



# Curriculum Map 21/22



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1 Core skills	<b>*Gymnastics</b> Learn how to hold a balance and travelling in a range of ways	<b>Multi Skills</b> Learn basic throwing and catching skills	<b>Dance</b> Learn how to repeat simple sequenced movements to a stimulus	<b>Multi skills</b> Learn how to develop partner work	<b>Multi skills</b> Learn basic bat and ball skills	<b>Athletics</b> Learn how to run at speed, Learn to jump a distance & throw
2 Core Skills	<b>Multi Skills</b> Developing agility and coordination	<b>Dance</b> Develop ability to repeat simple sequenced movements relating to a stimulus	<b>*Gymnastics</b> Develop ability to hold a balance and travelling in a range of ways	<b>Football</b> Develop core skills - close control, passing & shooting to a target	<b>Striking and fielding</b> Develop core skills - throwing, catching and striking a ball	<b>Athletics</b> Learn how Hurdle. Develop ability to jump a distance & throw
3 Develop and apply skills to sports	<b>Dance</b> Learn how to create simple sequenced movements relating to a stimulus	<b>Invictus</b> Develop children's ability to solve problems Develop children's ability to engage in new activities fairly	<b>Dodgeball</b> Develop basic throwing, catching and movement techniques related to dodgeball	<b>*Gymnastics</b> Develop ability to balance, travel in a variety of ways, using mirror, match, cannon and unison techniques	<b>Tennis</b> Develop ability to hold a racket, and control movement of a moving ball with a racket	<b>Athletics</b> Develop ability to hurdle, jump, chest push
4 Develop and apply skills to sports	<b>Tag Rugby</b> Develop ability to run with a ball and pass	<b>Dance</b> Develop ability to create sequences of movements relating to a stimulus	<b>HRE</b> Develop knowledge of how the body functions during exercise Develop ability to exercise at different intensities	<b>Basketball</b> Develop ability to dribble, pass and shoot	<b>Rounders</b> Develop range of catching techniques. Develop consistency, range and accuracy when fielding and striking a ball	<b>*Gymnastics</b> Build on ability to balance, travel in a variety of ways, build on knowledge of mirror, match, cannon and unison
5 Develop and apply skills to competitive sports (tactics/ maximise performance)	<b>Handball</b> Apply ability to catch and throw to handball Develop knowledge of the use of tactics in a game	<b>Dodgeball</b> Further develop and apply throwing, catching and movement skills with increased accuracy. Develop knowledge of the use of tactics in a game	<b>Dance</b> Begin to create some complex sequences of movements relating to a stimulus	<b>Cricket</b> Develop ability to strike and field effectively by applying a range of catching, throwing and striking techniques Develop knowledge of the use of tactics in a game	<b>*Gymnastics</b> Apply ability to balance, travel in a variety of ways, develop and apply knowledge of mirror, match, cannon and unison	<b>Athletics</b> Develop understanding of how to maximise performance. Develop ability to triple jump, hurdle, javelin, 600m, shot putt
6 Apply and master skills to competitive sports (tactics/ maximise performance)	<b>Hockey</b> Master ability to strike a moving ball. Develop ability to hold a hockey stick and demonstrate increasing accuracy when passing. Demonstrate an understanding of tactics in a game	<b>*Gymnastics</b> Master ability to balance, travel in a variety of ways and apply to mirror, match, cannon and unison movements	<b>American Football</b> Develop and apply ability to throw and catch an American football Develop ability evade an opponent using spin and cut techniques	<b>Dance</b> Master ability to create complex sequences of movements relating to a stimulus	<b>Rounders</b> Master a range of catching techniques. Master consistency, range and accuracy when fielding and striking a ball Demonstrate an understanding of tactics in a game	<b>Athletics</b> Understand how to maximise performance. Develop ability to triple jump, hurdle, javelin, 800m, shot putt

\*Gymnastics will be taught alongside SportsCool PE Specialists who will be supporting delivery of lessons and developing subject knowledge.