoga In this unit the children will learn about different themes and how holding poses depicting the topic can help with relaxation, flexibility and overall health. |

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| <p>YEAR 3</p> | <p>Invasion Games Handball/Switch In this unit children learn how to bounce, dribble, pass and shoot.</p> <p>Health Related Fitness In this unit we will develop a range of the components of fitness whilst developing in children an understanding of how we target specific elements of fitness and the importance of body preparation and cooling down after.</p> | <p>Invasion Games Football In this unit children learn how to manipulate a ball and send and receive it. They learn how to defend against an attacker and how to work collaboratively in attack and defence.</p> <p>Dance Vikings.</p> | <p>Gymnastics Linking movements together.</p> <p>Gymnastics Receiving body weight.</p> | <p>Gymnastics Symmetry & asymmetry (partners).</p> <p>Invasion Games Tag Rugby In this unit children learn how to carry the ball, to score a try and to tag. They learn how to pass the ball and the rules of playing Tag.</p> | <p>Invasion Games Basketball Children learn to handle the ball, to travel with it under control. They learn some terminology associated with basketball and how to send in different ways including shooting and how to receive and protect the ball.</p> <p>Target Games Cricket This unit develops the skills of bowling, ground fielding, catching, wicket keeping and batting and looks to link skills whilst developing children's understanding of how the different components fit together into the game itself.</p> | <p>Athletics In this unit we learn a range of throwing, jumping and running techniques and hone technique before competing against ourselves and others.</p> <p>Net and Wall Game Skills Tennis In this unit children learn how to move around the court, how to control the ball and to send it across the net using a variety of ground strokes</p> |
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| <p>YEAR 4</p> | <p>Invasion Games Handball/Switch In this unit children learn and reinforce how to bounce, dribble, pass and shoot.</p> <p>Health Related Fitness In this unit we will develop a range of the components of fitness whilst developing in children an understanding of how we target specific elements of fitness and the importance of body preparation and cooling down after.</p> | <p>Dance Romans</p> <p>Invasion Games Tag Rugby In this unit children learn how to carry the ball, to score a try and to tag. They learn how to pass the ball and the rules of playing Tag.</p> | <p>Gymnastics - Rolling & travelling low</p> <p>Gymnastics Partner work - Pushing and pulling</p> | <p>Gymnastics Arching and bridges</p> <p>Invasion Games Football In this unit children learn how to manipulate a ball and send and receive it. They learn how to defend against an attacker and how to work collaboratively in attack and defence.</p> | <p>Net and Wall Game Skills Tennis In this unit children learn how to move around the court, how to control the ball and to send it across the net using a variety of ground strokes</p> <p>Swimming</p> | <p>Athletics In this unit we learn a range of throwing, jumping and running techniques and improve technique before competing against ourselves and others.</p> <p>Swimming</p> |
| <p>YEAR 5</p> | <p>Invasion Games Handball/Switch In this unit children learn and reinforce how to bounce, dribble, pass and shoot.</p> <p>Target Games Cricket</p> | <p>Dance - The Victorians</p> <p>Invasion Games Tag Rugby In this unit children learn how to carry the ball, to</p> | <p>Gymnastics Matching, mirroring & contrast</p> <p>Swimming</p> | <p>Invasion Games Football In this unit children learn how to manipulate a ball and send and receive it. They learn how to defend against an attacker and how to work collaboratively in attack and defence.</p> | <p>Invasion Games Basketball Children learn to handle the ball, to travel with it under control. They learn some terminology associated with basketball and</p> | <p>Athletics In this unit we learn a range of throwing, jumping and running techniques and improve technique</p> |

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| | <p>This unit develops the skills of bowling, ground fielding, catching, wicket keeping and batting and looks to link skills whilst developing children's understanding of how the different components fit together into the game itself.</p> | <p>score a try and to tag. They learn how to pass the ball and the rules of playing Tag.</p> | | <p>Swimming</p> | <p>how to send in different ways including shooting and how to receive and protect the ball.</p> <p>Net and Wall Game Skills Tennis In this unit children learn how to move around the court, how to control the ball and to send it across the net using a variety of ground strokes.</p> | <p>before competing against ourselves and others.</p> <p>Leadership In this unit children learn to lead, officiate and organise in physical education activities, games and other settings.</p> |
| YEAR 6 | <p>Invasion Games Handball/Switch In this unit children learn and reinforce how to bounce, dribble, pass and shoot.</p> <p>Target Games Cricket This unit develops the skills of bowling, ground</p> | <p>Swimming</p> <p>Dance - World War 2</p> <p>Invasion Games Tag Rugby In this unit children learn how to carry the ball, to score a try and</p> | <p>Gymnastics Counter-balance & counter tension</p> <p>Gymnastics Flight</p> | <p>Invasion Games Football In this unit children learn how to manipulate a ball and send and receive it. They learn how to defend against an attacker and how to work collaboratively in attack and defence.</p> <p>Gymnastics</p> | <p>Net and Wall Game Skills Tennis In this unit children learn how to move around the court, how to control the ball and to send it across the net using a variety of ground strokes.</p> | <p>Athletics In this unit we learn a range of throwing, jumping and running techniques and improve technique before competing against</p> |

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| | <p>fielding, catching, wicket keeping and batting and looks to link skills whilst developing children's understanding of how the different components fit together into the game itself.</p> <p>Swimming</p> | <p>to tag. They learn how to pass the ball and the rules of playing Tag.</p> <p>Dance World War 2</p> | | Group Sequencing. | <p>Invasion Games Basketball Children learn to handle the ball, to travel with it under control. They learn some terminology associated with basketball and how to send in different ways including shooting and how to receive and protect the ball.</p> | <p>ourselves and others.</p> <p>Leadership In this unit children learn to lead, officiate and organise in physical education activities, games and other settings.</p> |
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