



The Holy Family Catholic Primary School Physical Education Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Introduction to PE	Fundamentals	Dance	Gymnastics	Ball Skills	Games
	Introduced to Physical Education and structured movement.	Develop the skills of balancing, running, changing direction, jumping, hopping and travelling.	Develop their expressive movement.	Explore basic movements, creating shapes, balances, and jumps and begin to develop rocking and rolling.	Develop their ball skills.	Develop their understanding of playing games.
Year 1	Sending and Receiving	Dance	Gymnastics	Ball Skills	Target Games	Net and Wall
	Develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball.	Explore travelling actions, movement skills and balancing.	Explore and develop basic gymnastic actions on the floor and using low apparatus.	Explore their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball.	Develop their aim using both underarm and overarm actions.	Develop throwing, catching and racket skills, learning to track and hit a ball.
Year 2	Sending and Receiving	Dance	Gymnastics	Fielding and Striking	Invasion	Team Building
	Develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball.	Explore space and how their body can move to express and idea, mood, character or feeling.	Explore and develop basic gymnastic actions on the floor and using apparatus.	Develop the skills of throwing and catching, tracking and retrieving a ball and striking a ball.	Develop their understanding of invasion games and the principles of defending and attacking.	Develop their communication and problem-solving skills.
Year 3	OAA	Cricket	Dance	Tag Rugby	Hockey	Rounders
	Develop problem solving skills through a range of challenges.	Learn how to strike the ball into space so that they can score runs.	Create dances in relation to an idea including historical and scientific stimuli.	Learn to keep possession of the ball using attacking skills.	Learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball.	Learn how to score points by striking a ball into space and running around cones or bases.

'As a family we live, love, learn and celebrate with Jesus.'

The Holy Family Catholic Primary School Physical Education Curriculum Map



Year 4	Tag Rugby	Gymnastics	Swimming	Swimming	Hockey	Athletics
	Learn to keep possession of the ball using attacking skills.	Create more complex sequences.	Pupils will be introduced to specific swimming strokes on their front and on their back.		Learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball.	Develop basic running, jumping and throwing techniques.
Year 5	Swimming	Swimming	Dance	Basketball	Tennis	Athletics
	Focus on swimming more fluently and with increased confidence and control. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water.		Learn different styles of dance, working individually, as a pair and in small groups.	Develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting.	Develop their competencies in racket skills when playing Tennis.	Pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.
Year 6	Tennis	Gymnastics	Basketball	Rounders	Swimming	Swimming
	Develop their racket skills when playing tennis	Use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences.	Develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting.	Develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball.	Focus on swimming more fluently and with increased confidence and control. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water.	