



Cockerham Parochial CE Primary School

PE Curriculum Map

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>EYFS</p> <p>Year A</p>	<p>Multi skills (Enjoy a Ball) Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <p>Handwriting/ Dough Disco Draws lines and circles using gross motor movements.</p> <p>Dinosaur Dance Experiments with different ways of moving.</p>	<p>Multi skills (Enjoy a Ball) Jumps off an object and lands appropriately. Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Handwriting/Dough Disco Holds pencil between thumb and two fingers, no longer using whole-hand grasp.</p>	<p>Multi skills (Enjoy a Ball) Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Handwriting/Pen Disco Holds pencil near point between first two fingers and thumb and uses it with good control. Can copy some letters, e.g. letters from their name.</p>	<p>Multi skills (Enjoy a Ball) They move confidently in a range of ways, safely negotiating space.</p> <p>Handwriting/Pen Disco They handle equipment and tools effectively, including pencils for writing.</p> <p>Swimming</p>	<p>Multi skills (Enjoy a Ball) Children show good control and co-ordination in large and small movements.</p> <p>Handwriting/Pen Disco Begins to use anticlockwise movement and retrace vertical lines. Begins to form recognisable letters.</p> <p>Swimming</p>	<p>Multi skills (Enjoy a Ball) They move confidently in a range of ways, safely negotiating space.</p> <p>Handwriting/Pen Disco Uses a pencil and holds it effectively to develop a handwriting style which is fast, accurate and efficient.</p>
<p>Year B</p>	<p>Multi skills Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <p>Handwriting/ Dough Disco Draws lines and circles using gross motor movements</p> <p>Dance Explore a range of styles through Nursery Rhymes, focusing on changing speed, movements, poise and shapes with the body. Progress towards a more fluent style of moving, with developing control and grace.</p>	<p>Multi skills Jumps off an object and lands appropriately. Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Handwriting/Dough Disco Holds pencil between thumb and two fingers, no longer using whole-hand grasp.</p> <p>Elmer- Fundamental Movement Skills Unit (Miss Parlane) Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping –</p>	<p>Multi skills Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Handwriting/Pen Disco Holds pencil near point between first two fingers and thumb and uses it with good control. Can copy some letters, e.g. letters from their name.</p>	<p>Multi skills They move confidently in a range of ways, safely negotiating space.</p> <p>Handwriting/Pen Disco They handle equipment and tools effectively, including pencils for writing.</p>	<p>Multi skills Children show good control and co-ordination in large and small movements.</p> <p>Handwriting/Pen Disco Begins to use anticlockwise movement and retrace vertical lines. Begins to form recognisable letters.</p>	<p>Multi skills They move confidently in a range of ways, safely negotiating space.</p> <p>Handwriting/Pen Disco Uses a pencil and holds it effectively to develop a handwriting style which is fast, accurate and efficient.</p>



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		climbing Further develop and refine a range of ball skills including: throwing, catching and aiming				
Year 1/2 Year A	Year 1 Fundamental Movement Skills BaselineSupertato Year 1 Fundamental Movement Skills Underarm throw	Year 2 Gymnastics Year 1 Fundamental Movement Skills Overarm throw	Year 2 Games Piggy in the middle Year 1 Fundamental Movement Skills Catching and bouncing a ball	Year 2 Dance Wind in the Willows Year 1 Fundamental Movement Skills Tri Troff	KS1 Fundamental Movement Skills Gymnastics Jack and the Beanstalk Year 2 Fundamental Movement Skills BounceBall	Year 2 Outdoor Adventurous Activity The Great Outdoors Year 1 Athletics
Year 1/2 Year B	Y1 Fundamental Movement Skills Baseline Lost and found KS1 Fundamental Movement Skills Zog	KS1 Dance Fire Fire Fundamental Movement Skills Rolling a Ball Dance and Movement – Great Fire of London drama activities	Y1 Gymnastics activities 1 Y1 Fundamental Movement Skills Underarm Throw	Y2 Outdoor Adventurous Activity Y1 Fundamental Movement Skills Catching and Bouncing a ball	KS1 Y2 Fundamental Movement Skills Playground games in the 20th Century Y2 Striking and fielding	LS1 Y2 Dance Seaside KS1 Y2 Athletics Local dance teacher to teach dance style from 1920s/1930s
Year 3/4 Year A	Swimming Invasion games Learn basic principles of attacking and defending through the game of handball.	Swimming Outdoor and adventurous activities. Map read and explore the school grounds through orienteering.	Swimming Dance Explore different sequences of movements and portray a story.	Swimming Gymnastics Develop flexibility and control through a range of gymnastic movements.	Swimming Athletics Improve their strength and control in their movements through athletics.	Swimming Net and wall games Learning tactics and skills through the game of netball.
Year 3/4 Year B	Y4 Swimming Invasion games Learn basic principles of attacking and defending through the game of basketball.	Y4 Swimming Outdoor and adventurous activities Map read and explore the school grounds through orienteering.	Y4 Swimming Dance Explore different sequences of movements and portray a story.	Y3 Swimming Gymnastics Develop flexibility and control through a range of gymnastic movements.	Y3/4 Swimming Athletics Improve their strength and control in their movements through athletics	Y3/4 Swimming Striking /fielding Master the skills of throwing and catching and combine them within a game of rounders

'Where a love of learning grows'

Growing in knowledge

Growing in faith

Growing in God's love



I can do all things through Christ who strengthens me
Philippians 4.13

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<p>Year 5/6</p> <p>Year A</p>	<p>Invasion Games Hockey</p> <p>To demonstrate shooting, dribbling and passing and select attacking and defending tactics during gameplay.</p>	<p>Outdoor and adventurous</p> <p>Map read and explore the school grounds through orienteering.</p>	<p>Dance The Highwayman</p> <p>Conveying character through movement and use events and emotion to create a sequence.</p>	<p>Gymnastics</p> <p>Develop flexibility and control through a range of gymnastic movements.</p>	<p>Athletics</p> <p>Improve their strength and control in their movements through athletics. Run for speed and distance.</p>	<p>Throwing and Catching (Rounders)</p> <p>Develop their strength, control, precision and tactics in striking and fielding through rounders.</p>
<p>Year 5/6</p> <p>Year B</p>	<p>Net and Wall Badminton</p> <p>Demonstrate forehand and backhand shots. Apply tactics to score points.</p>	<p>Outdoor and adventurous</p> <p>Map read and explore the school grounds through orienteering.</p>	<p>Dance</p> <p>Create a partner dance, developing their spatial awareness, teamwork and story-telling through movement.</p>	<p>Gymnastics Develop</p> <p>flexibility, control and balance through a range of gymnastic movements.</p>	<p>Y5 Swimming Athletics</p> <p>Improve their strength and control in their movements through athletics. Run for speed and distance.</p>	<p>Throwing and Catching (Quick Cricket)</p> <p>Develop their strength, control, precision and tactics in striking and fielding through Quick Cricket.</p>