





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

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

	<p>more than 4 a side.</p> <ul style="list-style-type: none"> <li>• Understand what a team mate is and an opponent</li> </ul>				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"> <li>• Perform pair/group dance involving canon &amp; unison, meet &amp; part</li> <li>• Respond to music in time &amp; rhythm to show like/unlike actions</li> <li>• Respond to music to express a variety of moods &amp; feelings</li> </ul> <p><u>Ball Skills – Netball</u></p> <ul style="list-style-type: none"> <li>• Make a series of passes to team mates moving towards a scoring area.</li> </ul>	<p><u>Racquet Skills</u></p> <ul style="list-style-type: none"> <li>• Tap the shuttlecock off racquet (tapping it up off the racket).</li> <li>• Tap the shuttlecock into a target area.</li> <li>• Stand in a ready position holding a racquet correctly (up in line with net).</li> <li>• Begin to practise an overhead clear and lift shot.</li> <li>• Begin to attempt to serve the shuttlecock straight from hands.</li> </ul>	<p><u>Competitive Games – Basketball</u></p> <ul style="list-style-type: none"> <li>• Use a chest pass and shoulder pass to support team in scoring</li> <li>• Make decisions regarding which is the best pass to us</li> <li>• Use both hands where needed to dribble around a defender</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>• To develop the basic skills of rolling, jumping and balancing and use them individually and in combination.</li> <li>• Be able to link travelling movements with balancing on the floor as well as on</li> </ul>	<p><u>Fitness</u></p> <ul style="list-style-type: none"> <li>• Describe how the body reacts at different times and how this affects performance.</li> <li>• Explain why exercise is good for your health.</li> <li>• Know some reasons for warming up and cooling down.</li> </ul> <p><u>OAA</u></p> <ul style="list-style-type: none"> <li>• Plan and orientate around obstacles for example PE apparatus /tables/chairs</li> <li>• Begin to work cooperatively with others to solve challenges.</li> </ul>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>• Run in different directions and at different speeds, using a good technique.</li> <li>• Improve throwing technique.</li> <li>• Reinforce jumping techniques.</li> <li>• Understand the relay and passing the baton.</li> <li>• Choose and understand appropriate running techniques.</li> </ul>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>• Run in different directions and at different speeds, using a good technique.</li> <li>• Improve throwing technique.</li> <li>• Reinforce jumping techniques.</li> <li>• Understand the relay and passing the baton.</li> <li>• Choose and understand appropriate running techniques.</li> </ul>

			<p>apparatus.</p> <ul style="list-style-type: none"><li>• Pupils work with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow</li></ul>			
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- 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.

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

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





- 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

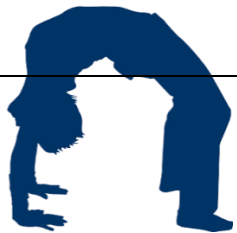
- when jumping for distance.
- Learn how to use skills to improve the distance of a pull throw.
- Demonstrate good techniques in a competitive situation.

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

	<p>effectively, making successful interceptions.</p> <p><u>Invasion Games – Hockey</u></p> <ul style="list-style-type: none"> <li>• Use speed, changing of direction and Indian dribbling to advance towards team's goal.</li> <li>• Use a range of passes knowing which one depending on the distance of the pass.</li> <li>• Dribble and change direction by making a square pass (across the pitch) or straight pass (up/down the pitch).</li> <li>• Know when to defend and what defence skills could be used.</li> </ul>	<p>use an when in a competition situation</p> <ul style="list-style-type: none"> <li>• Use a range of passes accurately to change direction of the ball</li> <li>• Draw a defender away to create space for self or team</li> <li>• Position body to defend effectively, making successful interceptions</li> <li>• Make successful shots on target using the layup technique and set shot</li> <li>• Play full 5 a side games</li> </ul>	<ul style="list-style-type: none"> <li>• Carry out warm-ups and cool-downs safely and effectively during lessons to peers</li> <li>Identify major muscles and how to stretch them</li> <li>• Understand why exercise is good for health, fitness and wellbeing.</li> <li>• Know ways they can become healthy</li> <li>• Plan and carry out circuit training with peers as well as other various training</li> <li>• Identify different ways of training and benefits on your body</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>• Select a suitable routine to perform to different audiences, bearing in mind <i>who</i> the audience is.</li> <li>• Transfer sequence above onto suitably</li> </ul>	<p>lunging to reach the drop shot.</p> <ul style="list-style-type: none"> <li>• Show a range of grips.</li> <li>• Use the correct technique when performing various shots</li> <li>• Play and outwit opponents in singles and doubles games.</li> <li>• Serve the shuttlecock accurately making team mates have to move to send it back.</li> <li>• Score games correctly and umpire when not competing.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand which technique is most effective when jumping for</li> <li>• Distance.</li> <li>• Utilise all the skills learned in this unit in a competitive situation.</li> </ul> <p><u>Rounders</u></p> <ul style="list-style-type: none"> <li>• Apply consistently rounders rules in conditioned games.</li> <li>• Play small sided games using standard rounders pitch layout.</li> <li>• Use a range of tactics for attacking and defending in role of bowler,</li> </ul>	<p>without support aids.</p> <ul style="list-style-type: none"> <li>• To develop entry and exit, travel further, float and submerge.</li> <li>• To develop balance, link activities and travel further on whole stroke.</li> <li>• To show breath control.</li> <li>• Introduction to deeper water.</li> <li>• Treading water</li> </ul> <p><u>Cricket</u></p> <ul style="list-style-type: none"> <li>• To apply with consistency standard cricket rules in a variety of different styles of games</li> </ul>
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	<ul style="list-style-type: none"> <li>• Seize an opportunity to score, sometimes quite quickly.</li> </ul>		<ul style="list-style-type: none"> <li>• arranged apparatus &amp; floor</li> <li>• Perform 6-8 part floor sequence as individual, pair &amp; small group to a piece of music</li> <li>• Demonstrate 3 paired balances in sequence using various skills/actions</li> </ul>		<p>batter and fielder.</p>	<ul style="list-style-type: none"> <li>• To attempt a small range of recognised shots in isolation and in competitive scenarios</li> <li>• To use a range of tactics for attacking and defending in role of bowler, batter and fielder</li> </ul>
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