



St Mary's RC First School
P.E. Curriculum Map 2019-2020

	Autumn			Spring			Summer		
Reception	Multi-skills I can use and control a beanbag or ball in different ways	Multi-skills I can use a range of small equipment with increasing control to play an aiming game	Dance I can travel about the room in a variety of rhythms and speeds and make simple shapes with my body	Dance I can work cooperatively with a partner to choose different movements and link them together	Gymnastic I can travel with control in a variety of ways and Link two movements together	Multi-skills I can use a bat and a ball in a safe and coordinated manner	Multi-skills I can follow the rules of a game	Athletics I can participate in a race, stopping and starting at the correct time and place.	
	Multi-skills travel with increasing control and coordination, showing an awareness of and sharing space safely	Multi-skills Use hoops and quoits in a controlled and co-ordinated way	Dance I can use different parts of my body to communicate imaginative ideas and remember and perform short phrases of movement	Gymnastics I can travel and balance with control when holding stretched or curled shapes	Gymnastics I can show an awareness of space and show safe use of apparatus	Multi-skills I can send and receive a ball with a partner	Multi-skills I can cooperate with a partner and others to play games	Athletics I can compete against others in a simple race or competition	
Year 1	Multi-skills I can perform a variety of tasks moving in different ways.	Invasion Games I can work as part of a team to keep possession of a ball.	Invasion Games I can play a 3 v 1 game in a small grid and keep the ball away from a defender.	Dance I can create and perform a short dance based on a familiar story showing a variety of shapes and actions.	Gymnastics I can perform a floor sequence of at least 3 balances on different body parts	Gymnastics I can perform a sequence including high and low jumps, turns and travel on small apparatus.	Striking and Fielding Games I can play a 3 v 1 game throwing a bean bag and jumping to score.	Net Games I can play a variety of rolling and throwing games in which I aim the ball over a line.	Athletics I can work with a partner, running to collect different pieces of equipment and returning to my start point.
	Multi-Skills I can run and jump in straight lines and through obstacle courses to improve my agility.	Invasion Games I can play a 3v1 game, running with the ball and touching a cone/line to score	Fitness I can complete a series of exercises and explain what has happened to my body during the exercises.	Dance I can create and perform a dance about myself and my daily routines.	Gymnastics I can create a short sequence including 3 actions and the use of a ribbon.	Parachute Games I can co-operate as part of a group to complete a set of challenges with the parachute	Target Game I can throw beanbags into hoops/ at cones to score points. (Individual or against an opposition).	Net Games I can score points by sliding/rolling a ball over an opponent's line in a 1v1 or 2v2 situation.	Athletics I can throw different pieces of equipment and explain which one goes the furthest.

Year 2	Multi-skills I can perform a variety of tasks using a variety of equipment.	Invasion Games I can play a 3 v 1 game in a small grid using hockey and football skills and score by hitting a target.	Invasion Games I can work as part of a group to select a ball and develop an invasion game with my own scoring system.	Dance I can create and perform a dance based on a topic showing different moods, ideas and feelings.	Gymnastics I can perform a sequence with my partner which includes at least 4 elements e.g. balance, jump, turn, roll.	Gymnastics I can perform a sequence on small apparatus which includes at least 3 rolls.	Striking and Fielding Games I can play a 4 v 1 game, hitting the ball and jumping to score.	Net Games I can play a 1 v 1 game with a racquet in which I cooperate with my partner to keep a rally going.	Athletics I can throw a variety of equipment to different targets, keeping my own and my partners score.
	Multi-Skills I can bounce/ throw and catch a ball against the wall/ floor or to a partner to improve my co-ordination.	Invasion Games I can play a 3v1 game, throwing and catching the ball and touching a cone with the ball to score.	Fitness I can talk about changes in temperature and breathing rate in my body during exercise.	Dance I can create and perform a dance that includes a contrast of music responding to music and pictures.	Gymnastics I can incorporate the use of a hoop or ribbon into a sequence with at least 4 elements.	Parachute Games I can use motor and communication skills to compete as part of a team at a range of activities.	Target Game I can throw a ball or beanbag at a set of cones, scoring points for every successful hit.	Net Games I can score points in a 2v2 game by throwing/ hitting a ball over a line so it bounces twice.	Athletics I can jump over obstacles and over lines, explaining what I must do to improve the height/ distance of my jumps.
Year 3	OAA I can work with others to create maps and routes around school, selecting good places to store/find equipment.	Invasion Games I can play a small sided game using rugby skills to score over a line.	Invasion Games I can play a 4v2 game, throwing, catching and dribbling and bouncing the ball into a target circle to score.	Dance I can choreograph and perform a dance based on a topic, introducing the use of speed, level and space.	Gymnastics I can perform a sequence of at least 6 elements on large apparatus.	Fitness I can perform a range of exercises and activities and aim to beat my own scores.	Striking and Fielding Games I can play as part of a team, hitting a ball and running around a circuit of bases to score.	Net Games I can use a variety of balls to play a game in which I work with a partner to score over a line.	Athletics I can measure and record results for throwing, jumping and running events.
	OAA I can complete a series of challenges as part of a team.	Invasion Games I can play a 4v2 game, throwing, catching and dribbling and bouncing the ball into a target circle to score.	Officiating I can create an invasion game including a set of rules and show others how to play it. I can make sure everyone follows the rules.	Dance I can choreograph and perform a dance focussing on using props and relationships with a partner and group.	Gymnastics I can use a ribbon, hoop or ball to create a short sequence including a roll, jump and travel.	Gymnastics I can work with a small group to plan and perform a sequence of at least 4 elements working at different levels.	Target game I can use golf skills to score points against an opponent, putting and chipping the ball to land in point zones.	Net Games I can score points in a 1v1 or 2v2 game by throwing or hitting a ball into an opponent's court area and making it bounce twice.	Athletics I can perform the five basic jumps to reach the furthest possible distance.

