

# Physical Education Curriculum Map



Year Group	Autumn		Spring		Summer	
<b>1</b>	<b>Gymnastics</b> 'Travelling'	<b>Games</b> 'Travelling with the ball'	<b>Games</b> 'Creating games'	<b>Gymnastics</b> 'Taking weight on different parts'	<b>Games</b> 'Receiving'	<b>Dance</b> 'Telling a story through dance'
<b>2</b>	<b>Games</b> 'Dribbling'	<b>'Games'</b> 'Throwing and catching'	<b>Gymnastics</b> 'Parts high and low'	<b>Gymnastics</b> 'Jumping and landing'	<b>Dance</b> 'Learning and performing styles of cultural dance'	<b>Games</b> 'Running, jumping and hopping'
<b>3</b>	<b>Outdoor and Adventurous Activities</b>	<b>Invasion Games</b> 'Passing'	<b>Gymnastics</b> 'Stretching and curling'	<b>Net/Wall Games</b> 'Directing the ball'	<b>Tennis</b> 'Sending and receiving'	<b>Athletics</b> 'Running, throwing and jumping'
<b>4</b>	<b>Outdoor and Adventurous Activities</b>	<b>Invasion Games</b> 'Support play and formations'	<b>Gymnastics</b> 'Balance'	<b>Gymnastics</b> 'Bridges'	<b>Tennis</b> 'Sending and receiving'	<b>Athletics</b> Developing good running, throwing and jumping techniques
<b>5</b>	<b>Dance</b> 'Formations in historical dance'	<b>Gymnastics</b> 'Flight'	<b>Outdoor and Adventurous Activities</b>	<b>Invasion Games</b> 'Shooting and keeping'	<b>Tennis</b> 'Sending and receiving'	<b>Athletics</b> 'Set targets and improve performance in running, jumping and throwing activities'
<b>6</b>	<b>Gymnastics</b> 'Counter balance and tension'	<b>Dance</b> 'Strictly dance'	<b>Invasion Games</b> 'Teamwork and formations'	<b>Outdoor and Adventurous Activities</b>	<b>Tennis</b> 'Sending and receiving'	<b>Athletics</b> 'Set targets and improve performance in running, jumping and throwing activities'