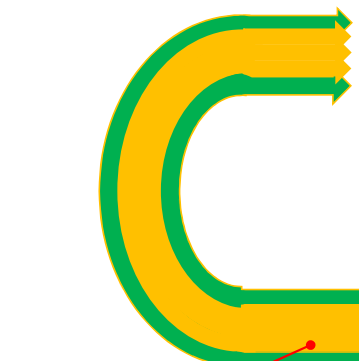




# PE CURRICULUM MAP



Year 6

YEAR 6

Coaching: Inspire All Stars Rugby North East Dance

- Y6 Games**
- Hit a bowled ball over longer distances.
  - Use good hand-eye coordination to be able to direct a ball when striking or hitting.
  - Understand how to serve in order to start a game.
  - Throw and catch accurately and successfully under pressure in a game.
  - Choose and make the best pass in a game situation and link a range of skills together with fluency.
  - Work as a team to develop fielding strategies to prevent the opposition from scoring.
  - Demonstrate a good awareness of space.

- Y6 Creative Movement**
- Demonstrate strong and controlled movements throughout a dance sequence.
  - Combine flexibility, techniques and movements to create a fluent sequence.
  - Move appropriately and with the required style in relation to the stimulus.
  - Show a change of pace and timing in their movements.
  - Move rhythmically and accurately in dance sequences.
  - Improve with confidence, still demonstrating fluency across their sequence.
  - Dance with fluency and control, linking all movements and ensuring that transitions flow.
  - Demonstrate consistent precision when performing dance sequences.
  - Modify some elements of a sequence as a result of self and peer evaluation.
  - Use complex dance vocabulary to compare and improve work.
  - Link actions to create a complex sequence using a full range of movement - perform the sequence in time to music. All movements in Y5 plus stag leap, Straight jump full turn and cat leap full turn.
  - Begin to record their peers' performances, and evaluate these.

- Y6 Fitness/ Athletics**
- Understand the importance of warming up and cooling down.
  - Know ways they can become healthier.
  - Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.
  - Develop and improve their techniques for jumping for height and distance and support others in improving their performance. Perform a heave throw.
  - Continue to develop techniques to throw for increased distance and support others in improving their personal best.

Coaching: Inspire All Stars Rugby

YEAR 5

Year 5

- Y5 Creative Movement**
- Show a change of pace and timing in their movements.
  - Develop an awareness of their use of space.
  - Demonstrate imagination and creativity in the movements they devise in response to stimuli.
  - Use transitions to link motifs smoothly together. Improve with confidence, still demonstrating fluency across the sequence.
  - Ensure their actions fit the rhythm of the music.
  - Modify parts of a sequence as a result of self and peer evaluation.
  - Use more complex dance vocabulary to compare and improve work.
  - Perform own longer, more complex sequences in time to music. All movements in Y4 plus straight jump full-turn, split leap and part body weight partner balances.
  - Perform own longer, more complex sequences in time to music.

- Y5 Games**
- Use different techniques to hit a ball.
  - Identify and apply techniques for hitting a tennis ball.
  - Explore when different shots are best used.
  - Develop a backhand technique and use it in a game.
  - Practise techniques for all strokes.
  - Consolidate different ways of throwing and catching.
  - Use a variety of ways to dribble in a game with success.
  - Pass a ball with speed and accuracy using appropriate techniques in a game situation.
  - Keep and win back possession of the ball effectively in a team game.
  - Choose the best tactics for attacking and defending.
  - Shoot in a game.
  - Use fielding skills as a team to prevent the opposition from scoring.

- Y5 Fitness/ Athletics**
- Know and understand the reasons for warming up and cooling down.
  - Select the most suitable pace for the distance.
  - Develop an effective technique for the standing vertical jump.
  - Perform a filing throw.

UPPER KEY STAGE 2

Year 4

YEAR 4

Coaching: Inspire All Stars Rugby

- Y4 Creative Movement**
- Identify and repeat the movement patterns and actions of a chosen dance style.
  - Compose a dance that reflects the chosen dance style.
  - Confidently improvise with a partner or on their own.
  - Compose longer dance sequences in a small group.
  - Demonstrate precision and some control in response to stimuli.
  - Begin to vary dynamics and develop actions and motifs in response to stimuli.
  - Demonstrate rhythm and spatial awareness.
  - Change parts of a dance as a result of self-evaluation.
  - Use simple dance vocabulary when comparing and improving work.
  - Perform and create sequences with fluency and expression.
  - Perform and apply skills and techniques with control and accuracy. All movements in Y3 plus cat leap half turn, straight jump full turn, up to 4-point balances and Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.

- Y4 Games**
- Use a bat, racquet or stick to hit a ball or shuttlecock with accuracy and control.
  - Accurately serve underarm.
  - Use at least two different shots in a game situation.
  - Use hand-eye coordination to strike a moving and a stationary ball. Develop different ways of throwing and catching.
  - Move with the ball using a range of techniques showing control and fluency.
  - Pass the ball with increasing speed and accuracy.
  - Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.
  - Use fielding skills as an individual to prevent a player from scoring. Make the best use of space to pass and receive the ball.

- Y4 Fitness/ Athletics**
- Explain why exercise is good for your health.
  - Know some reasons for warming up and cooling down.
  - Perform a relay, focusing on the baton changeover technique.
  - Speed up and slow down smoothly.
  - Learn how to combine a hop, step and jump to perform the standing triple jump.

Coaching: Inspire All Stars Rugby Mark Barras Tennis

YEAR 3

Year 3

- Y3 Creative Movement**
- Begin to improvise with a partner to create a simple dance.
  - Create motifs from different stimuli.
  - Begin to compare and adapt movements and motifs to create a larger sequence.
  - Use simple dance vocabulary to compare and improve work.
  - Perform with some awareness of rhythm and expression.
  - Develop the quality of the actions in their performances.
  - Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner. All movements in Y2 plus straddled and tucked rolls, Star jump, Straddle jump, Pike jump, Straight jump half-turn, Cat leap, matching and contrasting partner balances.

- Y3 Games**
- Demonstrate successful hitting and striking skills.
  - Develop a range of skills in striking.
  - Practise the correct batting technique and use it in a game.
  - Strike the ball for distance.
  - Throw and catch with greater control and accuracy.
  - Perform a range of catching and gathering skills with control.
  - Catch with increasing control and accuracy.
  - Throw a ball in different ways.
  - Develop a safe and effective overarm bowl.
  - Pass the ball in two different ways in a game situation with some success.
  - Know how to keep and win back possession of the ball in a team game.
  - Use fielding skills to stop a ball from travelling past them.
  - Find a useful space and get into it to support teammates.

- Y3 Fitness/ Athletics**
- Explain why it is important to warm up and cool down.
  - Focus on their arm and leg action to improve their sprinting technique.
  - Perform a push throw.
  - Jump for distance from a standing position.

LOWER KEY STAGE 2

Year 2

YEAR 2

Coaching: Inspire All Stars Rugby

- Y2 Creative Movement**
- Copy, remember and repeat actions.
  - Change the speed and level of their actions.
  - Use simple choreographic devices such as unison, canon and mirroring.
  - Use different transitions within a dance motif. Move in time to music.
  - Improve the timing of their actions.
  - Perform sequences of their own composition with coordination.
  - Perform learnt skills with increasing control.
  - Compete against self and others.
  - All roles learnt in Y1 plus rocking forward roll, crouched forward roll, cat spring to straddle, straight jump and half turn and front and back support balance.
  - Perform sequences of their own composition with coordination. Perform learnt skills with increasing control.

- Y2 Games**
- Strike or hit a ball with increasing control.
  - Learn skills for playing striking and fielding games.
  - Position the body to strike a ball.
  - Throw different types of equipment in different ways, for accuracy and distance.
  - Throw, catch and bounce a ball with a partner.
  - Throw a ball for distance.
  - Use hand-eye coordination to control a ball.
  - Bounce and kick a ball whilst moving.
  - Use dribbling skills in a game.
  - Use at least one technique to attack or defend.
  - Begin to choose and use the best space in a game.

- Y2 Fitness Power walking/jogging, Bootcamp, Skipping, Fitness Frenzy**
- Recognise and describe how the body feels during and after different physical activities.
  - Explain what they need to stay healthy.

Coaching: Yoga Inspire

YEAR 1

Year 1

- Y1 Creative Movement**
- Copy and repeat actions.
  - Put a sequence of actions together to create a motif.
  - Vary the speed of their actions.
  - Use simple choreographic devices such as unison, canon and mirroring.
  - Begin to improvise independently to create a simple dance.
  - Perform using a range of actions and body parts with some coordination.
  - Begin to perform learnt skills with some control: curled side roll (egg roll), log roll (pencil roll), Teddy bear roll, Straight jump, Tuck jump, Jumping Jack, Half turn jump, Cat spring, Tip-toe, step, jump, hop, hopscootch, skipping galloping, standing and kneeling balances, pike, tuck, star, straight and straddle.
  - Perform using a range of actions and body parts with some coordination.
  - Begin to perform learnt skills with some control.

- Y1 Games**
- Use hitting skills in a game.
  - Practise basic striking, sending and receiving.
  - Throw underarm and overarm.
  - Catch and bounce a ball.
  - Practise accurate throwing and consistent catching. Travel with a ball in different ways.
  - Travel with a ball in different directions with control and fluency.
  - Pass the ball to another player in a game.
  - Use simple defensive and attacking skills.
  - Begin to use space in a game.

- Y1 Fitness Power walking/jogging, Bootcamp, Skipping, Fitness Frenzy**
- Describe how the body feels before, during and after exercise.
  - Carry and place equipment safely.

KEY STAGE 1

Emphasis on exploration in the Early Years with emphasis on Gross Motor Skills and Fine Motor Skills

- ELG: Gross Motor Skills-**
- Negotiate space and obstacles safely, with consideration for themselves and others.
  - Demonstrate strength, balance and coordination when playing.
  - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

- ELG: Fine Motor Skills-**
- Hold a pencil effectively in preparation for fluent writing - using the tripod grip in almost all cases.
  - Use a range of small tools, including scissors, paintbrushes and cutlery.
  - Begin to show accuracy and care when drawing.

Coaching: Yoga Balance Bikes

YEAR 0

