



Edale Rise Primary and Nursery School



PE Curriculum Map

<u>Class</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
F1	Movement: stopping, starting, running, leaping and jumping.	Gymnastics: Balance and supporting self. Bench walking, station work- springing and leaping.	Ball handling skills: rolling, throwing, tossing and catching.	Dance. Rhythm and body parts/shapes. Dancing ribbon. Dancing songs such as "Macarena".	Movement. Focus on parachute and hula hoops. Parachute: different grips, merry go round activities	Athletics. Rope skills-skippping. Obstacle courses and outdoor ring games.
F2	PE: Spatial awareness, Small resources: beanbag, throwing to self and partner.	Gymnastics: mat work and small apparatus: Rolling and safe jumping. Games: throwing, kicking and catching	Gymnastics: large apparatus: climbing on, under and on a-frames, jumping.	Circuits: beanbags, hurdles and other small equipment. Ice skating	Games: Bat and ball. Balancing, throwing and shooting.	Athletics: (linked to potted sports) long jump, hurdles etc. Relay races.

Y1	<p>Dance: animal dance.</p> <p>Swimming: beginners - water confidence</p>	<p>Swimming</p> <p>Gymnastics. Performing different shapes, travels and jumps creating simple sequences. Points of Balance, different types of rolls and sequences work. Mat Safety.</p>	<p>Gymnastics. Balancing, forward rolls, sequences</p> <p>Swimming: basics: kicking, floating, breathing, front crawl</p>	<p>Dance : creative dance depending on topic.</p> <p>Swimming</p>	<p>Games: basic rolling and hitting using beanbags and balls.</p> <p>Swimming</p>	<p>Athletics. Running at different speeds, throwing at a range of distances. Variety of jumps.</p> <p>Swimming</p>
Y2	<p>Athletics practising a wide variety of throwing, running, jumping).</p> <p>Swimming</p>	<p>Swimming</p> <p>Gymnastics: Balance, counterbalances, Jumps, travels and shapes. Mat Safety. Working in cannon and unison, bench and complex apparatus work.</p>	<p>Dance(topic related-planned closer to date)</p> <p>Swimming</p>	<p>Gymnastics(apparatus based activities)</p> <p>Swimming</p>	<p>Dance(topic-related-planned closer to the date)</p> <p>Swimming</p>	<p>Games such as rounders, Kwik Cricket, football-basic skills.</p> <p>Swimming</p>
Y3	<p>Badminton: catching and serving.</p> <p>Urban Hockey: Basic skills, dribbling and passing</p>	<p>Dance: Diwali dance, Cybercoach dance activities.</p>	<p>Gymnastics: Complex jumps, stands, balances, rolls and working at different levels. Working in groups, unison and cannon. Sequences involving different apparatus</p>	<p>Invasion Games: Netball Basketball</p> <p>Basic dribbling and shooting.</p>	<p>Strike and field: Rounders: throwing and catching skills.</p>	<p>Athletics: track and field: Hurdles, long jump, running and potted sports.</p>
Y4	<p>Gymnastics: movement sequences on</p>	<p>Dance: traditional, folk and modern</p>	<p>Swimming</p>	<p>Swimming</p>	<p>Strike and fielding games: Cricket,</p>	<p>Athletics: moving in different ways.</p>

	<p>apparatus and floor. Balancing, travelling, making shapes.</p> <p>Invasion games: Urban hockey-improvers</p>	(partner and individual).	<p>Gymnastics: Complex jumps, leaps, stands, balances and rolls. Working at different levels. Sequences involving different apparatus (bench, vaults etc) Performing rolls, jumps, leaps on equipment.</p>	<p>Striking and fielding: Rounders: throwing, catching, passing and batting skills.</p>	working on catching, tossing and hitting.	Working on throwing, catching and jumping.
Y5	<p>Dance such as traditional Anglo Saxon dance.</p> <p>Swimming</p>	<p>Dance (religious expression such as Diwali dance)</p> <p>Swimming</p>	<p>Invasion Games</p> <ul style="list-style-type: none"> - Basketball - Netball. <p>Working on passing, dribbling and shooting</p>	<p>Gymnastics</p> <p>Complex jumps, leaps, balances, counterbalances, rolls and cartwheels. Linking movements together. Complex sequences and formations. Rhythmic sequences using equipment and apparatus.</p>	<p>Gymnastics.</p> <p>Skills continued from Spring 2</p> <p>Dance: modern dance</p>	Team Games (selected at a later date).
Y6	<p>Invasion games focus on cricket-batting and fielding.</p> <p>Dance: cyber coach aerobic sessions.</p>	<p>Invasion games: football, dribbling and tackling.</p> <p>Dance: Street Dance.</p>	<p>Dance using cyber coach and based on topic covered.</p>	<p>Gymnastics: Complex jumps, leaps, balances, counterbalances, rolls and cartwheels. Linking movements together.</p>	<p>Strike and Field activities:</p> <p>Games such as Cricket Rounders</p>	<p>Swimming</p> <p>Dance: modern Dance</p> <p>Athletics: running, hurdle etc prep for sports day</p> <p>Biking: basic safety skills, cycling around obstacles</p>

