

Lancasterian Primary School

A safe and welcoming learning community where:

- we all aim high;
- everyone is included;
- creativity is valued.



KS1/2 Curriculum Map

PE

[Suggested sports in square brackets]

	Y1	Y2	Y3	Y4	Y5	Y6
Autumn 1	<ul style="list-style-type: none"> • Striking and Fielding Games <ul style="list-style-type: none"> ➢ Use terms such as 'opponent' and 'team-mate' ➢ Use throwing, rolling, hitting, running, jumping, catching skills in combination 	<ul style="list-style-type: none"> • Striking and Fielding Games <ul style="list-style-type: none"> ➢ Work collaboratively with team ➢ Lead others within the game ➢ Begin to use a bat to strike a ball 	<ul style="list-style-type: none"> • Striking and Fielding Games [rounders] <ul style="list-style-type: none"> ➢ Throw and catch with control and accuracy ➢ Strike a ball and field with control ➢ Follow the rules of the game 	<ul style="list-style-type: none"> • Gymnastics <ul style="list-style-type: none"> ➢ Plan, perform and repeat sequences ➢ Balance successfully during movements ➢ Swing and hang safely 	<ul style="list-style-type: none"> • Swimming: <ul style="list-style-type: none"> ➢ Swim up to 25 metres unaided ➢ Use more than one stroke and coordinate breathing as appropriate for the stroke being used ➢ Swim at the surface and below the water ➢ Perform safe self-rescue in the water 	<ul style="list-style-type: none"> • Striking, Fielding, Invasion and Net Games [rounders, football, tennis, cricket] <ul style="list-style-type: none"> ➢ Play competitively, following the rules of a game ➢ Field, attack and defend tactically ➢ Strike a bowled or volleyed ball with accuracy
Autumn 2	<ul style="list-style-type: none"> • Dance <ul style="list-style-type: none"> ➢ Copy and remember moves and positions ➢ Move with careful control and coordination 	<ul style="list-style-type: none"> • Dance <ul style="list-style-type: none"> ➢ Remember moves and positions ➢ Link two or more actions to perform a sequence ➢ Choose movements to communicate a mood, feeling or idea 	<ul style="list-style-type: none"> • Dance <ul style="list-style-type: none"> ➢ Plan, perform and repeat sequences ➢ Move in a clear, fluent and expressive manner ➢ Refine movements into sequences ➢ State what went well and needs for improvement in group dance 	<ul style="list-style-type: none"> • Dance <ul style="list-style-type: none"> ➢ Creates dances and movements which convey a story and idea ➢ Change speeds and levels in a dance ➢ Practise moves and stretch ➢ Swing and hang safely from equipment ➢ Compare to past performances ➢ Ensure stretching to enhance flexibility 		
Spring 1	<ul style="list-style-type: none"> • Gymnastics <ul style="list-style-type: none"> ➢ Copy and remember some actions ➢ Move with some control and awareness of space 	<ul style="list-style-type: none"> • Gymnastics <ul style="list-style-type: none"> ➢ Create sequences which include contrasts, e.g. small/tall, straight/curved, wide/narrow 	<ul style="list-style-type: none"> • Gymnastics <ul style="list-style-type: none"> ➢ Refine movements into sequences ➢ Show changes in direction, speed and level during performances 	<ul style="list-style-type: none"> • Athletics <ul style="list-style-type: none"> ➢ Begin to throw with accuracy to hit a target or cover a distance ➢ Jump in a number of ways, using a run up 		<ul style="list-style-type: none"> • Gymnastics <ul style="list-style-type: none"> ➢ Create set pieces, choosing the most appropriate linking elements

	<ul style="list-style-type: none"> ➤ Link two or more actions to create a sequence ➤ Travel by rolling forwards, backwards and sideways 	<ul style="list-style-type: none"> ➤ Hold a position while balancing ➤ Jump in a variety of ways and land with control and balance 	<ul style="list-style-type: none"> ➤ Travel in a variety of ways including flight 	<ul style="list-style-type: none"> ➤ Compete with others and aim to improve own personal best 		<ul style="list-style-type: none"> ➤ Vary speed, direction, level and body rotation ➤ Ensure stretching to enhance flexibility
Spring 2	<ul style="list-style-type: none"> • Net and Wall Games ➤ Begin to control a ball using a bat ➤ Bounce the ball with bat ➤ Move and bounce in sync 	<ul style="list-style-type: none"> • Net and Wall Games ➤ Continue to control a ball using a racket/bat ➤ Begin to pass a ball between partners using a racket/bat 	<ul style="list-style-type: none"> • Net and Wall Games [tennis] ➤ Use racket and ball to complete a game ➤ Show control of the ball using a racket ➤ Begin to compete in games 	<ul style="list-style-type: none"> • Swimming: ➤ Swim unaided up to 10 metres ➤ Use one basic stroke, breathing correctly ➤ Control leg movements ➤ Tread water 	<ul style="list-style-type: none"> • Gymnastics ➤ Create complex and well-executed sequences that include: <ul style="list-style-type: none"> - Travelling - Balancing - Swinging - Springing - Flight - Vaults - Inversions - Rotations - Bending, stretching, twisting 	<ul style="list-style-type: none"> • Athletics ➤ Combine sprinting with low hurdles over 60 metres and do this with a level of consistency ➤ Show control in take-off and landings when jumping ➤ Compete with others, improve own personal best and set targets for improvement
Summer 1	<ul style="list-style-type: none"> • Athletics ➤ Learn and practice a range of team games which will develop skills relating to running, hopping, skipping and jumping 	<ul style="list-style-type: none"> • Athletics ➤ Begin to complete relay races ➤ Understand how a relay race works ➤ Focus on running at speed, balancing objects and controlling a ball around barriers – walking, jogging, sprinting 	<ul style="list-style-type: none"> • Athletics ➤ Sprint over a short distance up to 60 metres ➤ Run over longer distances ➤ Use a range of throwing techniques (under arm, over arm) 		<ul style="list-style-type: none"> • Striking, Fielding, Invasion and Net Games [badminton, cricket, basketball] ➤ Choose and combine techniques in game situations – running, throwing, catching, passing, jumping and kicking ➤ Use forehand and backhand when playing racket games ➤ Work with team mates or alone, in order to gain points or possession 	<ul style="list-style-type: none"> • Outdoor and adventure activities ➤ Plan for children to take part in outdoor and adventurous activity challenges both individually and within a team at least once per year, e.g. Go Ape, canoeing, orienteering
Summer 2	<ul style="list-style-type: none"> • Invasion and Territory Games ➤ Invade opponents territory in simple games ➤ Defend your territory against teammates 	<ul style="list-style-type: none"> • Invasion and Territory Games [football] ➤ Invade opponents territory in simple games working independently and in a team ➤ Score and defend goals using hands and feet 	<ul style="list-style-type: none"> • Invasion and Territory Games [football, hockey] ➤ Follow the rules of an invasion game ➤ Choose appropriate tactics to cause problems for the opposition 	<ul style="list-style-type: none"> • Striking, Fielding, Invasion and Net Games [hockey, tennis, netball] ➤ Maintain possession of a ball e.g. with feet, a hockey stick or hands ➤ Pass to team mates at appropriate times 	<ul style="list-style-type: none"> • Athletics ➤ Combine sprinting with low hurdles over 60 metres Throw accurately with consistency 	<ul style="list-style-type: none"> • Swimming: ➤ Swim over 50 metres unaided ➤ Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming

			<ul style="list-style-type: none">➤ Use hands, feet and equipment to score and defend	<ul style="list-style-type: none">➤ Act as a respectful team member		<ul style="list-style-type: none">➤ Swim fluently with controlled strokes➤ Turn efficiently at the end of a length➤ Perform safe self-rescue in the water
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