



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Reception	Autumn 1 st	Autumn 2 nd	Spring 1 st	Spring 2 nd	Summer 1 st	Summer 2 nd
Unit Title	Fundamentals - Unit 1	Gymnastics - Unit 1	Dance - Unit 2	Gymnastics - Unit 2	Games - Ball skills - Unit 1	Games- Unit 1
Learning Objectives	<ul style="list-style-type: none">To develop balancing whilst stationary and on the move.To develop running and stopping.To develop changing direction.To develop jumping and landing.To develop hopping and landing with control.To explore different ways to travel.	<ul style="list-style-type: none">To copy and create shapes with your body.To be able to create shapes whilst on apparatus.To develop balancing and taking weight on different body part.To develop jumping and landing safelyTo develop rocking and rolling.To copy and create short sequences by linking actions together.	<ul style="list-style-type: none">To explore different body parts and how they move.To explore different body parts and how they move and remember and repeat actions.To express and communicate ideas through movement exploring directions and levels.To create movements and adapt and perform simple dance patterns.To copy and repeat actions showing confidence and imagination.To move with control and co-ordination, linking, copying and repeating actions.	<ul style="list-style-type: none">To create short sequences using shapes, balances and travelling actions.To develop balancing and safely using apparatus.To develop jumping and landing safely from a height.To develop rocking and rolling.To explore travelling around, over and through apparatus.To create sequences using apparatus.	<ul style="list-style-type: none">To develop rolling a ball to a target.To develop stopping a rolling ball.To develop accuracy when throwing to a target.To develop bouncing and catching a ball.To develop dribbling a ball with your feet.To develop kicking a ball.	<ul style="list-style-type: none">To work safely and develop running and stopping.To develop throwing and learn how to keep score.To play games showing an understanding of the different roles within it.To follow instructions and move safely when playing tagging games.To work co-operatively and learn to take turns.To work with others to play team games.
Vocabulary	balance / bend / crawl / direction / hop / fast / jump / land / rules / run / safely / slide / slow / space / stop / travel	around / balance / bend / copy / hold / jump / land / over / rock / roll / shape / squeeze / star / still / straight / through / travel	action / counts / direction / finish position / high / low / move / quickly / shape / slowly / space / travel / start position	around / balance / bend / copy / hold / jump / land / over / rock / roll / shape / squeeze / star / still / straight / through / travel	dribbling / bounce / catch / ball / kick / hit / points / partner / roll / ready / score / run / throw / target	Pass / space / catch / direction / dribble / partner / rules / team / kick / run / path / score / jump / aim / safely / throw / stop / bounce / point / land / lose / win



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Key skills and SMSC Links	<ul style="list-style-type: none">Physical: balance, run, jump, hop, change direction.Social: support others, work safely, take turnsEmotional: honesty, determination.Thinking: decision making, comprehension, select and apply.	<ul style="list-style-type: none">Physical: shapes, balances, jumps, rocking, rolling, travelSocial: work safely, collaboration, share and take turnsEmotional: determination, confidence.Thinking: comprehension, creativity, select and apply.	<ul style="list-style-type: none">Physical: actions, dynamics, space.Social: work safely, respect, collaborationEmotional: independence, confidence.Thinking: select and apply actions, creativity, exploration, recall, provide feedback	<ul style="list-style-type: none">Physical: shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travellingSocial: work safely, collaboration, share and take turns, support others.Emotional: determination, confidence.Thinking: comprehension, creativity, select and apply	<ul style="list-style-type: none">Physical: roll, stop a rolling ball, throw, bounce, catch, dribble with feet, kick.Social: work safely, collaboration, co-operation, support othersEmotional: perseverance, independence, honestyThinking: use tactics, comprehension.	<ul style="list-style-type: none">Physical: run, balance, change direction, throw, catch.Social: work safely, communication, co-operation, support and encourage others.Emotional: confidence, honesty, determination, manage emotionsThinking: comprehension, decision making.
Age Development Matters Early Learning Goals	<ul style="list-style-type: none">Experiments with different ways of moving.Jumps off an object and lands appropriately.Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. <p>Early Learning Goal Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p>	<ul style="list-style-type: none">Experiments with different ways of moving.Jumps off an object and lands appropriately.Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. <p>Early Learning Goal Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p>	<ul style="list-style-type: none">Experiments with different ways of moving.Jumps off an object and lands appropriately.Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. <p>Early Learning Goal Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p>	<ul style="list-style-type: none">Experiments with different ways of moving.Jumps off an object and lands appropriately.Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. <p>Early Learning Goal Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p>	<ul style="list-style-type: none">Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. <p>Early Learning Goal Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p>	<ul style="list-style-type: none">Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. <p>Early Learning Goal Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p>



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Year 1	Autumn 1 st	Autumn 2 nd	Spring 1 st	Spring 2 nd	Summer 1 st	Summer 2 nd
Swimming	<ul style="list-style-type: none">I can safely enter into poolI can move forwards, backwards, sideways across the poolI am comfortable with my face in the waterI can safely exit the pool	<ul style="list-style-type: none">I can safely enter into poolI can move forwards, backwards, sideways across the poolI am comfortable with my face in the waterI can safely exit the pool	<ul style="list-style-type: none">I can float on my backI can float on my frontI can fully submergeI can push & glide	<ul style="list-style-type: none">I can float on my backI can float on my frontI can fully submergeI can push & glide on my front	<ul style="list-style-type: none">I can push a glide on my backI can kick 5 meters on my front with/out a floatI can kick 5 meters on my back with/out a floatI can swim 5 meters	<ul style="list-style-type: none">I can push a glide on my backI can kick 5 meters on my front with/out a floatI can kick 5 meters on my back with/out a floatI can swim 5 meters
Unit Title	Dance – Lessons 1-3 – Weather Lessons 4-6 – Pirates	Gymnastics – Lessons 1-6	Games - Ball Skills	Gymnastics – Lessons 7-12	Athletics	Invasion Games
Learning Objectives	<ul style="list-style-type: none">To use counts of 8 to move in time and make my dance look interesting.To explore pathways in my dance.To create my own dance using, actions, pathways and counts.To explore speeds and actions in our pirate inspired dance.To copy, remember and repeat actions that represent the theme.To copy, repeat, create and perform actions that represent the theme.	<ul style="list-style-type: none">To explore travelling movements.To develop and combine travelling movements.To develop quality when performing and linking shapes.To develop quality when linking shapes.To develop stability and control when performing balances.To develop stability and control when performing balances.	<ul style="list-style-type: none">To develop dribbling a ball with your handsTo explore accuracy when rolling a ballTo explore throwing with accuracy towards a target.To explore catching with two hands.To explore dribbling a ball with your feet.To explore tracking a ball that is coming towards me.	<ul style="list-style-type: none">To develop technique and control when performing shape jumps.To develop technique and control when performing shape jumps.To develop technique in the barrel, straight and forward roll.To develop rolls and use them in a sequence.To link gymnastic actions to create a sequence.To develop quality in gymnastics sequences.	<ul style="list-style-type: none">To move at different speeds over varying distances.To develop balance.To develop changing direction quickly.To explore hopping, jumping and leaping for distance.To develop throwing for distance.To develop throwing for accuracy	<ul style="list-style-type: none">To understand the role of defenders and attackers.To recognise who to pass to and why.To move towards goal with the ball.To support a teammate when playing in attack.To move into space showing an awareness of defenders.To stay with a player when defending.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Vocabulary	balance beat copy fast level pathway pose timing	action control direction level speed	ready position soft swing track underarm control	action control direction level speed	walk time quickly leap underarm overarm further control	attacker defender goal track mark dodge
Key skills and SMSC Links	<ul style="list-style-type: none">Physical: Actions, dynamics, space and relationshipsSocial: Respect, work safely, collaboration, communicationEmotional: Empathy, confidence, acceptance, determination, kindnessThinking: Creativity, select and apply actions, copy and repeat actions, provide feedback, recall.	<ul style="list-style-type: none">Physical: travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward rollSocial: respect, collaboration, sharing, work safelyEmotional: confidence, self-regulation, perseveranceThinking: comprehension, select and apply action, creativity	<ul style="list-style-type: none">Physical: dribble with hands, roll, throw, catch, dribble with feet, track.Social: communication, support others, co-operationEmotional: perseverance, honesty, determinationThinking: exploration, make decisions, comprehension, use tactics	<ul style="list-style-type: none">Physical: travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward rollSocial: respect, collaboration, sharing, work safelyEmotional: confidence, self-regulation, perseveranceThinking: comprehension, select and apply action, creativity	<ul style="list-style-type: none">Physical: run, balance, agility, co-ordination, hop, jump, leap, throwSocial: work safely, collaborationEmotional: perseverance, independence, honesty, determinationThinking: reflection, comprehension, select and apply skills	<ul style="list-style-type: none">Physical: dribble, throw, catch, kick, receive, run, jump, change direction, change speedSocial: supporting others, communication, co-operation, kindnessEmotional: perseverance, confidence, honestyThinking: comprehension, identifying strengths and areas for development, select and apply
PE National curriculum	<ul style="list-style-type: none">Perform dances using simple movement patterns.	<ul style="list-style-type: none">Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<ul style="list-style-type: none">Participate in team games, developing simple tactics for attacking and defending	<ul style="list-style-type: none">Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<ul style="list-style-type: none">Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<ul style="list-style-type: none">Participate in team games, developing simple tactics for attacking and defending



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Year 1	Autumn Term Buffer Unit	Spring Term Buffer Unit	Summer Term Buffer Unit
Unit Title	Fundamentals	Fitness	Dance – Lessons 7-9 The Lost Toy Lessons 10-12 – On Safari
Learning Objectives	<ul style="list-style-type: none"> To explore balance, stability and landing safely. To explore how the body moves differently when running at different speeds. To explore changing direction and dodging. To explore jumping, hopping and skipping actions. To explore co-ordination and combination jumps. To explore combination jumping and skipping in an individual rope. 	<ul style="list-style-type: none"> To develop knowledge of how exercise can make you feel. To develop knowledge about how exercise can make you strong and healthy. To develop knowledge about how exercise relates to breathing. To develop my understanding of how exercise helps my brain. To develop my understanding of how exercise helps my muscles. To begin to understand the importance of daily exercise. 	<ul style="list-style-type: none"> To explore speeds and actions. To use expression and create actions that relate to the story. To use a pathway when travelling. To explore and copy actions in response to a theme. To create my own actions for an animal. To explore pathways with a partner.
Vocabulary	dodge / jog / skip / swing / ready position	active / brain / breathing / calm / exercise / healthy / heart / memory / mood / muscles / bones / quick / strong	balance / beat / copy / fast / level / pathway / pose / timing
Key skills and SMSC Links	<ul style="list-style-type: none"> Physical: balance, jump, hop, run, speed, agility, dodge, skip, co-ordination Social: collaboration, work safely, support others. Emotional: determination, self-regulation, honesty, perseverance Thinking: comprehension, select and apply skills 	<ul style="list-style-type: none"> Physical: run, jump, co-ordination, stamina, strength, agility, balance Social: communication, co-operation, support, work safely, kindness Emotional: kindness, perseverance, honesty, independence, determination Thinking: comprehension, creativity, problem solving, reflection, feedback 	<ul style="list-style-type: none"> Physical: actions, dynamics, space, relationships Social: respect, work safely, collaboration, communication Emotional: empathy, confidence, acceptance, determination, kindness Thinking: creativity, select and apply actions, copy and repeat actions, provide feedback, recall
NC Links	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> Perform dances using simple movement patterns.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Year 2	Autumn 1 st	Autumn 2 nd	Spring 1 st	Spring 2 nd	Summer 1 st	Summer 2 nd
Swimming	<ul style="list-style-type: none">I can safely enter into poolI can move forwards, backwards, sideways across the poolI am comfortable with my face in the water and blowing bubblesI can safely exit the pool	<ul style="list-style-type: none">I can safely enter into poolI can move forwards, backwards, sideways across the poolI am comfortable with my face in the water and blowing bubblesI can safely exit the pool	<ul style="list-style-type: none">I can float on my backI can float on my frontI can push & glide on my frontI can push a glide on my back	<ul style="list-style-type: none">I can kick 5 meters on my front with/out a floatI can kick 5 meters on my back with/out a floatI can swim 5 meters on my frontI can swim 5 meters on my back	<ul style="list-style-type: none">I can float on my backI can float on my frontI can push & glide on my frontI can push a glide on my back	<ul style="list-style-type: none">I can kick 5 meters on my front with/out a floatI can kick 5 meters on my back with/out a floatI can swim 5 meters on my frontI can swim 5 meters on my back
Unit Title	Gymnastics – Lessons 1-6	Dance – Lessons 4-6 – The Circus Lessons 7-9 – The Rainforest	Dance – Lessons 1-3 – Secret Garden Lessons 10-12 – Jack Frost	Gymnastics - Lessons 7-12	Athletics	Striking and Fielding Games
Learning Objectives	<ul style="list-style-type: none">To perform gymnastic shapes and link them together.To perform gymnastics shapes with control and link them together.To use shapes to create balances.To use shapes to create balances.To link travelling actions and balances using apparatus.To develop travelling actions and balances using apparatus.	<ul style="list-style-type: none">To copy, remember and repeat actions using facial expressions to show different characters.To explore pathways and levels.To remember and rehearse our circus dance showing expression and characterTo copy, repeat and create actions in response to a stimulus.To copy, create and perform actions considering dynamics.To create a short dance phrase with a partner showing clear changes of speed	<ul style="list-style-type: none">To remember, repeat and link actions to tell the story of my dance.To develop an understanding of dynamics and how they can show an idea.Use counts of 8 to help you stay in time with the music.To create a short dance phrase with a partner showing clear changes of speed.To create and perform using unison, mirroring and matching with a partner.To remember and repeat actions and dance as a group.	<ul style="list-style-type: none">To demonstrate different shapes, take-off and landing when performing jumps.To develop different shapes, take offs and landings when performing jumps.To develop rolling and sequence building.To refine rolling and sequence building.To create a sequence using apparatus.To create a sequence using apparatus.	<ul style="list-style-type: none">To develop the sprinting action.To develop jumping for distance.To develop technique when jumping for height.To develop throwing for distance.To develop throwing for accuracy.To select and apply knowledge and technique in an athletics carousel.	<ul style="list-style-type: none">To track a rolling ball and collect it.To develop underarm throwing and catching to field a ball.To develop overarm throwing to limit a batter's score.To develop hitting for distance to score more points.To be able to get a batter out.To understand the rules of the game and use these to play fairly.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Vocabulary	link pathway pike sequence straddle tuck	dynamics expression matching mirroring perform speed unison create	dynamics expression matching mirroring perform speed unison create	link pathway pike sequence straddle tuck	distance sprint height landing far aim take off	backstop collect runs teammate stump tactics
Key skills and SMSC Links	<ul style="list-style-type: none">Physical: shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward roll.Social: leadership, work safely, respect.Emotional: confidence, independence.Thinking: select and apply actions, creativity.	<ul style="list-style-type: none">Physical: actions, dynamics, space, relationships.Social: respect, collaboration, work safely, communication.Emotional: independence, confidence, perseverance, determination.Thinking: provide feedback, comprehension, reflection, observation, creativity.	<ul style="list-style-type: none">Physical: actions, dynamics, space, relationships.Social: respect, collaboration, work safely, communication.Emotional: independence, confidence, perseverance, determination.Thinking: provide feedback, comprehension, reflection, observation, creativity.	<ul style="list-style-type: none">Physical: shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward roll.Social: leadership, work safely, respect.Emotional: confidence, independence.Thinking: select and apply actions, creativity.	<ul style="list-style-type: none">Physical: run, jump for distance, jump for height, throw for distance, throw for accuracySocial: communication, work safely, support othersEmotional: determination, independenceThinking: comprehension, observe and provide feedback, explore ideas, select and apply skills	<ul style="list-style-type: none">Physical: underarm throw, overarm throw, catch, track, bowl, bat.Social: communication, encourage others, collaboration.Emotional: honesty, perseverance, determination, acceptance.Thinking: use tactics, comprehension, select and apply, decision making.
PE National curriculum	<ul style="list-style-type: none">Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	<ul style="list-style-type: none">Perform dances using simple movement patterns.	<ul style="list-style-type: none">Perform dances using simple movement patterns.	<ul style="list-style-type: none">Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	<ul style="list-style-type: none">Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	<ul style="list-style-type: none">Participate in team games, developing simple tactics for attacking and defending.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Year 2	Autumn Term Buffer Unit	Spring Term Buffer Unit	Summer Term Buffer Unit
Unit Title	Ball Skills	Fitness	Net and Wall Games
Learning Objectives	<ul style="list-style-type: none">To develop rolling a ball to hit a target.To stop a rolling ball.To dribble a ball with your feet.To develop kicking a ball.To develop throwing and catching.To develop dribbling a ball with your hands.	<ul style="list-style-type: none">To learn how to run for a long time.To develop jumping in a long rope using timing.To develop co-ordination in individual skipping.To develop stamina and change of direction.To explore exercises to develop strength.To develop agility, balance and co-ordination.	<ul style="list-style-type: none">To use the ready position to defend space on court.To develop returning a ball with hands.To play against a partner.To develop racket skills and use them to return a ball.To develop returning a ball using a racket.To play against an opponent using a racket
Vocabulary	collect / release / receive / prepare / touch	sprint / speed / steady / time / tired	against / defend / quickly / trap / receive / return
Key skills and SMSC Links	<ul style="list-style-type: none">Physical: roll, track, dribble with feet, kick, throw, catch, dribble with hands.Social: inclusion, communication, collaboration, leadership.Emotional: independence, honesty, perseverance, determination.Thinking: comprehension, select and apply skills, use tactics.	<ul style="list-style-type: none">Physical: run, stamina, skip, co-ordination, agility, strength, balance.Social: encourage others, communication.Emotional: determination, perseverance.Thinking: comprehension, identify strengths and areas for improvement.	<ul style="list-style-type: none">Physical: throw, catch, hit, track.Social: co-operation, respect, support others.Emotional: perseverance, honesty.Thinking: select and apply, reflection, decision making, comprehension.
NC Links	<ul style="list-style-type: none">Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	<ul style="list-style-type: none">Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	<ul style="list-style-type: none">Participate in team games, developing simple tactics for attacking and defending.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Year 3	Autumn 1 st	Autumn 2 ⁿ	Spring 1 st	Spring 2 nd	Summer 1 st	Summer 2 nd
Swimming Objectives	<ul style="list-style-type: none">I can kick 5 meters on my front with/out a floatI can kick 5 meters on my back with/out a floatI can swim 5 meters on my frontI can swim 5 meters on my back	<ul style="list-style-type: none">I can kick 5 meters on my front with/out a floatI can kick 5 meters on my back with/out a floatI can swim 5 meters on my frontI can swim 5 meters on my back	<ul style="list-style-type: none">I can kick 10 meters on my front with/out a floatI can kick 10 meters on my back with/out a floatI can swim 10 meters on my frontI can swim 10 meters on my back	<ul style="list-style-type: none">I can kick 10 meters on my front with/out a floatI can kick 10 meters on my back with/out a floatI can swim 10 meters on my frontI can swim 10 meters on my back	<ul style="list-style-type: none">I can perform 3 different types of floatingI can do the Breaststroke kickI can swim 10 meters on my frontI can swim 10 meters on my back	<ul style="list-style-type: none">I can perform 3 different types of floatingI can do the Breaststroke kickI can swim 10 meters on my frontI can swim 10 meters on my back
Unit Title	Invasion Games – Balls Skills	Gymnastics – Lessons 1-6	Dance - Lessons 4-6- A trip to... Lessons 10 – 12 – Superheroes	Gymnastics – Lessons 7-12	Athletics	Net / Court / Wall Games – Tennis
Learning Objectives	<ul style="list-style-type: none">I can catch different sized objects with increasing consistency with two hands.I can dribble a ball with control.I can persevere when learning a new skill.I can provide feedback using key words.I can show a variety of throwing techniques.I can throw with accuracy and increasing consistency to a target.I can track the path of a ball that is not sent directly to me	<ul style="list-style-type: none">I can adapt sequences to suit different types of apparatus.I can choose actions that flow well into one another.I can complete actions with increasing balance and control.I can provide feedback using key words.I can use matching and contrasting actions in a partner sequence.I use a greater number of my own ideas for movements in response to a task.With help, I can recognise how performances could be improved.	<ul style="list-style-type: none">I am respectful of others when watching them perform.I can provide feedback using key words.I can repeat, remember and perform a dance phrase.I can use counts to keep in time with a partner and group.I can use dynamic and expressive qualities in relation to an idea.I can work with a partner and in a small group, sharing ideas.I create short dance phrases that communicate the idea.	<ul style="list-style-type: none">I can adapt sequences to suit different types of apparatus.I can choose actions that flow well into one another.I can complete actions with increasing balance and control.I can provide feedback using key words.I can use matching and contrasting actions in a partner sequence.I use a greater number of my own ideas for movements in response to a task.With help, I can recognise how performances could be improved.	<ul style="list-style-type: none">I am developing jumping for distance.I can identify when I was successful.I can take part in a relay activity, remembering when to run and what to do.I can throw a variety of objects, changing my action for accuracy and distance.I can use different take off and landings when jumping.I can use key points to help me to improve my sprinting technique.I can work with a partner and in a small group, sharing ideas.I show determination to achieve my personal best.	<ul style="list-style-type: none">I am learning the rules of the game and I am beginning to use them to play fairly.I can provide feedback using key words.I can return a ball to a partner.I can use basic racket skills.I understand the aim of the game.I understand the benefits of exercise.I work cooperatively with my group to self-manage games.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Vocabulary	Power Opponent Block Personal best Possession Accurate technique	Body tension Contrast Extend Flow Match Landing position Point Take off	Canon Explore Extend Feedback Formation Interact	Body tension Contrast Extend Flow Match Landin position Point Take off	Personal best Speed Technique Relay Power Baton Accuracy Event Strength	Backhand Competition Control Cooperation Court Forehand Opponent Tactic Rally React Opposition
Key skills and SMSC Links	<ul style="list-style-type: none">Physical: track, throw, catch, dribble, kickSocial: communication, work safely, collaborationEmotional: perseverance, personal challenge, calmness, fairnessThinking: provide feedback, tactics, comprehension, reflection, make decisions	<ul style="list-style-type: none">Physical: point and patch balances, jumps, straight roll, barrel roll, forward rollSocial: work safely, collaboration, supportiveEmotional: perseverance, confidence, independenceThinking: observe and provide feedback, creativity, select and apply skills	<ul style="list-style-type: none">Physical: actions, dynamics, space, relationshipsSocial: share ideas, respect, collaboration, inclusion, leadership, work safelyEmotional: confidence, acceptance, sensitivity, perseveranceThinking: select and apply actions, creativity, observe and provide feedback	<ul style="list-style-type: none">Physical: point and patch balances, jumps, straight roll, barrel roll, forward rollSocial: work safely, collaboration, supportiveEmotional: perseverance, confidence, independenceThinking: observe and provide feedback, creativity, select and apply skills	<ul style="list-style-type: none">Physical: sprint, jump for distance, push throw, pull throwSocial: collaborate, work safelyEmotional: determination, perseveranceThinking: observe and provide feedback, comprehension, explore technique	<ul style="list-style-type: none">Physical: forehand, backhand, throwing, catching, rallyingSocial: co-operation, collaboration, respect, support and encourage othersEmotional: honesty, perseveranceThinking: comprehension, decision making, select and apply, understand rules, use tactics, reflection
PE National Curriculum	<ul style="list-style-type: none">Use running, jumping, throwing and catching in isolation and in combination.Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<ul style="list-style-type: none">Develop flexibility, strength, technique, control and balance.	<ul style="list-style-type: none">Perform dances using a range of movement patterns.	<ul style="list-style-type: none">Develop flexibility, strength, technique, control and balance.	<ul style="list-style-type: none">Develop flexibility, strength, technique, control and balance.Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	<ul style="list-style-type: none">Use running, jumping, throwing and catching in isolation and in combination.Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Year 3	Autumn Term Buffer Unit	Spring Term Buffer Unit	Summer Term Buffer Unit
Unit Title	Fitness	Invasion Games – Basketball	OAA – Outdoor and Adventurous Activities
Learning Objectives	<ul style="list-style-type: none">I can collect and record my scores, recognising my strengths.I can complete exercises with control.I can persevere when I find a challenge hard.I can provide feedback using key words.I can use key points to help me to improve my sprinting technique.I can work safely with others.I show balance when changing direction.I understand that there are different areas of fitness.	<ul style="list-style-type: none">I am beginning to use simple tactics.I am learning the rules of the game and am beginning to use them honestly.I can dribble, pass, receive and shoot the ball with some control.I can find space away from others and near to my goal.I can provide feedback using key words.I can track an opponent to slow them down.I understand my role as an attacker and as a defender.I work co-operatively with my group to self-manage games.	<ul style="list-style-type: none">I am developing map reading skills.I can follow and give instructions.I can listen to and am accepting of others' ideas.I can plan and attempt to apply strategies to solve problems.I can reflect on when and why I was successful at solving challenges and am beginning to understand why.I can work collaboratively with a partner and a small group.
Vocabulary	agility / control / coordination / progress / stamina / strength technique	accurate / communicate / intercept / tackle / opposition / receiver referee / control / technique	collaborate / compass / discuss / honest / interrupt / route symbol / tactics / trust / teamwork
Key skills and SMSC Links	<ul style="list-style-type: none">Physical: agility, balance, co-ordination, speed, stamina, strength.Social: support others, work safely, communication.Emotional: perseverance, determination, honesty.Thinking: identify areas of strength and areas for development.	<ul style="list-style-type: none">Physical: run, jump, throw, catch, dribble, shoot.Social: working safely, collaboration, support and encourage others.Emotional: honesty, determination, perseverance.Thinking: exploration, identify areas of strength and areas for development, decision making, use tactics, reflection.	<ul style="list-style-type: none">Physical: balance, co-ordination, run at speed, run over distance.Social: communication, co-operation, inclusion, collaborate.Emotional: determination, trust, confidence, honesty.Thinking: problem solving, evaluate, reflection, create, comprehension, select and apply.
NC Links	<ul style="list-style-type: none">Use running, jumping and throwing in isolation and in combination.Develop flexibility, strength, technique, control and balance.	<ul style="list-style-type: none">Use running, jumping, throwing and catching in isolation and in combination.Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<ul style="list-style-type: none">Take part in outdoor and adventurous activity challenges both individually and within a team.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Year 4	Autumn 1 st	Autumn 2 nd	Spring 1 st	Spring 2 nd	Summer 1 st	Summer 2 nd
Swimming Objectives	<ul style="list-style-type: none">I can perform 3 different types of floatingI can do the Breaststroke kickI can swim full BreaststrokeI can swim 10 meters on my back	<ul style="list-style-type: none">I can perform 3 different types of floatingI can do the Breaststroke kickI can swim full BreaststrokeI can swim 10 meters on my back	<ul style="list-style-type: none">I can swim full Breaststroke for 10 metersI understand how to breath correctly to the side in front crawlI understand the Butterfly kickI can perform handstands	<ul style="list-style-type: none">I can swim full Breaststroke for 10 metersI understand how to breath correctly to the side in front crawlI understand the Butterfly kickI can perform handstands	<ul style="list-style-type: none">I can swim all 4 strokes for 10 metersI understand how to swim full butterfly strokeI understand the Butterfly kickI can swim underwater	<ul style="list-style-type: none">I can swim all 4 strokes for 10 metersI understand how to swim full butterfly strokeI understand the Butterfly kickI can swim underwater
Unit Title	Gymnastics – Lessons 1-6	Dance – Lesson 4-6 – Carnival Lessons 7-9 – States of Matter	Gymnastics – Lessons 7-12	Invasion Games - Handball	Athletics	Striking and Fielding Games – Cricket
Learning Objectives	<ul style="list-style-type: none">To develop individual and partner balances.To develop individual and partner balances using apparatus.To develop control in performing and landing rotation jumps.To develop rotation jumps and sequence building using apparatus.To develop the straight, barrel, forward and straddle roll.To assess my straight, barrel, forward and straddle roll.	<ul style="list-style-type: none">To learn and create dance moves in the theme of carnival.To develop a carnival dance using formations, canon and unison.To develop a dance phrase and perform as part of a class performance.To understand how dynamics, space and relationships can be used to represent a state of matter.To use actions, dynamics, space and relationships to represent a state of matter.To order and structure phrases to create a dance performance.	<ul style="list-style-type: none">To link actions that flow using the rolls I have learnt.To link actions that flow in a partner sequence using the rolls I have learnt.To develop strength in inverted movements.To develop strength in inverted movements.To create a great partner sequence to include the skills I have learnt and apparatus.To create a great partner sequence to include the skills I have learnt and apparatus.	<ul style="list-style-type: none">To begin to throw and catch while on the move.To move towards goal or away from a defender.To move towards goal to create shooting opportunities.To use defending skills to delay an opponent and gain possession.To use a change of direction and speed to lose a defender and move into space.To apply skills and knowledge to compete in game situations.	<ul style="list-style-type: none">To develop stamina and an understanding of speed and pace in relation to distance.To develop power and speed in the sprinting technique.To develop technique when jumping for distance.To develop power and technique when throwing for distance.To develop a pull throw for distance and accuracy.To develop officiating and performing skills.	<ul style="list-style-type: none">To develop overarm and underarm throwing and apply these to a striking and fielding game.To develop bowling technique and learn the rules of the skill within this game.To develop batting technique and understand where to hit the ball.To develop fielding techniques and apply them to game situations.To play different roles in a game and begin to think tactically about each role.To apply skills and knowledge to compete in a tournament.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Vocabulary	bridge / fluidly / inverted / momentum / perform / rotation / shoulder stand / stability / wrist grip	action and reaction / flow / order / phrase / performance / relationship / represent / rhythm / structure	bridge / fluidly / inverted / momentum / perform / rotation / shoulder stand / stability / wrist grip	decision / limit / deny / pressure / delay / gain / protect / obstruct / option cushion / opposing / momentum / supporting / accelerate	stamina / pace / stride / transfer of weight / measure heave / launch / official / officiate / record	decision / momentum / pressure / retrieve / limit / compete / cushion
Key skills and SMSC Links	<ul style="list-style-type: none">Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand.Social: work safely, determination, collaboration, communication, respectEmotional: confidence, perseverance.Thinking: observe and provide feedback, select and apply actions, creativity, evaluate and improve.	<ul style="list-style-type: none">Physical: actions, dynamics, space, relationships.Social: co-operation, communication, inclusion, collaboration.Emotional: confidence, empathy, determination.Thinking: observe and provide feedback, select and apply skills, creativity, comprehension.	<ul style="list-style-type: none">Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand.Social: work safely, determination, collaboration, communication, respectEmotional: confidence, perseverance.Thinking: observe and provide feedback, select and apply actions, creativity, evaluate and improve	<ul style="list-style-type: none">Physical: throw, catch, run, dribble, shoot, change direction, change speedSocial: kindness, communication, co-operationEmotional: honesty and fair play, determination, perseverance, confidenceThinking: decision making, select and apply, problem solving, comprehension.	<ul style="list-style-type: none">Physical: pace, sprint, jump for distance, throw for distance.Social: collaboration, leadership.Emotional: perseverance, determination, honesty.Thinking: reflection, observing and providing feedback, exploring ideas, comprehension.	<ul style="list-style-type: none">Physical: underarm and overarm throwing, overarm bowling, batting, two handed pick up, short barrier.Social: collaboration and communication, respect.Emotional: perseverance, honesty, determination.Thinking: observing and providing feedback, applying strategies.
PE National curriculum	<ul style="list-style-type: none">Develop flexibility, strength, technique, control and balance.	<ul style="list-style-type: none">Perform dances using a range of movement patterns.	<ul style="list-style-type: none">Develop flexibility, strength, technique, control and balance.	<ul style="list-style-type: none">Use running, jumping, throwing and catching in isolation and in combination.Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<ul style="list-style-type: none">Use running, jumping, throwing and catching in isolation and in combination.Develop flexibility, strength, technique, control and balance.	<ul style="list-style-type: none">Use running, jumping, throwing and catching in isolation and in combination.Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Year 4	Autumn Term Buffer Unit	Spring Term Buffer Unit	Summer Term Buffer Unit
Unit Title	Invasion Games – Netball	Yoga	OAA – Outdoor and Adventurous Activities
Learning Objectives	<ul style="list-style-type: none">To develop passing and moving and play within the footwork rule.To use a variety of passes to move towards a goal.To develop movement skills to lose a defender.To defend an opponent and try to win the ball.To develop the shooting action.To apply skills and knowledge to play games using netball rules.	<ul style="list-style-type: none">To explore connecting breath and movement.To explore new yoga poses and begin to connect them.To explore gratitude when remembering and repeating a yoga flow.To develop flexibility and strength in a positive summer flow.To develop flexibility and wellbeing in an individual yoga flow.To develop confidence and strength through arm balances.	<ul style="list-style-type: none">To develop co-operation and teamwork skills.To orientate a map and navigate around a grid.To develop observational skills, listening to others and following instructions.To develop trust whilst listening to others and following instructions.To be able to identify, draw and follow a simple map.To be able to orientate and navigate around a map and draw a route using directions.
Vocabulary	alternate / contact / extend / receiver / continuous / co-operative deny / reflect / swing / compete	gratitude / wellbeing / notice / stable / lengthen	effectively / key / leader / reflect / role / orientate / navigate
Key skills and SMSC Links	<ul style="list-style-type: none">Physical: throw, catch, change direction, change speed, shoot.Social: communication, collaboration, support others.Emotional: honesty and fair play, persevere, confidence.Thinking: comprehension, decision making, recognition, identify, observe and provide feedback, select and apply.	<ul style="list-style-type: none">Physical: balance, flexibility, strength, co-ordination.Social: working safely, supporting others, sharing ideas, collaboration, respect.Emotional: confidence, determination, integrity, focus.Thinking: recall, creativity, selecting actions, providing feedback, reflection.	<ul style="list-style-type: none">Physical: balance, run at speed, run over distance, co-ordination.Social: communication, co-operation, collaboration.Emotional: determination, resilience, honesty, trust, confidence.Thinking: problem solving, evaluation, reflection, create, select and apply.
NC Links	<ul style="list-style-type: none">Use running, jumping, throwing and catching in isolation and in combination.Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<ul style="list-style-type: none">Develop flexibility, strength, technique, control and balance.	<ul style="list-style-type: none">Take part in outdoor and adventurous activity challenges both individually and within a team.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Year 5	Autumn 1 st	Autumn 2 nd	Spring 1 st	Spring 2 nd	Summer 1 st	Summer 2 nd
Swimming Objectives	<ul style="list-style-type: none">I can swim all 4 strokes for 10 metersI understand water safetyI understand the bi-lateral breathingI can perform forward/backward rolls	<ul style="list-style-type: none">I can swim all 4 strokes for 10 metersI understand water safetyI understand the bi-lateral breathingI can perform forward/backward rolls	<ul style="list-style-type: none">I can swim all 4 strokes for 10 metersI can scull for 10 meters feet firstI can scull 10 meters head firstI can perform a log roll on my front and back	<ul style="list-style-type: none">I can swim all 4 strokes for 10 metersI can scull for 10 meters feet firstI can scull 10 meters head firstI can perform a log roll on my front and back	<ul style="list-style-type: none">I can swim all 4 strokes for 10 meters or moreI can scull for 10 meters feet firstI can scull 10 meters head firstI can perform a sequence of movement including floats and rolls	<ul style="list-style-type: none">I can swim all 4 strokes for 10 meters or moreI can scull for 10 meters feet firstI can scull 10 meters head firstI can perform a sequence of movement including floats and rolls
Unit Title	Invasion Games - Hockey	Dance Lessons 7-9 – Ancient Maya Lessons 10-12 – Chinese Dance	Gymnastics Lessons 1, 3, 5, 7, 9, 11	Invasion Games – Dodgeball	Athletics	Net / Court / Wall Games – Tennis
Learning Objectives	<ul style="list-style-type: none">To develop dribbling to beat a defender.To send and receive the ball with control under pressure.To select the appropriate skill, choosing when to pass and when to dribble.To move into and create space to support a teammate.To use the appropriate defensive technique for the situation.To apply rules, skills and principles to play in a tournament.	<ul style="list-style-type: none">To develop set choreography inspired by a Mayan god.To choose actions to create a motif in a given character with consideration of dynamics, space and relationships.To use structure to choreograph a dance performance.To use matching, canon and unison in the style of the lion dance.To use space and relationships to create a dragon dance.To select and combine dance tools to choreograph and perform a Chinese dance.	<ul style="list-style-type: none">To perform symmetrical and asymmetrical balances.To develop the straight, forward, straddle and backward roll.To explore different travelling actions using both canon and synchronization.To perform progressions of inverted movements.To explore matching and mirroring in sequence work.To create a partner sequence using apparatus.	<ul style="list-style-type: none">To throw under pressure and apply this to a target game.To select the appropriate dodging skill for the situation.To develop catching with increasing consistency under pressure.To develop defensive techniques and select the appropriate action for the situation.To understand and apply tactics in a game.To develop officiating skills and referee a game.	<ul style="list-style-type: none">To understand pace and apply different speeds over varying distances.To develop fluency and co-ordination when running for speed.To develop technique in relay changeovers.To build momentum and power in the triple jump.To develop throwing with force for longer distances.To develop throwing with greater control and technique.	<ul style="list-style-type: none">To return the ball using a forehand groundstroke under pressure.To return the ball using a backhand groundstroke under pressure.To use a variety of shots to keep a continuous rally going.To develop the underarm serve and understand the rules of serving.To develop the volley and understand when to use it.To apply rules, skills and principles to play against an opponent.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Vocabulary	angle / close down / drive / situation / ball carrier / create / sportsmanship / stance / barrier / dominant / maintain / support	choreograph / choreography / collaboratively / genre / motif / posture / quality / transition	decide / canon / cartwheel / extension / mirroring / observe / identify / performance / quality / stable / symmetrical / synchronisation / asymmetrical / transition	angle / close down / drive / situation / ball carrier / create / sportsmanship / stance / barrier / dominant / maintain / support	consistent / changeover / track / approach / momentum / drive / dominant / shot put / field / force / javelin	pressure / situation / option / technique / sportsmanship / dominant / adjust / readjust / cushion / consecutive / non-dominant / grip / serve/ baseline / release / create / communicate / groundstroke
Key skills and SMSC Links	<ul style="list-style-type: none"> Physical: dribble, pass, receive, tackle, intercept, run, shoot. Social: communication, collaboration, respect, support others. Emotional: perseverance, honesty and fair play, determination. Thinking: identify areas of strength and areas for development, select and apply, decision making, comprehension, reflection. 	<ul style="list-style-type: none"> Physical: actions, dynamics, space, relationships. Social: collaboration, consideration and awareness of others, inclusion, respect, leadership. Emotional: empathy, confidence, perseverance. Thinking: creativity, observe and provide feedback, use feedback to improve, comprehension, select and apply skills. 	<ul style="list-style-type: none"> Physical: symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand. Social: work safely, support others, collaboration Emotional: confidence, perseverance, resilience, determination. Thinking: observe and provide feedback, creativity, reflection, select and apply actions, evaluate and improve sequences. 	<ul style="list-style-type: none"> Physical: throw, catch, dodge, block. Social: collaboration, respect, leadership, communication Emotional: honesty, determination, confidence. Thinking: make decisions, select and apply tactics. 	<ul style="list-style-type: none"> Physical: pace, sprint, relay changeovers, jump for distance, push throw, pull throw. Social: collaboration, negotiation, communication, supporting others. Emotional: perseverance, confidence, concentration, determination. Thinking: observing and providing feedback, selecting and applying, comprehension 	<ul style="list-style-type: none"> Physical: forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rallying. Social: encourage and support others, co-operation, collaboration, communication Emotional: perseverance, honesty. Thinking: observe and provide feedback, reflection, comprehension, select and apply, decision making, use of tactics.
PE National curriculum	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> Perform dances using a range of movement patterns. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. 	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. 	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Year 5	Autumn Term Buffer Unit	Spring Term Buffer Unit	Summer Term Buffer Unit
Unit Title	Net and Wall Games – Badminton	Fitness	OAA – Outdoor and Adventurous Activities
Learning Objectives	<ul style="list-style-type: none">To return the shuttlecock using an underarm clear.To return the shuttlecock using an overhead clear.To use a variety of shots to keep a continuous rally going.To develop the serve and understand the rules of serving.To employ tactics to play against an opponent and with a partner.To apply rules, skills and principles to play against an opponent.	<ul style="list-style-type: none">To develop an awareness of what your body is able to do.To develop speed and stamina.To develop strength using my own body weight.To develop co-ordination.To develop agility.To develop balancing with control.	<ul style="list-style-type: none">To develop communication and negotiation skills.To develop strong communication and negotiation skills to solve challenges.To develop planning and problem-solving skills.To share ideas and work as a team to solve problems.To develop navigation skills and map reading.To create and follow a key and route on a map.
Vocabulary	Prepare / stance / direct / doubles / thrust / placement / limit / service / abide / recover / opposing / appropriate / footwork	drive / measure / consistent / motivate / persevere / power / stable	cardinal points / compromise / concise / critical thinking / landmark / negotiate / strategy / verbal / visual
Key skills and SMSC Links	<ul style="list-style-type: none">Physical: underarm clear, overarm clear, serving, rallying.Social: collaboration, communication, respect, encouragement.Emotional: perseverance, patience, honesty.Thinking: using tactics and rules, decision making, select and apply, identifying areas of strength and areas for development, reflection.	<ul style="list-style-type: none">Physical: agility, balance, co-ordination, speed, stamina, strength.Social: support and encourage others, collaboration.Emotional: perseverance, determination.Thinking: observation, analysis, comprehension.	<ul style="list-style-type: none">Physical: balance, co-ordination, run at speed, run over distance.Social: negotiation, communication, leadership, work safely.Emotional: empathy, confidence, resilience.Thinking: problem solving, reflect, critical thinking, select and apply, comprehension.
NC Links	<ul style="list-style-type: none">Use running, jumping, throwing and catching in isolation and in combination.Develop flexibility, strength, technique, control and balance.Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<ul style="list-style-type: none">Develop flexibility, strength, technique, control and balance.	<ul style="list-style-type: none">Take part in outdoor and adventurous activity challenges both individually and within a team



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Year 6	Autumn 1 st	Autumn 2 nd	Spring 1 st	Spring 2 nd	Summer 1 st	Summer 2 nd
Swimming Objectives	<ul style="list-style-type: none"> I can swim all 4 strokes for 10 meters I understand water safety I understand bi-lateral breathing I can perform forward/backward rolls 	<ul style="list-style-type: none"> I can swim all 4 strokes for 10 meters I understand water safety I understand bi-lateral breathing I can perform forward/backward rolls 	<ul style="list-style-type: none"> I can swim for 25 meters front crawl I can swim for 25 meters back stroke I understand polo / synchronised swimming 	<ul style="list-style-type: none"> I can swim for 25 meters front crawl I can swim for 25 meters back stroke I have swam in my clothes I have experienced water polo / synchronised swimming 	<ul style="list-style-type: none"> I can swim for 25 meters front crawl I can swim for 25 meters back stroke I have swam in my clothes I have experienced water polo / synchronised swimming 	<ul style="list-style-type: none"> I can swim for 25 meters front crawl I can swim for 25 meters back stroke I have swam in my clothes I have experienced water polo / synchronised swimming
Unit Title	Invasion Games – Football	Gymnastics – Lessons 1, 3, 5, 7, 9, 11	Dance – Lessons 4-6 – Bhangra Lessons 7-9 – Waiting for...	Invasion Games – Tag Rugby	Athletics	OAA – Outdoor and Adventurous Activities
Learning Objectives	<ul style="list-style-type: none"> To maintain possession when dribbling. To dribble with control under pressure. To select the appropriate skill, choosing when to pass and when to dribble. To move into and create space to support a teammate. To use the appropriate defensive technique for the situation. To apply rules, skills and principles to play in a tournament. 	<ul style="list-style-type: none"> To develop the straddle, forward and backward roll. To develop counter balance and counter tension. To develop jumps and explore the effect of height. To develop inverted movements with control. To use flight from hands to travel over apparatus. To create a group sequence using formations and apparatus. 	<ul style="list-style-type: none"> To demonstrate a sense of rhythm and energy when performing bhangra style motifs. To perform a bhangra dance, showing an awareness of timing, formations and direction. To select, order, structure and perform movements in a bhangra style, showing various group formations. To develop a dance phrase using actions, dynamics, space and relationships. To copy and create actions with consideration to stimulus. To use choreographic devices to improve the aesthetics of a performance. 	<ul style="list-style-type: none"> To select the appropriate skill, choosing when to run and when to pass. To move into space to support a teammate abiding by the rules. To use defending skills to gain possession. To work as a defending unit to prevent attackers from scoring. To use a variety of attacking skills to beat a defender. To apply rules, skills and tactics learnt to play in a tag rugby tournament. 	<ul style="list-style-type: none"> To develop my own and others sprinting technique. To identify a suitable pace for the event. To develop power, control and technique for the triple jump. To develop power, control and technique when throwing for distance. To develop throwing with force and accuracy for longer distances. To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. 	<ul style="list-style-type: none"> To build communication and trust whilst showing an awareness of safety. To collaborate as a team to solve problems. To develop tactical planning and problem solving. To work as a team and use critical thinking to determine the best approach. To develop navigational skills and map reading. To use a key to identify objects and locations.
Vocabulary	consecutive / dictate / appropriate / ball side / turnover / transition / abide / consistently / contest / draw / assess	aesthetics / contrasting / counter tension / competent / progression / counter balance / engage / flight / formation / structure / execution / handstand / refine / vault	aesthetic / freeze frame / mood / inspiration / style / rehearse / express / refine / stimulus	consecutive / dictate / appropriate / ball side / turnover / transition / abide / consistently / contest / draw / assess	maximum / pattern / fling / meet / strategy / phase / stance / explosive / rhythm / grip / release / discuss	adhere / evaluate / contribute / inclusive / approach / determine / location



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Key skills and SMSC Links	<ul style="list-style-type: none">Physical: dribble, pass, receive, track, tackleSocial: communication, respect, collaboration, co-operation.Emotional: honesty, persevere, determinationThinking: assess, explore, decision making, select and apply	<ul style="list-style-type: none">Physical: straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, flight.Social: work safely, collaboration, communication, respectEmotional: independence, confidence, determinationThinking: observe and provide feedback, comprehension, select and apply actions, evaluate and improve sequences.	<ul style="list-style-type: none">Physical: actions, dynamics, space, relationships.Social: share ideas, collaboration, support, communication, inclusion, respect, leadershipEmotional: confidence, self-regulation, perseverance, determination, integrity, empathy.Thinking: creativity, observation, provide feedback, comprehension, use feedback to improve, select and apply skills	<ul style="list-style-type: none">Physical: throw, catch, run, change direction, change speed.Social: communication, support others, collaborationEmotional: honesty and fair play, confidence, determination, trustThinking: decision making, comprehension, reflection, identify strengths and areas for development, plan	<ul style="list-style-type: none">Physical: pace, sprint, jump for distance, push throw, fling throw.Social: negotiating, collaborating, respect.Emotional: empathy, perseverance, determination.Thinking: observing and providing feedback, comprehension	<ul style="list-style-type: none">Physical: balance, co-ordination, run at speed, run over distance.Social: communication, collaboration, inclusion, leadership, work safely.Emotional: confidence, honesty, trust.Thinking: evaluation, reflection, problem solving, comprehension, select and apply
PE National curriculum	<ul style="list-style-type: none">Use running, jumping, throwing and catching in isolation and in combination.Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<ul style="list-style-type: none">Develop flexibility, strength, technique, control and balance.	<ul style="list-style-type: none">Perform dances using a range of movement patterns.	<ul style="list-style-type: none">Use running, jumping, throwing and catching in isolation and in combination.Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<ul style="list-style-type: none">Use running, jumping, throwing and catching in isolation and in combination.Develop flexibility, strength, technique, control and balance.	<ul style="list-style-type: none">Take part in outdoor and adventurous activity challenges both individually and within a team



Physical Education Curriculum Map 2023 - 2024

(Get Set 4 PE)



Year 6	Autumn Term Buffer Unit	Spring Term Buffer Unit	Summer Term Buffer Unit
Unit Title	Striking and Fielding Games - Rounders	Yoga	Striking and Fielding Games – Cricket
Learning Objectives	<ul style="list-style-type: none">To develop throwing and catching under pressure and apply these to a striking and fielding game.To develop bowling under pressure whilst abiding by the rules of the game.To strike a bowled ball with increasing consistency.To develop fielding techniques and select the appropriate action for the situation.To understand and apply tactics in a game.To apply skills and knowledge to compete in a tournament.	<ul style="list-style-type: none">To develop flexibility through the sun salutation flow. To develop strength through yoga flows.To create your own flow showing quality in control, balance and technique.To develop balance through yoga flows.To work collaboratively to create a controlled paired yoga flow.To create your own yoga flow that challenges technique, balance and control.	<ul style="list-style-type: none">To develop throwing and catching under pressure and apply these to a striking and fielding game.To develop bowling under pressure whilst abiding by the rules of the game.To strike a bowled ball with increasing consistency.To develop fielding techniques and select the appropriate action for the situation.To understand and apply tactics in a game.To apply skills and knowledge to compete in a tournament.
Vocabulary	abide / assess / consistently / consecutive / appropriate / collaborate	collaborate / salutation / fluidly / engage / expand	Abide / assess / consecutive/ collaborate / appropriate
Key skills and SMSC Links	<ul style="list-style-type: none">Physical: throw, catch, bowl, bat, fieldSocial: communication, collaboration, respect, co-operationEmotional: honesty, self regulation, sportsmanshipThinking: select and apply skills, reflection, assess, tactics	<ul style="list-style-type: none">Physical: balance, strength, flexibility, co-ordination.Social: respect, co-operate leadership, communication, share ideas, work safelyEmotional: focus, concentration, confidence, independence, determination.Thinking: identify, create, select and apply actions, observe and provide feedback	<ul style="list-style-type: none">Physical: deep and close catch, underarm and overarm throw, overarm bowl, long and short barrier, battingSocial: collaboration, communication, respectEmotional: honesty, perseveranceThinking: observation, provide feedback, select and apply skills, tactics, assessing
NC Links	<ul style="list-style-type: none">Use running, jumping, throwing and catching in isolation and in combination.Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<ul style="list-style-type: none">Develop flexibility, strength, technique, control and balance.	<ul style="list-style-type: none">use running, jumping, throwing and catching in isolation and in combination.Play competitive games, modified where appropriateapply basic principles suitable for attacking and defending.