PE Curriculum Map

Wychall PRIMARY SCHOOL

drb Ignite Multi Academy Trust

	Gymnastics	Dance	Games	Athletics	OAA
Year 6	Backward roll to straddle ,backward roll to standing pike ,pike backward roll. Cat leap full-turn & stag leap. Evaluate performance.	Precision, control & fluency. Demonstrate an idea through movement & evaluate & improve performance.	Keep possession, shoot & change direction. Defend by shadowing. Evaluate performance through scoring system.	Evaluate performance. Achieve personal best in skills developed in relay, hurdles, sprint, throwing and jumping.	Confidence & accuracy. Design & navigate. Use a range of map styles. Demonstrate leadership.
Year 5	Stag jumps, split leaps, pike rolls, round-offs and the squat through vault . Flexibility, strength & control.	Use improvisation, create dance phrases. Gesture, a range of techniques in response to stimuli & develop co-operation skills.	Build on tactics such as tackling, marking & passing. Play a range of games to improve skills.	Build on existing running, throwing, jumping skills. Dev' endurance, speed & standing vertical jump.	Demonstrate effective, clear communication. Use a compass, identify keys on a map and navigate a trail.
Year 4	Straight jump full turns, cat leap half turns, straddle rolls, lunges into cartwheels and the straddle.	Design dance phrase by combining movements. Develop skills of co-operation working in pairs & small groups.	Apply basic principles for attack & defend. Pass, receive, travel with increasing accuracy.	Apply & refine sprint, relay teams using a baton. Develop the pull throw & standing triple jump.	Acquire leadership skills within small groups. Incorporate balance, co-ordination and agility.
Year 3	Pike jumps, straight jump half-turns, cat leaps, forward rolls. from standing.	To improvise with narrative and stimuli as part of a phrase.	Possession within teamwork. Develop marking & dodging.	Dev' sprint technique, jumping over obstacles. Push throw technique. Develop distance and height.	Begin to develop fundamentals in teamwork, problem solving & understanding maps.
Year 2	Learn and practise a variety of skills, including rolls, jumps and balances.	To perform dances using simple movement patterns.	Develop basic principles for attack & defend, scoring & teamwork.	Develop speed and control. Develop overarm/underarm throws. Combine jumps.	
Year 1	Travel & jump safely in different ways using speed & levels within a sequence of movements.	Explore simple basic actions for dance.	Begin to use travel, throw, roll and passing techniques.	Begin to develop their understanding of travel, speed, jumps. Basic ball handling skills.	

Gymnastics: Jumps, Vault, Turns — shape, Balance, Travel, Action, Rolls

Dance: Stillness, Turns — Space, Jump, Travel, Gesture

Games: Space, Passing, Possession — Strike & hit, Throw & catch, Travelling, Attack & defend, Tactics & rules

Athletics: Running, Jumping, Throwing

OAA: Trail, Prepare/organisation, Problem solving, Communication

Health & fitness — Acquiring & developing — Compete & perform — Evaluate