

PE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
First Yearly Cycle	Gymnastics - Shape & Balance Children will learn how to use gymnastics shapes and balances to communicate their learning about key aspects of the ancient Egyptian civilisation.	Invasion Games They will further develop their understanding of the basic and fundamental principles of invasion games such as attacking, defending, scoring and teamwork.	Gymnastics - Shape The children will make static shapes, shapes in the air, symmetrical shapes and shapes incorporating rhythmic gymnastics apparatus.	OAA This OAA unit covers a range of fundamental skills needed for outdoor adventurous activities, including teamwork, problem-solving, communication and orienteering.	Multi Skills - Running & Jumping Children will develop an understanding of different ways of travelling and different types of jumps. They will learn to travel at different speeds by walking, jogging, running and sprinting, and develop an understanding of when these speeds are most useful.	Athletics In this unit, children will have the opportunity to develop their existing running, jumping and throwing skills, as well as learning new techniques.
Second Yearly Cycle	Multi-Skills - Throwing & Catching The unit focuses on developing children's existing throwing and catching skills, while introducing new skills for children to practise and develop.	Circuit Training Children will develop their skills in travelling and changing travel, ball control skills and balance and coordination.	Dodgeball Children will be learning dodgeball-specific throwing and catching ball skills, as well as different methods and techniques used to dodge the ball, including jumping, ducking and sidestepping.	Multi Skills - Bat & Ball Children will recap how to hold a tennis racquet and cricket bat correctly and will develop their striking skills from hitting a stationary ball to one that has been thrown or rolled by a partner.	Striking & Fielding This unit will teach your class the skills players need to play striking and fielding games, such as cricket, rounders, French cricket and Danish longball.	Athletics In this unit, children will have the opportunity to develop their existing running, jumping and throwing skills, as well as learning new techniques.

Note: PE is taught on a whole school basis with lessons taken from the Year 2, Year 3 and Year 4 curriculum, dependent upon the cohort