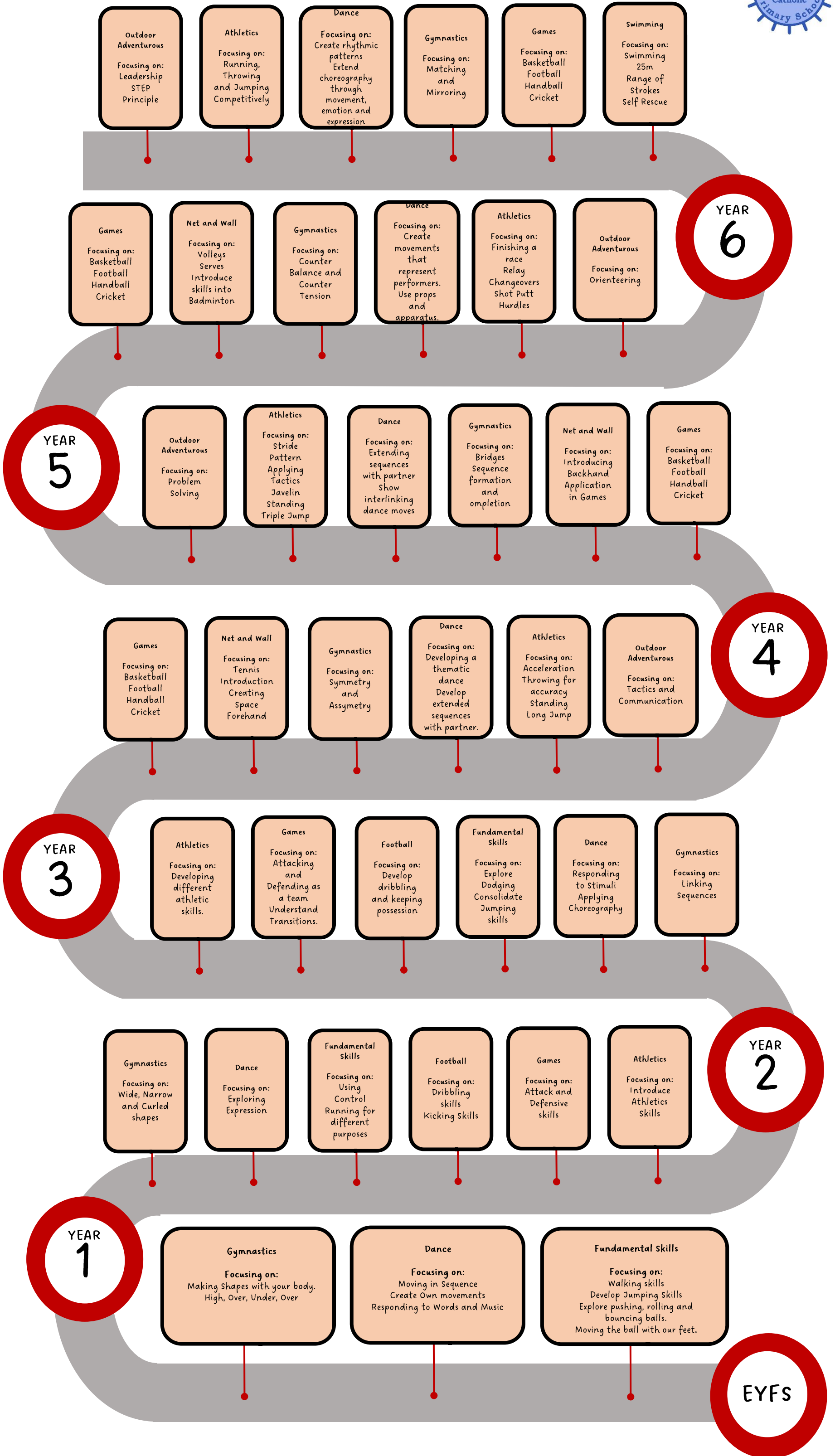


Our Lady and St Anne's Subject Map: PE



Our PE learning journey:



Unit overviews

	Gymnastics		Dance	Fundamental Skills		
EYFS	<ul style="list-style-type: none"> Explore moving and making shapes using different body parts Explore moving in different directions Explore big and small ways of moving and making shapes Moving in pairs Creating shapes in pairs 	<ul style="list-style-type: none"> High, Over, Under, Over Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus 	<ul style="list-style-type: none"> Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements 	Locomotion: Walking <ul style="list-style-type: none"> Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game 	Ball Skills Hands 1 <ul style="list-style-type: none"> Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching 	Ball Skills Feet <ul style="list-style-type: none"> Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent
	Gymnastics	Dance	Fundamental Skills	Football	Games	Athletics
YEAR 1	<ul style="list-style-type: none"> Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together 	<ul style="list-style-type: none"> Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs 	<ul style="list-style-type: none"> Introduce and explore agility Introduce and explore balance Introduce and explore coordination: Bouncing, rolling and throwing 	<ul style="list-style-type: none"> Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point 	<ul style="list-style-type: none"> Understanding the principles of attack/defence Applying attacking/defending principles into a game Consolidate attacking/defending 	<ul style="list-style-type: none"> Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game Explore running Apply running into a game Explore running at different speeds Running for speed
YEAR 2	<ul style="list-style-type: none"> Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance 	<ul style="list-style-type: none"> Explore / develop zigzag pathways/on apparatus Explore / develop curved pathways /on apparatus Creation of pathway sequences Completion of pathways sequences and performance 	<ul style="list-style-type: none"> Consolidate agility Consolidate balancing: Explore balancing on apparatus Introduce and explore coordination: Dribbling and kicking 	<ul style="list-style-type: none"> Develop dribbling/ passing/receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point 	<ul style="list-style-type: none"> Attacking / defending as a team Understanding the transition between defence and attack Create and apply attacking/ defensive tactics 	<ul style="list-style-type: none"> Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations Running for speed: Acceleration Explore running in a team
	Gymnastics	Dance	Games / Net and Wall		Athletics	Outdoor Adventurous.
YEAR 3	Symmetry and Asymmetry <ul style="list-style-type: none"> Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion 	Weather <ul style="list-style-type: none"> Responding to stimuli, extreme weather Developing thematic dance into a motif Extending dance to create sequences with a partner Developing sequences with a partner 	Football <ul style="list-style-type: none"> Introduce/develop dribbling keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Basketball <ul style="list-style-type: none"> Introduce dribbling; Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting 	Handball <ul style="list-style-type: none"> Introduce passing, receiving and creating space Develop passing and moving Combine passing and moving Introduce shooting Develop passing and shooting Cricket <ul style="list-style-type: none"> Understand the concept of batting and fielding Introduce throwing overarm Introduce throwing underarm Introduce catching Striking with intent Tennis <ul style="list-style-type: none"> Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game Introduce rackets Introduce the forehand 	<ul style="list-style-type: none"> Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing Long Jump 	Tactics and Communication <ul style="list-style-type: none"> Creating and applying simple tactics Developing leadership Develop communication as a team Create defending and attacking tactics as a team
YEAR 4	Bridges <ul style="list-style-type: none"> Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion 	Space <ul style="list-style-type: none"> Extending sequences with a partner in character Developing sequences with a partner in character that show relationships and interlinking dance moves Sequences, relationships, choreography and performance 	Football <ul style="list-style-type: none"> Refine dribbling Turning Refine passing and receiving Develop passing and dribbling creating space Introduce shooting Basketball <ul style="list-style-type: none"> Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking Handball <ul style="list-style-type: none"> Refine passing and receiving Develop passing and creating space Develop passing, moving and shooting Combine passing and shooting Introduce defending 	Cricket <ul style="list-style-type: none"> Develop an understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angles and speeds Developing the forehand <ul style="list-style-type: none"> Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point 	<ul style="list-style-type: none"> Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing Triple Jump 	Problem Solving <ul style="list-style-type: none"> Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges
YEAR 5	Counter Balance and Counter Tension <ul style="list-style-type: none"> Introduction to Counter Balance Application of Counter Balance learning onto apparatus Sequence formation Counter Tension Sequence completion 	The Circus <ul style="list-style-type: none"> Develop character movements linked to prejudices Create movements that represent different characters and performers in a circus Extending our performance incorporating props and apparatus linked to the variety of performers 	Football <ul style="list-style-type: none"> Refine dribbling and passing to maintain possession Introduce and develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating Basketball <ul style="list-style-type: none"> Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles Handball <ul style="list-style-type: none"> Consolidate passing and receiving Explore the function of other passes Develop defending Develop passing and creating space, introduce officiating Refine shooting 	Cricket <ul style="list-style-type: none"> Refine batting, batting and bowling tactics Refine fielding stopping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring Tennis <ul style="list-style-type: none"> Introduce/develop the volley Controlling the game from the serve Doubles, understanding and applying tactics to win a point Badminton <ul style="list-style-type: none"> Exploring different forehand/backhand shots Applying different forehand/backhand shots to win a point Consolidate outwitting an opponent Doubles: Understanding and applying tactics to win a point 	<ul style="list-style-type: none"> Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the Hurdles 	Orienteering <ul style="list-style-type: none"> Face orienteering Cone orienteering Point and return Point to point Timed course Orienteering competition
YEAR 6	Matching and Mirroring <ul style="list-style-type: none"> Introduction to matching /mirroring Application of matching mirroring learning onto apparatus Sequence development 	Titanic <ul style="list-style-type: none"> Creating rhythmic patterns using our body Extend choreography through controlled movements, character emotion and expression Explore the relationships between characters applying character emotion and expression 	Football <ul style="list-style-type: none"> Consolidate keeping possession, develop officiating Consolidate defending Organise formations and manage teams Organise formations decide tactics, manage teams and officiate games Basketball <ul style="list-style-type: none"> Consolidate keeping possession and officiating Consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defending tactics in game situations Handball <ul style="list-style-type: none"> Consolidate keeping possession, develop officiating Understand and apply defending tactics in game situations Consolidate defensive tactics; understand and apply defensive tactics in game scenarios 	Cricket <ul style="list-style-type: none"> Consolidate batting, fielding and bowling Create, understand and apply attacking and defensive tactics in game Tennis <ul style="list-style-type: none"> Game application Game application, mixed ability doubles, round robin games Badminton <ul style="list-style-type: none"> Introduction to badminton: Outwitting an opponent Introduce the forehand and backhand Applying the forehand and backhand: Creating space to win a point Controlling the game from the serve 	<ul style="list-style-type: none"> Running for speed competition Running for distance competition Throwing competition Jumping competition Swimming	Leadership <ul style="list-style-type: none"> Understanding what makes an effective leader Communicating as a leader Introducing the STEP principle: Space , Task, Equipment and People