





East Tilbury Primary School's PE Curriculum Map

Year 1	HT1	HT2	HT3	HT4	HT5	HT6
	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Make body tense, relaxed, curled and stretched, showing some tension. • Begin to work on alone/with someone to make a sequence of shapes/travels. • Climb and jump safely, showing some shapes and balances when climbing. • Keep balance travelling in a range of ways along bench, spots, mat etc. • Roll in stretched/curled positions e.g. 'log' and 'tucked/egg rolls'. <p><u>Dance</u></p> <ul style="list-style-type: none"> • Copy dance moves. • Make up a short dance, after watching one. • Dance imaginatively. <p>Change rhythm, speed, level and direction.</p>		<p><u>Ball Skills</u></p> <ul style="list-style-type: none"> • Throw underarm, bounce & catch ball by self & with partner • Kick/stop a ball using a confident foot while static • Run straight and on a curve and sidestep with correct technique <p><u>Team Games</u></p> <ul style="list-style-type: none"> • Begin to follow some simple rules • Start to play small sided conditioned team games in groups of no bigger than 4 a side • Understand what effects warming up and exercise has on our body 		<p><u>Striking & Fielding</u></p> <ul style="list-style-type: none"> • Show some different ways of hitting, throwing and striking a ball • Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points) • Play as a fielder and get the ball back to a STOP ZONE • Begin to follow some simple rules (carrying the bat, not over taking someone) <p><u>Athletics</u></p> <ul style="list-style-type: none"> • Use varying speeds when running over and around objects. • Explore different methods of throwing for distance • Practise short distance running. • Practise conditioned relay games with a baton. 	

Year 2	HT1	HT2	HT3	HT4	HT5	HT6
	<p><u>Ball Skills</u></p> <ul style="list-style-type: none"> • Perform some dribbling skills with hands and feet using space • Pass a ball accurately (hands & feet) over longer distances to a team mate • Combine stopping, pick up/collect & send a ball accurately to other players • Be able to describe what the effects of exercise have on their bodies. <p><u>Team Games</u></p> <ul style="list-style-type: none"> • Make simple decisions about when /where to move in game to receive a ball • Play small sided conditioned games of no 	<p><u>Racquet Skills</u></p> <ul style="list-style-type: none"> • Stand in a ready position holding a racquet correctly • Tap the ball/shuttlecock off of the racquet <p><u>Team Games</u></p> <ul style="list-style-type: none"> • Make simple decisions about when /where to move in game to receive a ball • Play small sided conditioned games of no more than 4 a side. • Understand what a team mate is and an opponent 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Make body tense, relaxed, curled and stretched, in a range of movements. • Perform a sequence with changes in speed & direction including 3 different actions (<i>sometimes giving advice to others</i>) • Be still on single/two + points of contact on floor/apparatus showing tension & control • Link known shape/travel/roll/jump to a balance using floor & on apparatus • Jump/land with control using different body shapes in flight <p><u>Dance</u></p> <ul style="list-style-type: none"> • Change rhythm, speed, level and direction with consistency. • Dance with control and co-ordination. • Make a sequence by linking sections together. • Link some movement to show a mood or feeling. 		<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Run with agility and confidence. • Learn the best jumping techniques for distance. • Throw different objects in a variety of ways. • Hurdle an obstacle and maintain effective running style • Run for distance. • Complete an obstacle course with control and agility. • Use relay batons in relay games. <p><u>Striking & Fielding</u></p> <ul style="list-style-type: none"> • Send a ball off a tee using a bat or a racket • Play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops • Stop moving when the 'bowler' has the ball • Play as a fielder and pass the ball back to the bowler to make the runner stop • Follow rules for a game (carry the bat, don't overtake, run 	

	<p>more than 4 a side.</p> <ul style="list-style-type: none"> • Understand what a team mate is and an opponent 				around the outside of the hula hoops)	
Year 3	HT1	HT2	HT3	HT4	HT5	HT6
 	<p><u>Dance</u></p> <ul style="list-style-type: none"> • Perform pair/group dance involving canon & unison, meet & part • Respond to music in time & rhythm to show like/unlike actions • Respond to music to express a variety of moods & feelings <p><u>Ball Skills – Netball</u></p> <ul style="list-style-type: none"> • Make a series of passes to team mates moving towards a scoring area. 	<p><u>Racquet Skills</u></p> <ul style="list-style-type: none"> • Tap the shuttlecock off racquet (tapping it up off the racket). • Tap the shuttlecock into a target area. • Stand in a ready position holding a racquet correctly (up in line with net). • Begin to practise an overhead clear and lift shot. • Begin to attempt to serve the shuttlecock straight from hands. 	<p><u>OAA</u></p> <ul style="list-style-type: none"> • Plan and orientate around obstacles for example PE apparatus /tables/chairs • Begin to work cooperatively with others to solve challenges. <p><u>Dance</u></p> <ul style="list-style-type: none"> • Respond imaginatively to stimuli related to character/music/story • Perform clear & fluent dances that show sensitivity to idea/stimuli • Make up dance within a small group 	<p><u>Fitness</u></p> <ul style="list-style-type: none"> • Describe how the body reacts at different times and how this affects performance. • Explain why exercise is good for your health. • Know some reasons for warming up and cooling down. <p><u>Competitive Games – Basketball</u></p> <ul style="list-style-type: none"> • Use a chest pass and shoulder pass to support team in scoring • Make decisions regarding which is the best pass to us • Use both hands where needed to dribble around a defender 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Run in different directions and at different speeds, using a good technique. • Improve throwing technique. • Reinforce jumping techniques. • Understand the relay and passing the baton. • Choose and understand appropriate running techniques. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Run in different directions and at different speeds, using a good technique. • Improve throwing technique. • Reinforce jumping techniques. • Understand the relay and passing the baton. • Choose and understand appropriate running techniques.



- Show some signs of using a chest pass and shoulder pass.
- Show a target to indicate where I'd like to pass to.
- Know where space is and try to move into it.
- Understand the need to get away from an opponent.
- Mark another player and defend when needed.

Invasion Games – Rugby

- Move holding a rugby ball
- Know where to score a try and how to position the ball to score a try
- Move into spaces to avoid defenders
- Make a backward pass to team mates, using the direction most comfortable
- Know to tag team mates when to defend

Invasion Games - Football

- Begin to dribble a ball making small touches
- Begin to send a football to someone on team.

Racquet Skills – Badminton

- Tap the shuttlecock back and forth to a partner over a small space.
- Begin to tap a shuttlecock over a net.
- Bring racquet to meet the shuttlecock before it starts to drop
- Start to perfect the overhead clear and lift shot.
- Begin to perfect the low backhand serve and long forearm serve.
- Practise hitting the serve diagonally across the court.

- Make passes where necessary to avoid losing possession
- Identify space to move into and show a clear target to receive a pass
- Mark another player and begin to attempt to intercept
- Play conditioned games in teams of no more than 5 a side

- Compete in a mini competition, recording scores.

Cricket

- Throw and catch under pressure.
- Use fielding skills to stop the ball effectively.
- Learn batting control.
- Learn the role of backstop.
- Play in a tournament and work as team, using tactics in order to beat another team.
- Play in a tournament and work as team, using tactics in order to beat another team


- Compete in a mini competition, recording scores.

Rounders

- Be able to play simple rounders games
- Apply some rules to games.
- Develop and use simple rounders skills using different size bats, batting tees, and different size balls.

		<ul style="list-style-type: none"> • Keep a ball under control. • Know where space is and try to move into it. • Mark another player and defend when needed. 				
Year 4	HT1	HT2	HT3	HT4	HT5	HT6
	<u>Gymnastics</u> <ul style="list-style-type: none"> • Share ideas and give positive criticism/advice to self & others. • Create & perform matching/mirroring sequences explaining how it could be improved • Perform at least 3 different rolls tuck, pencil, teddy • Link a roll with travel and balance using floor and apparatus with good body control 	<u>Invasion Games - Rugby</u> <ul style="list-style-type: none"> • Move with speed (and change of) with the ball and without • Use speed and space to avoid defenders • Pass backwards and in both directions and sometimes on the move • Tag the person who has the ball, but can mark a player who doesn't have the ball 	<u>Swimming</u> <ul style="list-style-type: none"> • To develop basic pool safety skills and confidence in water. • To develop travel in vertical or horizontal position and introduce floats. • To develop push and glides, any kick action on front and back with or without support aids. • To develop entry and exit, travel further, float and submerge. • To develop balance, link activities and travel further on whole stroke. 	<u>Swimming</u> <ul style="list-style-type: none"> • To develop basic pool safety skills and confidence in water. • To develop travel in vertical or horizontal position and introduce floats. • To develop push and glides, any kick action on front and back with or without support aids. • To develop entry and exit, travel further, float and submerge. • To develop balance, link activities and travel further on whole stroke. • To show breath control. 	<u>Athletics</u> <ul style="list-style-type: none"> • Select and maintain a running pace for different distances. • Practise throwing with power and accuracy. • Throw safely and with understanding. • Demonstrate good running technique in a competitive situation. • Explore different footwork patterns 	<u>Athletics</u> <ul style="list-style-type: none"> • Select and maintain a running pace for different distances. • Practise throwing with power and accuracy. • Throw safely and with understanding. • Demonstrate good running technique in a competitive situation.

	<p><u>Invasion Games – Netball (Endball)</u></p> <ul style="list-style-type: none"> • Use a chest pass and shoulder pass to support team in scoring. • Make decisions regarding which is the best type of pass to use. • Begin to use a bounce pass, which only bounces once. • Identify space to move into and show a clear target to receive a pass. • Mark another player and begin to attempt interceptions. • Know where positions are allowed on a court. 	<ul style="list-style-type: none"> • Begin to make a high pop pass to avoid a defender <p><u>OAA</u></p> <ul style="list-style-type: none"> • Orientate a map consistently and accurately • Follow a simple orienteering course and simple point to point orienteering course on school grounds recording controls. • Work cooperatively with other to solve challenges 	<ul style="list-style-type: none"> • To show breath control. • Introduction to deeper water. • Treading water 	<ul style="list-style-type: none"> • Introduction to deeper water. • Treading water <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Use a greater number of own ideas for movement in response to a task. • Combine arm actions with skips/leaps/steps/jumps & spins in travel • Travel while using various hand apparatus, (ribbon/hoop/rope/ball) • Know principles of balance and apply them on floor & apparatus. 	<ul style="list-style-type: none"> • Understand which technique is most effective when jumping for distance. • Utilise all the skills learned in this unit in a competitive situation. <p><u>Rounders</u></p> <ul style="list-style-type: none"> • Develop the range of rounders batting and fielding skills that can apply in a competitive context • Choose and use a range of simple tactics in isolation and in a modified and conditioned game. 	<ul style="list-style-type: none"> • Explore different footwork patterns • Understand which technique is most effective when jumping for distance. • Utilise all the skills learned in this unit in a competitive situation. <p><u>Cricket</u></p> <ul style="list-style-type: none"> • To develop the range of Cricket skills they can apply in a competitive context • To choose and use a range of simple tactics in isolation and in a game context
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					<ul style="list-style-type: none"> Identify different fielding positions in rounders and the roles of those positions. 	<ul style="list-style-type: none"> To consolidate existing skills and apply with consistency
Year 5	HT1	HT2	HT3	HT4	HT5	HT6
	<p><u>Invasion Games – Basketball</u></p> <ul style="list-style-type: none"> Use all three passes- chest, bounce and shoulder correctly Use a range of speeds within a game to support a team in scoring Lose a defender to receive a pass using arm body ball technique (ball furthest away from opponent) Change direction (turn) and hands when dribbling around defenders 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Combine own work with that of others, identifying strengths & weaknesses. Include change of speed, direction and shape in movements. Follow a set of 'rules' to produce a sequence, possibly made by peers. Create mirror/matching/cannon pair sequence varying 	<p><u>Dance</u></p> <ul style="list-style-type: none"> Show/fluency/control in chosen dances in response to stimuli Perform fluent dances with characteristics of different styles/eras Adapt & refine(in pair/group), dances that vary direction, space & rhythm <p><u>OAA</u></p> <ul style="list-style-type: none"> Follow simple course using 8 points on the compass and mark on a map the positions of the ground 	<p><u>Racquet Skills – Badminton</u></p> <ul style="list-style-type: none"> Understand which shot should be performed when attacking and defending- overhead clear (attack) lift for defensive play. Start to learn more attacking shots such as a drop shot, and smash. Play rallies with a partner over a small space. Begin to play conditioned badminton games with a partner and in doubles. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> Use correct technique to run at speed. Develop the ability to run for distance. Throw with accuracy and power. Identify and apply techniques of relay running. Explore different footwork patterns. Understand which technique is most effective 	<p><u>Striking & Fielding - Rounders</u></p> <ul style="list-style-type: none"> Link together a range of skills and use in combination. Collaborate as a team to choose, use and adapt rules in games. Throw and catch under pressure. Use fielding skills to stop the ball effectively.



- Defend a player and make successful interceptions when playing in team games
- Begin to learn how to perform a set shot and a lay up
- Play full 5 a side games

Invasion Games – Rugby

- Be able to evade and tag opponents.
- Be able to pass and receive a pass at speed.
- Be able to pass and receive a pass at speed in a game situation.
- Refine attacking and defending skills.
- Develop tactics as a team.

dynamics/levels/direction etc.

Invasion Games – Netball

- Use all three passes (chest, shoulder & bounce) correctly.
- Use a range of speeds within a game to support a team in scoring.
- Begin to use square (across the court) & straight (up & down the court) passes to achieve pace.
- Lose a defender to receive a pass.
- Defend a player and make some successful interceptions (snatch & catch) when playing as a team.

- Overcome barriers in new activities physical and mental
- Begin to use maps and diagrams to orientate around a course

- Serve the shuttlecock correctly beginning to purposely aim for space to score.
- Understand all court markings for singles and doubles games.


Striking & Fielding – Cricket

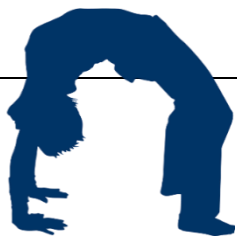
- To link together a range of skills and use in combination
- To collaborate as a team to choose, use and adapt rules in games
- To recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance

- when jumping for distance.
- Learn how to use skills to improve the distance of a pull throw.
- Demonstrate good techniques in a competitive situation.

- Learn batting control.
- Learn the role of backstop.
- Play in a tournament and work as team, using tactics in order to beat another team.
- Play in a tournament and work as team, using tactics in order to beat another team

	<ul style="list-style-type: none"> •Apply learned skills in a game of tag rugby. 				
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Year 6	HT1	HT2	HT3	HT4	HT5	HT6
	<u>Invasion Games – Netball</u> <ul style="list-style-type: none"> • Know which pass is best to use and when in a game. • Use a range of square & straight passes to change direction of the ball. • Use landing foot to change direction to lose a defender. • Draw defender away to create space for self or team. • Position body to defend 	<u>Invasion Games – Rugby</u> <ul style="list-style-type: none"> • Be able to evade and tag opponents. • Running at speed, changing direction at speed. • Play effectively in attack and defence • Score points against opposition • Support player with the ball <u>Invasion Games – Basketball</u> <ul style="list-style-type: none"> • Know which pass is best to 	<u>Fitness/OAA</u> <ul style="list-style-type: none"> • Follow a simple route on a map • Identify different key features • Successfully navigate an orienteering map and complete a course in a competitive environment • Adapt to outdoor unfamiliar surroundings • Accept responsivity when working in a team • Understand the importance of warming up and cooling down. 	<u>Dance</u> <ul style="list-style-type: none"> • Create & perform dances in a variety of styles consistently • Be aware of & use musical structure, rhythm & mood & can dance accordingly • Use appropriate criteria & terminology to evaluate performances <u>Racket Skills – Badminton</u> <ul style="list-style-type: none"> • Use ‘move-hit-recover’ approach within a game showing facing forward on recovery 	<u>Athletics</u> <ul style="list-style-type: none"> • Investigate running styles and changes of speed. • Practise throwing with power and accuracy. • Throw safely and with understanding • Demonstrate good running technique in a competitive situation. • Explore different footwork patterns. 	<u>Swimming</u> <ul style="list-style-type: none"> • To develop basic pool safety skills and confidence in water. • To develop travel in vertical or horizontal position and introduce floats. • To develop push and glides, any kick action on front and back with or



effectively, making successful interceptions.

Invasion Games – Hockey

- Use speed, changing of direction and Indian dribbling to advance towards team's goal.
- Use a range of passes knowing which one depending on the distance of the pass.
- Dribble and change direction by making a square pass (across the pitch) or straight pass (up/down the pitch).
- Know when to defend and what defence skills could be used.

use an when in a competition situation

- Use a range of passes accurately to change direction of the ball
- Draw a defender away to create space for self or team
- Position body to defend effectively, making successful interceptions
- Make successful shots on target using the layup technique and set shot
- Play full 5 a side games

• Carry out warm-ups and cool-downs safely and effectively during lessons to peers

- Identify major muscles and how to stretch them
- Understand why exercise is good for health, fitness and wellbeing.
- Know ways they can become healthy
- Plan and carry out circuit training with peers as well as other various training
- Identify different ways of training and benefits on your body

Gymnastics

- Select a suitable routine to perform to different audiences, bearing in mind **who** the audience is.
- Transfer sequence above onto suitably

lunging to reach the drop shot.

- Show a range of grips.
- Use the correct technique when performing various shots
- Play and outwit opponents in singles and doubles games.
- Serve the shuttlecock accurately making team mates have to move to send it back.
- Score games correctly and umpire when not competing.

- Understand which technique is most effective when jumping for
- Distance.
- Utilise all the skills learned in this unit in a competitive situation.

Rounders

- Apply consistently rounders rules in conditioned games.
- Play small sided games using standard rounders pitch layout.
- Use a range of tactics for attacking and defending in role of bowler,

without support aids.

- To develop entry and exit, travel further, float and submerge.
- To develop balance, link activities and travel further on whole stroke.

- To show breath control.
- Introduction to deeper water.
- Treading water

Cricket

- To apply with consistency standard cricket rules in a variety of different styles of games

	<ul style="list-style-type: none"> • Seize an opportunity to score, sometimes quite quickly. 		<p>arranged apparatus & floor</p> <ul style="list-style-type: none"> • Perform 6-8 part floor sequence as individual, pair & small group to a piece of music • Demonstrate 3 paired balances in sequence using various skills/actions 		<p>batter and fielder.</p>	<ul style="list-style-type: none"> • To attempt a small range of recognised shots in isolation and in competitive scenarios • To use a range of tactics for attacking and defending in role of bowler, batter and fielder
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