



	Autumn	Spring	Summer
Nursery	<p>All About Me Homes (Games / Ball Skills)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Hit a ball with a bat or racquet. • Roll equipment in different ways. • Throw underarm. • Throw an object at a target. • Catch equipment using two hands. • Play a range of chasing games. • Move a ball in different ways, including bouncing and kicking. 	<p>Animals Gym in the Jungle (Gymnastics)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • To straight jump, tuck jump and complete a jumping jack. • Begin to roll, jump and travel in different ways. • Move around, under, over, and through different objects and equipment. • Begin to practice some basic standing balances. <p>Living Things Easter - The Easter Bunny (Ball Skills)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Hit a ball with a bat or racquet. • Roll equipment in different ways. • Throw underarm. • Throw an object at a target. • Catch equipment using two hands. • Play a range of chasing games. • Move a ball in different ways, including bouncing and kicking. 	<p>Giants, Dinosaurs Dance Till You Drop (Dance)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Join a range of different movements together. • Create a short movement phrase which demonstrates their own ideas. • Control my body when performing a sequence of movements. <p>The Sea Sports Day (Ball Skills)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Hit a ball with a bat or racquet. • Roll equipment in different ways. • Throw underarm. • Throw an object at a target. • Catch equipment using two hands. • Play a range of chasing games. • Move a ball in different ways, including bouncing and kicking.
Reception	<p>All About Me Homes (Games / Ball Skills)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Hit a ball with a bat or racquet. • Roll equipment in different ways. • Throw underarm. 	<p>Living Things Jumping Jacks Rock n Roll (Gymnastics)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • To straight jump, tuck jump and complete a jumping jack. • Begin to roll, jump and travel in different ways. 	<p>Giants, Dinosaurs Dinosaur Dance (Dance)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Join a range of different movements together. • Create a short movement phrase which demonstrates their own ideas. • Control my body when performing a sequence of movements.



Whitehouse Primary School – PE Curriculum Map



	<ul style="list-style-type: none"> • Throw an object at a target. • Catch equipment using two hands. • Play a range of chasing games. • Move a ball in different ways, including bouncing and kicking. 	<ul style="list-style-type: none"> • Move around, under, over, and through different objects and equipment. • Begin to practice some basic standing balances. • Begin to practice curled side roll (egg roll), log roll (pencil roll) and a teddy bear roll. • Control my body when performing a sequence of movements. <p style="text-align: center;">Animals</p> <p style="text-align: center;">Running and Jumping (Ball Skills)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Throw underarm. • Throw an object at a target. • Catch equipment using two hands. • Move a ball in different ways, including bouncing and kicking. • Follow simple rules. • Use equipment to control a ball. • Kick an object at a target. 	
Year 1	<p style="text-align: center;">The Local Area (Ball Skills / Invasion Games)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Throw underarm and overarm. • Catch and bounce a ball. • Practice accurate throwing and consistent catching. • Travel with a ball in different directions (side to side, forwards and backwards) with some level of control and fluency. 	<p style="text-align: center;">Once Upon a Time Traditional Tales (Gymnastics / Dance)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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. • Practice pike, tuck, star, straight and straddle shapes. 	<p style="text-align: center;">Pirates (Invasion Games / Ball Skills)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Practise basic striking, sending and receiving. • Begin to use the terms attacking and defending. • Use simple defensive skills such as marking a player or defending a space. • Use simple attacking skills such as dodging to get past a defender.



	<ul style="list-style-type: none"> • Pass the ball to another player in a game. • Follow simple rules to play games, including team games. <p style="text-align: center;">Dance</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Copy and repeat actions. • Put a sequence of actions together • Vary the speed of their actions. 	<ul style="list-style-type: none"> • Carry out a range of simple jumps, landing safely. <p style="text-align: center;">Keeping Healthy (Invasion Games / Ball Skills)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Use hitting skills in a game. • Use rolling skills in a game. • Pass the ball to another player in a game. • Use kicking skills in a game. 	<p style="text-align: center;">Stomp, Roar, Stomp (Gymnastics)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Copy actions and movement sequences with a beginning, middle and end. • Travel in different ways, changing direction and speed. • Begin to practice a wheelbarrow with a partner using front support. • Practice some kneeling balances. • Perform using a range of actions and body parts with some coordination.
Year 2	<p style="text-align: center;">Giants (Ball Skills)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Strike or hit a ball with increasing control. • Position the body to strike a ball. • Throw, catch and bounce a ball with a partner. • Throw a ball for distance. • Bounce and kick a ball whilst moving. <p style="text-align: center;">Fire, Fire (Dance)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Copy, remember and repeat actions. • Change the speed and level of their actions. • Use different transitions within a dance. • Move in time to music. 	<p style="text-align: center;">Around the World (Gymnastics)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Begin to learn to cat spring and cat spring into a straddle position. • Link actions to make a sequence. • Travel in a variety of ways, including rolling. • Hold a still shape whilst balancing on different points of the body. • Begin to balance with a partner. • Perform learnt skills with increasing control. <p style="text-align: center;">Fairytales (Dance)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Copy, remember and repeat actions. • Change the speed and level of their actions. • Use different transitions within a dance. • Move in time to music. • Perform sequences of their own composition with coordination. 	<p style="text-align: center;">Monsters, Day and Night (Invasion Games / Ball Skills)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Learn skills for playing striking and fielding games. • Use throwing and catching skills in a game. • Use at least one technique to attack or defend to play a game successfully. • Know how to pass the ball in different ways. • Understand the importance of rules in games.



		<ul style="list-style-type: none"> • Perform learnt skills with increasing control. 	
Year 3	<p><u>Rolling on the River (Invasion Games)</u></p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Throw and catch with greater control and accuracy. • Practise the correct technique for catching a ball and use it in a game. • Throw a ball in different ways (e.g. high, low, fast or slow). • Move with the ball in a variety of ways with some control. • Use two different ways of moving with a ball in a game. <p><u>Walk Like an Egyptian (Dance)</u></p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Begin to improvise with a partner to create a simple dance. • Begin to compare and adapt movements to create a larger sequence. • Perform with some awareness of rhythm and expression. • Perform learnt skills and techniques with control and confidence. 	<p><u>Didgeridoo Down Under (Gymnastics)</u></p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Develop the quality of their actions, shapes and balances. • Move with coordination, control and care. • Begin to use equipment to vault. • Begin to show flexibility in movements. • Begin to practice a basic handstand and a basic cartwheel with correct technique. • Introduce small body part balances, including standing and kneeling balances and balances on apparatus. • Continue to practice a crouched forward roll, a forward roll from standing and a tucked backward roll. 	<p><u>Stone Age Through to Iron Age (Athletics)</u></p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Identify and demonstrate how different techniques can affect their performance. • Focus on their arm and leg action to improve their sprinting technique. • Understand the importance of adjusting running pace to suit the distance being ran. • Use one and two feet to take off and to land with. • Develop an effective take-off for the standing long jump. • Throw with greater control and accuracy. • Perform learnt skills and techniques with control and confidence. <p><u>(OAA)</u></p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Orientate themselves with increasing confidence and accuracy around a short trail. • Identify and use effective communication to begin to work as a team. • Identify symbols used on a key.
Year 4	<p><u>The Empire Strikes Back (Invasion Games)</u></p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Develop different ways of throwing and catching effectively with accuracy. 	<p><u>Destinations, Disasters and Dilemmas (Gymnastics)</u></p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Move with clarity, fluency and expression. 	<p><u>Terrible Tudors (Athletics)</u></p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Confidently demonstrate an improved technique for sprinting. • Carry out an effective sprint finish.



	<ul style="list-style-type: none"> • Use fielding skills as an individual to prevent a player from scoring. • Move with the ball using a range of techniques showing control and fluency. • Adapt rules to alter games. <p style="text-align: center;">(Dance)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Identify and repeat the movement patterns and actions of a chosen dance style. • Compose longer dance sequences in a small group. • Demonstrate rhythm and spatial awareness. • Perform and apply skills and techniques with control and accuracy. 	<ul style="list-style-type: none"> • Travel in different ways, including using flight. • Begin to develop good technique when travelling, balancing and using equipment. • Develop strength, technique and flexibility throughout performances. • Begin to lunge into handstand and lunge into a cartwheel. • 1, 2, 3 and 4- point balances. • Balances with and against a partner. 	<ul style="list-style-type: none"> • Perform a relay, focusing on the baton changeover technique. • Learn how to combine a hop, step and jump to perform the standing triple jump. • Begin to measure the distance jumped. • Take part in a range of competitive games and activities. <p style="text-align: center;">(Games)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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 effectively with accuracy. • Use a range of attacking and defending skills and techniques in a game. • Pass the ball with increasing speed, accuracy and success in a game situation. • Vary the tactics they use in a game.
Year 5	<p style="text-align: center;">Ancient History (Invasion Games / Ball Skills)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Consolidate different ways of throwing and catching and know when each is appropriate in a game. • Use fielding skills as a team to prevent the opposition from scoring. • Use a variety of ways to dribble in a game with success. • Use ball skills in various ways, and begin to link together. 	<p style="text-align: center;">Natural Disasters (Dance)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Compose individual, partner and group dances that reflect the chosen dance style. • 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 create. • Perform own longer, more complex sequences in time to music. 	<p style="text-align: center;">World War II (Athletics)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Accelerate from a variety of starting positions and select their preferred position. • Identify their reaction times when performing a sprint start. • Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. • Perform the standing triple jump with increased confidence.



Whitehouse Primary School – PE Curriculum Map



	<ul style="list-style-type: none"> • Pass a ball with speed and accuracy using appropriate techniques in a game situation. • Know when to pass and when to dribble in a game. 	<p>(Gymnastics)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Adapt their sequences to fit new criteria or suggestions. • Perform jumps, shapes and balances fluently and with control. • Confidently use equipment to vault in a variety of ways. • Combine equipment with movement to create sequences. • Continue to practice correct technique of a lunge into a handstand, lunge into a cartwheel and a lunge into a round-off. • Practice a pike forward roll and a backward roll to straddle position. • Part body weight partner balances. 	<ul style="list-style-type: none"> • Be able to throw a variety of implements using a range of throwing techniques. • Take part in competitive games with a strong understanding of tactics and composition. <p>(OAA)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Start to orientate themselves with increasing confidence and accuracy around an orienteering course. • Begin to use navigation equipment to orientate around a trail. • Identify a key on a map and begin to use the information in activities. • Begin to use a compass for navigation.
Year 6	<p>Victorian Changes (Invasion Games)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Throw and catch accurately and successfully under pressure in a game. • Apply knowledge of skills for attacking and defending. • Work as a team to develop fielding strategies to prevent the opposition from scoring. • Follow and create complicated rules to play a game successfully. • Communicate plans to others during a game. • Lead others during a game. <p>(Gymnastics)</p>	<p>Mystery and Magic (Invasion Games / Ball Skills)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Use good hand-eye coordination to be able to direct a ball when striking or hitting. • Think ahead and create a plan of attack or defence. • Show confidence in using ball skills in various ways in a game situation, and link these together effectively • Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move. 	<p>South America (Athletics)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Build up speed quickly for a sprint finish. • Accelerate to pass other competitors. • Work as a team to competitively perform a relay. • Demonstrate endurance and stamina. • Maintain control at each of the different stages of the triple jump. • Develop and improve their techniques for jumping for height and distance and support others in improving their performance. • Set up and lead jumping activities including measuring the jumps with confidence and accuracy.



	<p>Pupils should be taught to:</p> <ul style="list-style-type: none">• Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.• Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.• Continue to perfect technique of a lunge into a cartwheel, lunge into round-off and a hurdle step.• Begin to practice a hurdle step into cartwheel and a hurdle step into round-off.• Develop technique, control and complexity of part-weight partner balances.• Group formations to use pike, tuck, star, straight and straddle shapes.		<p>(Dance)</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• Use dramatic expression in dance movements.• Combine flexibility, techniques and movements to create a fluent sequence.• Dance with fluency and control, linking all movements and ensuring that transitions flow.• Link actions to create a complex sequence using a full range of movement.• Perform and apply a variety of skills and techniques confidently, consistently and with precision.
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