



Woodlands Park Primary and Nursery School

PE Curriculum Map – CYCLE A

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Term	EYFS	Year 1 & Year 2	Years 3 & Years 4	Year 5	Year 6
1	Working with others Step 1: To play games with others. Step 2: To share and be kind to each other. Step 3: To run into space, avoiding obstacles. Step 4: To take turns playing different roles and using different equipment. Step 5: To play games in pairs and groups.	Fitness Step 1: To move and weave with coordination. Step 2: To move for periods of time without tiring. Step 3: To move on and across apparatus with control. Step 4: To move at speed with control. Step 5: To perform star jumps and high knees with control. Step 6: To compete against others Rugby Step 1: To hold and move with a rugby ball. Step 2: To pass the ball pointing the nose of the ball. Step 3: To pass accurately to a partner. Step 4: To defend by tagging. Step 5: To get passed a defender. Step 6: To try score goals by getting past opponents.	Fitness Step 1: To work well with others. Step 2: To work hard for long periods of time. Step 3: To perform a lunge safely. Step 4: To move at speed with coordination. Step 5: To skip using a skipping rope. Step 6: To perform a number of crunches with purpose. Rugby Step 1: To pass and catch on the move. Step 2: To keep in a horizontal line with others when running. Step 3: To pass the ball backwards. Step 4: To apply simple attacking tactics. Step 5: To apply simple defending tactics. Step 6: To play games against others working as a team.	Fitness Step 1: To perform squats with correct technique. Step 2: To sustain physical movements for periods of time. Step 3: To perform a press up. Step 4: To hold a plank position still. Step 5: To skip using a rope for increased periods. Step 6: To work to improve performance Rugby Step 1: To travel and dodge at speed with the ball. Step 2: To mark and tackle in game situations. Step 3: To attack in opposed situations. Step 4: To understand the rules of a rugby game. Step 5: To move forward to attack as a team. Step 6: To defend in a line as a team	Fitness Step 1: To perform squat jumps with good technique. Step 2: To perform lunge jumps with good technique. Step 3: To compete against others. Step 4: To compete against yourself to improve. Step 5: To perform plank walks with control. Step 6: To perform physical tasks for longer periods. Rugby Step 1: To run and pass at speed. Step 2: To dodge and fake passes when running with the ball. Step 3: To catch the ball whilst under pressure. Step 4: To watch and evaluate the professional game. Step 5: To decide on ways to attack when playing games. Step 6: To decide on the best ways to defend in games.
2	Movement and development Step 1: To move and balance in different ways Step 2: To move, on, over and under equipment	Gymnastics Step 1: To remember and perform 5 key shapes. Step 2: To move smoothly with control. Step 3: To perform basic gymnastic actions such as balancing and jumping.	Gymnastics Step 1: To perform 9 key shapes with good body tension. Step 2: To use travel to link actions. Step 3: To travel on different levels at different speeds.	Gymnastics Step 1: To travel with confidence choosing different pathways. Step 2: To travel fluently on the floor and on/off apparatus.	Gymnastics Step 1: To show flexibility and technique when performing gymnastic elements. Step 2: To show different combinations and pathways when travelling.

	<p>Step 3: To play imagination games Step 4: To move into space Step 5: To take part in races and tag game</p>	<p>Step 4: To link movements and shapes. Step 5: To use different pieces of equipment and apparatus. Step 6: To form simple sequences.</p> <p>Hockey Step 1: To move into space showing awareness of others. Step 2: To move with control. Step 3: To pass/receive a ball with control. Step 4: To dribble a ball using a hockey stick. Step 5: To move towards a goal to defend it. Step 6: To compete against others trying to score</p>	<p>Step 4: To create longer sequences of movements, shapes, balances, and rolls. Step 5: To work with others mirroring and cannoning. Step 6: To perform in front of others.</p> <p>Hockey Step 1: To collaborate with others in team games. Step 2: To use a push pass accurately. Step 3: To get in a low position when dribbling and/or passing. Step 4: To dribble a ball whilst changing direction. Step 5: To use a slap pass. Step 6: To employ simple tactics in game</p>	<p>Step 3: To show rhythm and creativity when working with others. Step 4: To create longer sequences. Step 5: To show flexibility and technique when performing gymnastic elements. Step 6: To perform in front of an audience.</p> <p>Hockey Step 1: To confidently pass accurately. Step 2: To choose when to dribble, when to pass and when to shoot. Step 3: To defend in a team. Step 4: To compete in small sided games. Step 5: To mark a player to stop them getting the ball. Step 6: To decide on ways to defend in games</p>	<p>Step 3: To use space creatively when travelling. Step 4: To perform high quality jumps, rolls and group balances. Step 5: To show rhythm and creativity when working with others. Step 6: To explain why a performance is good and how it can be improved.</p> <p>Hockey Step 1: To pass the ball to keep possession in game situations. Step 2: To dribble the ball whilst under pressure. Step 3: To apply defending principles in games. Step 4: To compete in games. Step 5: To apply attacking principles in games. Step 6: To understand positions and roles of individuals in team games.</p>
3	<p>Ball skills Step 1: To explore a ball Step 2: To move the ball around the body Step 3: To travel with the ball Step 4: To play with others Step 5: To throw a ball</p>	<p>Netball Step 1: To copy actions. Step 2: To roll a ball. Step 3: To throw and catch a ball. Step 4: To bounce a ball. Step 5: To move with a ball. Step 6: To defend by blocking a target.</p> <p>Dance Step 1: To move in different ways. Step 2: To move to music showing expressive qualities of dance. Step 3: To repeat short dance phrases with greater control.</p>	<p>Netball Step 1: To pass/ send a ball with increasing accuracy and appropriate pace. Step 2: To choose the right pass for the situation. Step 3: To demonstrate a correct bounce pass. Step 4: To find and use space well to keep possession. Step 5: To know simple tactics to help achieve success. Step 6: Play in small sided games, employing simple tactics.</p> <p>Dance Step 1: To move using a range of patterns. Step 2: To link movement patterns together showing</p>	<p>Netball Step 1: To pass the ball in a variety of different ways with confidence and control. Step 2: To find ways to help attack. Step 3: To mark an opponent. Step 4: To keep possession of the ball when faced with opponents. Step 5: To work together as a team, showing good awareness of others. Step 6: To use tactics in game situations.</p> <p>Dance Step 1: To be inspired by music and different stimuli. Step 2 To move showing expressive qualities.</p>	<p>Netball Step 1: To pass the ball in a variety of different ways with confidence and control. Step 2: To move with purpose when attacking. Step 3: To choose when to mark a player and when to cover space. Step 4: To apply basic principles for attacking. Step 5: To apply basic principles for defending. Step 6: Apply basic principles for attacking and defending in game situations.</p> <p>Dance Step 1: To move in a way that reflects the music.</p>

		<p>Step 4: To be creative and compose short dances.</p> <p>Step 5: To describe a performance accurately.</p> <p>Step 6: To perform with control and coordination.</p>	<p>consistency.</p> <p>Step 3: Work on your own, with a partner and in a group.</p> <p>Step 4: Create, practise, and perform more complex dances.</p> <p>Step 5: To experiment with speed, tension and continuity.</p> <p>Step 6: To perform actions with clarity of movement.</p>	<p>Step 3: To dance using a range of movement patterns.</p> <p>Step 4: To create and structure sections of dance.</p> <p>Step 5: To work as part of a team.</p> <p>Step 6: To perform to an audience.</p>	<p>Step 2 To show ideas through dance.</p> <p>Step 3: To combine movements fluently.</p> <p>Step 4: To apply basic compositional principles when creating dances.</p> <p>Step 5: To share ideas in groups to create a routine.</p> <p>Step 6: To perform with rhythm and confidence.</p>
4	<p>Dance</p> <p>Step 1: To move in different ways</p> <p>Step 2: To copy actions from a teacher</p> <p>Step 3: To move to the music</p> <p>Step 4: To copy actions from a partner</p> <p>Step 5: To create your own actions and movements</p>	<p>Dodgeball</p> <p>Step 1: To move in different ways, changing speed and direction.</p> <p>Step 2: To increase accuracy when throwing using underarm and underarm technique.</p> <p>Step 3: To move quickly.</p> <p>Step 4: To send a ball at different speed.</p> <p>Step 5: To catch a ball.</p> <p>Step 6: To compete in games.</p> <p>Football</p> <p>Step 1: To move into space showing awareness of others.</p> <p>Step 2: To move with control.</p> <p>Step 3: To pass/receive a ball with control.</p> <p>Step 4: To dribble a ball with feet.</p> <p>Step 5: To move towards a goal to defend it.</p> <p>Step 6: To compete against others trying to score.</p>	<p>Dodgeball</p> <p>Step 1: To move the ball quickly.</p> <p>Step 2: To develop side shot throw.</p> <p>Step 3: To move in different ways – at speed.</p> <p>Step 4: To use body positioning and control to help when catching.</p> <p>Step 5: To discuss and apply tactics needed in dodgeball games.</p> <p>Step 6: To participate in dodgeball games using skills Learnt</p> <p>Football</p> <p>Step 1: To stop the ball with my feet.</p> <p>Step 2: To pass the ball in different ways with increased accuracy.</p> <p>Step 3: To dribble the ball using my feet, both if possible.</p> <p>Step 4: To tackle safely and effectively.</p> <p>Step 5: To shoot a football with success.</p> <p>Step 6: To use tactics in games.</p>	<p>Dodgeball</p> <p>Step 1: To throw a ball at a moving target.</p> <p>Step 2: To increase the pace of a side shot.</p> <p>Step 3: To play catching games.</p> <p>Step 4: To move quickly with control.</p> <p>Step 5: To participate in games fairly.</p> <p>Step 6: To use peer evaluation to discuss strategies and tactics and apply these to your own game</p> <p>Football</p> <p>Step 1: To confidently pass accurately.</p> <p>Step 2: To choose when to dribble, when to pass and when to shoot.</p> <p>Step 3: To defend in a team.</p> <p>Step 4: To compete in small sided games.</p> <p>Step 5: To mark a player to stop them getting the ball.</p> <p>Step 6: To decide on ways to defend in games.</p>	<p>Dodgeball</p> <p>Step 1: To throw a ball with accuracy and pace.</p> <p>Step 2: To use the most appropriate throwing technique for the situation.</p> <p>Step 3: To catch a ball at different heights and speed.</p> <p>Step 4: To dodge a ball by jumping, galloping and jockeying.</p> <p>Step 5: To participate in competitive games.</p> <p>Step 6: To discuss and apply tactics in games.</p> <p>Football</p> <p>Step 1: To pass the ball to keep possession in game situations.</p> <p>Step 2: To dribble the ball whilst under pressure.</p> <p>Step 3: To apply defending principles in games.</p> <p>Step 4: To compete in games.</p> <p>Step 5: To apply attacking principles in games.</p> <p>Step 6: To understand positions and roles of individuals in team games.</p>

5	Throwing and catching Step 1: To move around without a ball Step 2: To move with a ball Step 3: To explore different body parts to move the ball Step 4: To explore how the ball moves Step 5: To play command games	Athletics Step 1: To run with control. Step 2: To control your body and equipment when throwing. Step 3: To run with the correct arm technique. Step 4: To run and jump on the balls of your feet. Step 5: To show a correct pull throw technique. Step 6: To compete against yourself Rounders Step 1: To move confidently. Step 2: To use an underarm throwing technique. Step 3: To choose simple tactics in game. Step 4: To move into space. Step 5: To strike a ball into space. Step 6: To compete with others.	Athletics Step 1: To throw an object using both a pushing and pulling technique. Step 2: To combine different types of jumping. Step 3: To run for distance. Step 4: To run in races of varied distances. Step 5: To take part in athletic events. Step 6: To perform competitively with others. Rounders Step 1: Run, jump and catch in combination. Step 2: Catch a ball with good control. Step 3: To understand the rules of rounders. Step 4: Hit a ball towards a target. Step 5: Use space when fielding to make it difficult for opponents. Step 6: Participate in modified competitive games, showing good teamwork.	Athletics Step 1: To combine running and jumping. Step 2: To combine running and throwing. Step 3: To compete in short distance races. Step 4: To compete in long distance running. Step 5: To practise to combine different types of jump. Step 6: To throw in different ways with accuracy and control. Rounders Step 1: To throw and bowl in different ways. Step 2: To hit a ball with some accuracy. Step 3: Understand tactics needed in games. Step 4: To stop a ball when fielding. Step 5: To choose effective positions when fielding. Step 6: To participate in team games against others.	Athletics Step 1: To use a run up when jumping. Step 2: To use the correct combination of jumps to complete the triple jump. Step 3: To run with control and purpose over varied distances. Step 4: To throw an object by overarm, underarm, pulling, pushing and slinging. Step 5: To use a run up when throwing. Step 6: To practise to improve throwing distance. Rounders Step 1: To retrieve, catch, intercept, and stop a ball when fielding. Step 2: To play shots that allow the ball to be hit to different areas of the field into spaces. Step 3: To bowl effectively. Step 4: To use skills and tactics to outwit opponents when fielding. Step 5: To use skills and tactics to outwit opponents when batting. Step 6: To participate in competitive games.
6	Fun and games Step 1: To move in lots of different ways Step 2: To move into space Step 3: To play games with others Step 4: To use equipment in games Step 5: To keep score	Cricket Step 1: To move confidently. Step 2: To use an underarm throwing technique. Step 3: To choose simple tactics in game. Step 4: To move into space. Step 5: To strike a ball into space. Step 6: To compete with others	Cricket Step 1: Run, jump and catch in combination. Step 2: Catch a ball with good control. Step 3: To understand the rules of cricket. Step 4: Hit a ball towards a target.	Cricket Step 1: To throw and bowl in different ways. Step 2: To play a drive shot successfully. Step 3: To play a block shot when appropriate. Step 4: To stop a ball when fielding.	Cricket Step 1: To retrieve, catch, intercept, and stop a ball when fielding. Step 2: To play shots that allow the ball to be hit to different areas of the field into spaces. Step 3: To bowl overarm.

	<p>Swimming</p> <p>Step 1: Enter and exit pool safely</p> <p>Step 2: Develop water confidence</p> <p>Step 3: Move around the pool whilst keeping feet on floor</p> <p>Step 4: Blow bubbles in the water</p>	<p>Swimming</p> <p>Step 1: Enter and exit pool safely</p> <p>Step 2: Continue to develop water confidence</p> <p>Step 3: Glide on front and back</p> <p>Step 4: pick-up items from base of pool</p>	<p>Step 5: Use space when fielding to make it difficult for opponents.</p> <p>Step 6: Participate in modified competitive games, showing good teamwork</p> <p>Swimming</p> <p>Step 1: Enter and exit pool safely</p> <p>Step 2: Develop front-crawl arms</p> <p>Step 3: Apply front-crawl arm and leg technique whilst using a float</p> <p>Step 4: Combine front-crawl legs and arms without a flotation device</p>	<p>Step 5: To choose effective positions when fielding.</p> <p>Step 6: To participate in team games against others.</p> <p>Swimming</p> <p>Step 1: Enter and exit pool safely</p> <p>Step 2: Begin to develop front crawl breathing technique</p> <p>Step 3: Combine legs, arms and breathing</p> <p>Step 4: Develop turning technique in pool</p>	<p>Step 4: To use skills and tactics to outwit opponents when fielding.</p> <p>Step 5: To use skills and tactics to outwit opponents when batting.</p> <p>Step 6: To participate in competitive games.</p> <p>Swimming</p> <p>Step 1: Enter and exit pool safely</p> <p>Step 2: Swim on back with float across chest</p> <p>Step 3: Apply backstroke arms whilst using a float</p> <p>Step 4: Combine back stroke legs and arms</p>
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