





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. Change rhythm, speed, level and direction. 		<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>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>Gymnastics</u></p> <ul style="list-style-type: none"> • To develop the basic skills of rolling, jumping and balancing and use them individually and in combination. • Be able to link travelling movements with balancing on the floor as well as on 	<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>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>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.

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



- 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"> • 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 <p><u>Dance</u></p> <ul style="list-style-type: none"> • Perform and develop actions to communicate ideas • Perform some actions with expression • Develop movement phrases to communicate ideas • Link different movement phrases in a longer dance 	<ul style="list-style-type: none"> • Introduction to deeper water. • Treading water <p><u>Racquet Skills (Badminton)</u></p> <ul style="list-style-type: none"> • Be able to demonstrate the correct grip for a serve. • Tap the shuttlecock off racket (tapping it up off the racket). • Serve the shuttlecock into a target area using the low backhand serve. • Stand in a ready position holding a racket correctly (up in line with the net). • Begin to practise an overhead clear and lift shot. • Begin to attempt to serve the shuttlecock straight from hands. 	<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
--	---	---	---	--	--	--

					<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

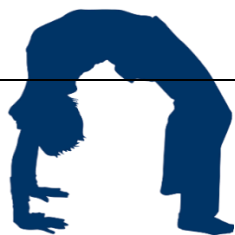
- when jumping for distance.
- Learn how to use skills to improve the distance of a pull throw.
- Demonstrate good techniques in a competitive situation.

- 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. 					
--	--	--	--	--	--	--

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

	<p>effectively, making successful interceptions.</p> <p><u>Invasion Games – Hockey</u></p> <ul style="list-style-type: none"> • 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. 	<p>use an when in a competition situation</p> <ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Select a suitable routine to perform to different audiences, bearing in mind <i>who</i> the audience is. • Transfer sequence above onto suitably 	<p>lunging to reach the drop shot.</p> <ul style="list-style-type: none"> • 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. 	<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"> • 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, 	<p>without support aids.</p> <ul style="list-style-type: none"> • 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 <p><u>Cricket</u></p> <ul style="list-style-type: none"> • 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. 		<ul style="list-style-type: none"> • arranged apparatus & floor • 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
--	---	--	---	--	----------------------------	---

