St James' Church of England Primary School and Nursery

PE Curriculum Map

	Autumn 1 2024
Year 1	Footwork / Shape / Travel
Year 2	Footwork / Balance / Travel
Year 3	Footwork / Travel / Rotation
Year 4	Footwork / Balance / Rotation
Year 5	Ball skills / reaction / response / hand apparatus / low apparatus
Year 6	Ball skills / reaction / response / hand apparatus / low apparatus

Starting October 2024

	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 Theme	Social	Cognitive	Creative	Physical	Fitness
Year 1 Objectives	-Jump from two feet to two feet. -Good take off and height -Balance and control on landing -Soft landings	-Walk forwards/backwards with fluidity (including lifting knees) - Smooth movements -Balance maintained on the line. Opposite arm and leg moving forwards.	-Roll a ball, chase and collect it. -Control when starting and stopping quickly. -Timing to get in the right position. -Balancing/control when collecting the ball.	-Roll a large/small ball and collect it. -Accuracy when sending. -Appropriate power/ weight when sending -A good position when receiving -Adopt a ready position. -Keep eyes focused on the ball.	-Roll a ball, chase and collect it when in a balanced position facing opposite direction. -Control when starting and stopping quickly. -Timing to get in the right position. -Balance/control when collecting the ball. -Take up a good ready position.

Year 2 Theme	Social	Cognitive	Creative	Physical	Fitness
Year 2 Objectives	-Jump from two feet to two feet. -Stand on a line and jump from 2 feet to 1 foot. Good take off and height -Balance and control on landing -Soft landings	-Walk forwards/backwards with fluidity (including lifting knees) -March, lifting knees and elbows up to 90 degrees. -Smooth, controlled movements and minimal wobble. -Balance maintained on the line. Opposite arm and leg moving forwards smoothly.	-Roll a ball, chase and collect it. -Control when starting and stopping quickly. -Timing and movement to get in the right position. -Balancing/control when collecting the ball.	-Strike a ball with alternate hands/kick a ball with the same foot. -Accuracy when sending. -Appropriate power/ weight when sending -A good position when receiving. -Fluency/rhythm throughout. -Adopt a ready position. -Keep eyes focused on the ball. -Vary the speed you send the ball.	-Chase a large rolled ball and let it roll through legs and collect it. -Control when starting and stopping quickly. -Accelerate by pushing off hard with feet and driving arms from 'hips to lips'. Bend knees as you allow the ball to go through your legs. -Balance/control when collecting the ball. -Move feet quickly to get into the collecting position in good time.
Year 3 Theme	Social	Cognitive	Creative	Physical	Fitness
Year 3 Objectives	-Jump 2 feet to 2 feet (forwards, backwards, side-to-side) -Hop forwards/backwards. -Good take off and height -Balance and control on landing -Soft and controlled landings	-Walk fluidly forwards/backwards with fluidity (including lifting knees and heels to bottom) -Lunge forwards. -Balanced maintained on the line. - Opposite arm and leg driving forwards.	-Accurately throw and catch 2 tennis balls against a wall. -Accuracy and weight of throws. -Fluency / rhythm throughout. -A good position when receiving.	-React and step across body, bring hand across body and catch tennis ball after 1 bounce. -Quick reaction and good acceleration. -Quick, controlled movements. -Balanced and control after catch.	-Roll and chase a large / small ball and stop it with knee sideways onto the ball. -Ability to turn over either shoulder. -Timing to get in the right position. Balance/control when collecting the ball.

		Fluidity and minimal wobble.			-Accelerate by pushing off hard with feet and driving arms from 'hips to lips'. -Run well past the ball to give you more time.
Year 4 Theme	Social	Cognitive	Creative	Physical	Fitness
Year 4 Objective	-Jump 2 feet to 2 feet (forwards, backwards, side-to-side) -Hop forwards/backwards freezing on the landing. -Hop sideways raising knee. -Good take off and height -Balance and control on landing -Soft and controlled landings	-Walk fluidly forwards/backwards with fluidity (including lifting knees and heels to bottom) -Lunge forwards (including with eyes closed). -Balanced maintained on the line. - Opposite arm and leg driving forwards. Fluidity and minimal wobble.	Accurately throw and catch 2 tennis balls against a wall. -Accuracy and weight of throws. -Fluency / rhythm throughout. -A good position when receiving. -Explore strength of your throw to work out how much force is needed.	-React and step across body, bring hand across body and catch tennis ball after 1 bounce. -Quick reaction and good acceleration. -Quick, controlled movements. -Balanced and control after catch. -React and move early to gibe you time to get balanced.	-Roll and chase a large / small ball and stop it with knee sideways onto the ball. -Ability to turn over either shoulder. -Timing to get in the right position. Balance/control when collecting the ball. -Accelerate by pushing off hard with feet and driving arms from 'hips to lips'. -Run well past the ball to give you more time. -Get into a stable position as early as you can. Move feet quickly to get into the collecting position.
Year 5 Theme	Social	Cognitive	Creative	Physical	Fitness

Year 5 Objectives	-Side step in both directions. -Move sideways. -Balance maintained on the line. -Opposite arm and leg driving forwards. -Fluidity and minimum wobbly.	-Throw and catch 2 small balls alternately using both hands. - Strike small ball back to a partner with a racket. -Balance maintained throughout. - Minimal wobble. - Good posture.	-In seated position, reach and pick up cones from in front, to the side and from behind. -Keep feet and hands on the floor throughout. -Minimal wobble. -Balance held without strain.	-Jump 2 feet to 2 feet with a 180 degree turn in both directions/tuck/stand legs together. -Good take off and height. -Balance, control and soft landings. -Swing arms and bend knees. -Keep centre of gravity over base of support on landing.	-Stand facing/away from partner who feeds ball over head, then turn and catch it after 1 bounce. -Ability to turn over either shoulder and catch the ball. -Timing to get in the right position. Balance/control when collecting the ball.
Year 6 Theme	Social	Cognitive	Creative	Physical	Fitness
Year 6 Objectives	-Side step in both directions. -Move sideways. -Lunge walk backwards/ forwards (including eyes closed). -Balance maintained on the line. -Opposite arm and leg driving forwards. -Fluidity and minimum wobbly.	-Throw and catch 2 small balls alternately using both hands. - Strike small ball back to a partner with a racket. - Strike small ball back to a partner from across body with a racket. -Balance maintained throughout. - Minimal wobble. - Good posture.	-In seated position, reach and pick up cones from in front, to the side and from behind. -Keep feet and hands on the floor throughout. -Minimal wobble. -Balance held without strain. -Keep weight going through your bottom. Use smooth, controlled movements. Use legs and arms to help keep centre of gravity steady and breathe smoothly.	-Jump 2 feet to 2 feet with a 180 degree turn in both directions/tuck/stand legs together. -Good take off and height. -Balance, control and soft landings. -Pick a spot to focus on when you jump and turn. -Adjust centre of gravity to keep in over base of support when using the ball.	-Stand facing/away from partner who feeds ball over head, then turn and catch it after 1 bounce. -Ability to turn over either shoulder and catch the ball. -Timing to get in the right position. Balance/control when collecting the ball. -Move quickly by bending knees and pushing off. -Try to spot the ball and react as quickly as possible. -Move feet quickly to get into collecting position.