



Lynch Hill Primary Academy Curriculum Map for PE (Physical Education)

	Key areas of learning and assessment in PE are: KS1: Fundamental and basic movements, social engagement and teamwork, physical confidence and performance in dance KS2: Applying and developing movements, effectiveness in working together, reflective learners and health related fitness					
Year Group	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 1	Agility: Develop the ability to move their body quickly and easily. Catching: Use various types of balls and techniques to practice catching.	Balance: Practice exercises that aid balance and relate to different sports and different parts of the body. Throwing: Use various types of balls and techniques to develop power and aim.	Coordination: Develop the ability to use different parts of the body together smoothly and efficiently. Bouncing/rolling: Further practice of aiming and timing. Children will learn to read the direction to stop or catch different ball types.	Movement: Children partake in dancing, gymnastics, stretching and using rhythm that will relate to KS2 sports. Kicking/striking: Introduction to tennis, cricket, football, and use of other sports equipment.	Tennis: Introduction to tennis – how to hold the tennis racket correctly, how to use the racket safely, forehand and backhand shots, tennis skills and floor tennis. Football: Introduction to football – exploring kicking the ball, finding space, moving with the ball, controlling, passing and receiving the ball.	Cricket: Children will learn the fundamentals of cricket. Sports Day Practice –Athletics: Sports Day preparation for Years 1 & 2 develops confidence and skills, helping all children feel ready. Students can challenge peers, while others enjoy success through participation and competing against their personal best.
Year 2	Agility Develop the ability to move their body quickly and easily. Catching:	Balance: Practice exercises that aid balance and relate to different sports and different parts of the body. Throwing: Use various types of balls and techniques	Coordination: Develop the ability to use different parts of the body together smoothly and efficiently. Bouncing/rolling:	Movement Children develop their balance, strength, flexibility, power and co-ordination in dance/ gymnastics. Kicking/striking	Tennis Further practice on how to hold the racket properly and use it safely. Further developing forehand and backhand proficiency, confidence, balance,	Cricket Children will learn sports specific language and develop their understanding of the fundamentals of cricket.

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	Use various types of balls and techniques to practice catching.	to develop power and aim.	Further practice of aiming and timing. Children will learn to read the direction to stop or catch different ball types.	Building on previous learning of tennis, cricket, football, and use of other sports equipment.	coordination and footwork through floor tennis into traditional tennis. Football Exploring passing, controlling and receiving the ball, finding space, dribbling and turning to shield and keeping the ball.	Sports Day Practice - Athletics Sports Day preparation for Years 1 & 2 develops confidence and skills, helping all children feel ready. Students can challenge peers, while others enjoy success through participation and competing against their personal best.
Year 3 & 4	Sportshall Athletics Children will learn the fundamentals of indoor athletics, such as sprinting, endurance, jumping and throwing. Football In football, children begin to develop their basic ball skills through fun and active games. They learn how to dribble the ball with control, using both feet to move in different directions. Passing and receiving are introduced, helping	Bee Netball "Fliers" Children will learn a modified game with 4 Vs 4 match play. Focusing on teamwork, following basic rules and skills to play a match through attack Vs defence. Dodgeball Focused on throwing, dodging, catching, movement & positioning. The children learn how to throw a ball safely and accurately by aiming carefully. Children practise	Gymnastics Children learn the basic shapes of gymnastics, building them into a sequence, building upper body strength as well as using a variety of different apparatus. Handball Children are introduced to the basic skills of handball through fun and active games. They learn how to throw and catch the ball using two hands and practice simple	Dance Dance inspires creativity, self-expression, teamwork, and leadership while exploring topics like Ancient Egypt and the Romans. It integrates rhythm, movement, and melody while deepening understanding of lyrics. Above all, it helps children connect with and celebrate their bodies. Cricket	QuadKids Athletics Outdoor athletics event which includes sprinting, endurance, throwing and jumping. Setting personal targets and beating them. Mini Tennis - Red In Mini Tennis Red, children learn the basic skills they need to enjoy and play tennis. They practise how to hold the racket correctly and use gentle swings to hit the ball with control. They work	Sports day preparation and PE assessment activities. Sports Day preparation for Years 3 & 4 develops confidence and skills, helping all children feel ready. Competitive students can challenge peers, while others enjoy success through participation. Assessments focus on the whole child, including leadership and teamwork.

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	them to work with teammates and keep the ball moving. Children also practice simple shooting techniques, aiming at targets or goals to build accuracy and confidence. As they play, they improve their balance, coordination, and spatial awareness.	avoiding the ball and how they can sue their hands and eyes to avoid being hit. They also learn the importance of listening carefully, following the rules, and playing fairly.	passing techniques. Children also begin to move with the ball by taking steps and bouncing it gently. They learn how to aim and shoot at a target and start to understand how to find space and work as a team.	Batting, fielding and bowling to use them in team situations. Children will learn how to throw the ball accurately and catch it safely using two hands. They'll practise holding the bat correctly and hitting the ball with good timing, as well as how to bowl a ball. As they play, they'll work on moving quickly to stop the ball and return it to the right place.	on sending and receiving the ball by rolling, throwing, and hitting it over a small net. Children also learn how to move into the right position to hit the ball and how to keep rallies going with a partner.	Inclusion Boccia, New Age Kurling, Goal Ball, Archery, Sitting Volleyball In inclusive sports, children learn how to play games where everyone can take part no matter their ability. In Boccia and New Age Kurling, they practice aiming and rolling balls with control and accuracy. In Goalball, they use listening skills and teamwork to track and stop the ball using sound. Archery helps them focus and aim carefully at a target, building concentration and coordination. In Sitting Volleyball, children learn to pass, hit, and move while staying seated, which helps develop upper body strength and teamwork.
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Year 5 & 6	Sportshall Athletics Children develop their skills in track and indoor events including running, throwing and jumping. Other focuses are working as a team, encouraging communication, building strengths, setting a Personal Best (PB) and being the best they can be! Football In upper Key Stage 2, children continue to develop their football skills with greater control, confidence, and understanding of the game. They refine their dribbling using both feet and begin to use changes in speed and direction to beat opponents. Passing becomes more accurate and purposeful. They practice receiving the ball with control and begin to use	Bee Netball “Stingers” 5-A-Side match play, footwork, attacking, defending, learning positions and boundaries and rules. Dodgeball The children develop their throwing accuracy and power using both underarm and overarm techniques. Improve their agility, balance, and coordination through dodging, jumping, and quick directional changes. They practice catching skills and applying the rules and tactics of dodgeball, including positioning and teamwork. They will reflect on their performance and identify ways to improve their skills and strategies.	Gymnastics Balance, strength, flexibility, power and co-ordination. Use of apparatus such as; the vault and trampette. Creating their own sequences. Handball Children develop their handball skills by learning how to pass, catch, and move with the ball effectively. They practice different types of passes, such as chest passes and bounce passes, to work as a team and keep possession. Catching skills are refined also. Children also learn how to dribble the ball using one hand while moving, and how to shoot accurately at a goal. Defending and marking are introduced. As they play small-sided	Dance Children creatively explore classroom topics like Victorians and WW2 through rhythm and movement. It fosters self-expression, teamwork, leadership, and personal development. Above all, it helps them connect with and celebrate their bodies. Cricket Children develop greater control and understanding of cricket through a range of batting, bowling, and fielding activities. They learn to strike the ball with accuracy and power using a variety of shots and begin to make decisions about when and where to hit the ball. Bowling skills are refined, with children practicing both underarm and	QuadKids Athletics Outdoor event which includes sprinting, endurance, throwing and jumping. Setting personal targets and beating them. Mini Tennis - Orange In Mini Tennis Orange, children build on their early tennis skills with more control, movement, and match play. They learn to rally with a partner using forehand and backhand shots and begin to develop more consistent serves. Players practice moving into position to return the ball and start to understand how to place shots into space. They also work on improving their footwork, timing, and coordination. As they play, children learn to score simple matches, follow the	Sports day preparation and PE assessment activities. Sports Day preparation and PE assessment focuses on developing skills, teamwork, and fitness through structured activities. It ensures students are ready for Sports Day events while providing opportunities to evaluate their physical abilities, progress, and overall performance. Inclusion Boccia, New Age Kurling, Goal Ball, Archery, Sitting Volleyball Children explore a range of inclusive sports that help them develop precision, control, and teamwork in fun and accessible ways. In Boccia and New Age Kurling, they

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	space more effectively. Shooting skills are developed with a focus on power and accuracy. Defending techniques are introduced. Children also learn about positioning, tactics, and the importance of communication and teamwork.		games, they begin to use tactics, make quick decisions, and communicate clearly with teammates.	overarm techniques. In fielding, they work on catching, stopping the ball, and throwing with precision to support their team. Children also learn how to work tactically, understanding roles and positions within a team, and applying strategies.	rules of the game, and show good sportsmanship. These sessions help them grow in confidence, independence, and tactical thinking while having fun and staying active.	focus on aiming, rolling, and tactical thinking. Goalball challenges them to use their listening skills, spatial awareness, and teamwork skills. Archery helps children improve focus, coordination, and accuracy as they aim at targets with care and control. In Sitting Volleyball, they learn to pass, serve, building upper body strength and communication skills.
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