**St Charles RC Primary School**

**Physical Education Curriculum Map**

**2022-2023**

| **Term** | **Year 1** | **Year 2**Year 1/2 to follow year 2 curriculum in 2022-2023 | **Year 3** | **Year 4** | **Year 5** | **Year 6**Year 5/6 to follow year 6 curriculum in 2022-2023 |
| --- | --- | --- | --- | --- | --- | --- |
| **Autumn**  | **F. Movements / Ball Skills**Throwing, catching, dribbling, kicking, striking ball | **Movements / Ball Skills -** Throwing, catching, dribbling, kicking, striking ball | **Invasion Games –** Basketball, Tag Rugby (Creating Space) | **Invasion Games –** Basketball, Tag Rugby(Controlling and receiving) | **Invasion Games –** Basketball, Tag Rugby **(**Attacking and defending play**)** | **Swimming** |
| **Dance –** Simple movements patterns (healthy muscles) | **Dance –** Retelling a story | **Gymnastics –**(Stretching and curling, travelling with a change of direction, symmetry) | **Gymnastics –**(balance, rolling, receiving body weight) | **Dance –** Exploring cultural dance |
| **Spring**  | **Exploring Equipment**Hockey sticks, bats, rackets, etc.  | **Exploring Equipment**Hockey sticks, bats, rackets, etc. | **Football / Tennis / Cricket**(keeping possession, marking and tackling; developing individual shots) | **Swimming** | **Football / Tennis / Cricket**(keeping possession, marking and tackling; developing individual shots) | **Invasion Games –** Basketball, Tag Rugby (Developing and adapting tactics) |
| **Gymnastics –** Travelling (Being safe and healthy) | **Gymnastics –** Balance, jumping and landing, climbing, rolling. | **Athletics -** developing good running, throwing and jumping techniques. | **Gymnastics –**(Receiving body weight, turning and spinning) | **Gymnastics –** (Counterbalance & Counter Tension |
| **Summer**  | **Athletics –** sports day prep. | **Athletics –** sports day prep. | **Swimming** | **Athletics -** developing good running, throwing and jumping techniques. | **Athletics-** Set targets and improve performance in running, throwing and jumping activities. | **Athletics –** Develop technical understanding of athletic activity. |
| **Creativity**Using different types of equipment to create own game including rules, points. Individual and small games.  | **Creativity**Using different types of equipment to create own game including rules, points. Individual and small games. | **Creativity**Using different types of equipment to create own game including rules, points. Individual and small games. | **Creativity**Using different types of equipment to create own game including rules, points. Individual and small games. | **Creativity**Using different types of equipment to create own game including rules, points. Individual and small games. |

| **Term** | **Nursery****(physical development ARE by term)**  | **Reception****(physical development ARE by term)**  |
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| **Autumn**  | **● Develop different ways of moving eg, balancing and riding.****● Go up steps and stairs, using alternate feet.****● Use large muscle movements eg. to wave flags, paint and make marks.** | **F. Movements** * **Chooses to move in a range of ways, moving freely and with confidence making changes to body shape, position and pace of movement such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping**
* **Begins to use anticlockwise movement and retrace vertical lines**

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| **Ball Skills** Throwing, catching, dribbling, kicking, striking ball |
| **Spring**  | **● Begin to skip, hop, stand on one leg and hold a pose (such as musical statues).****● Moves in different ways (crawls along a plank, balances, climbs)****● Takes risks and tries new things.****Kicks or rolls a ball** | **Gymnastics**  |
| **Team Games*** **Experiments with different ways of moving, testing out ideas and adapting movements to reduce risk**
* **Jumps off an object and lands appropriately using hands, arms and body to stabilise and balance**
* **Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles**
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| **Summer**  | **● Follow a simple movement pattern (such as warm up to music).** **Jumps safely from an object****Begins to use bats to hit or throw a ball** | **Athletics** |
| **Creative Sport*** **Travels with confidence and skill around, under, over and through balancing and climbing equipment**
* **Shows increasing control over an object in pushing, patting, throwing, catching or kicking it**

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