





PE curriculum map - Foundation

Year Groups	Autumn Term		Spring Term		Summer Term	
Indoor	Introduction to PE lessons: Routines of getting changed. Golden Mile Yoga	Golden Mile Yoga	Golden Mile Yoga	Golden Mile Yoga	Balancability Golden Mile Yoga	Golden Mile Yoga Prepare for Sports Day: Practise throwing, running and jumping skills, combining each to find a suitable compromise between speed and precision for a range of different competitive events.
Outdoor	Fundamentals Unit 1	Dance Unit 1 "On Parade"	Gymnastics Unit 1 "Fun Gym Shapes"	Fundamentals Unit 2	Dance Unit 2 "Toys"	Gymnastics Unit 2 "Move & Hold"
	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:	Curriculum objectives: Move in a controlled	Curriculum objectives: Foundation Stage Profile
	Pupils 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 effectively. Pupils are confident to try new activities, and say why they like some activities more than others. Pupils play cooperatively, taking turns with others. Pupils	Develop timing skills, follow pathways, and understand control of the body in space.	Foundation Stage Profile - Physical Development Key concepts: Fun gym shapes – straight, star and tuck shapes with extension to pike and straddle shapes for the more able. Short movement phrases - repeat the same fun gym shape or link different fun gym shapes. Control - holding the fun gym shapes for 3 counts	Pupils 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 effectively. Pupils are confident to try new activities, and say why they like some activities more than others. Pupils play cooperatively, taking turns with others. Pupils	manner, at different speeds and directions, using different levels. Create, practise	- Physical Development Key concepts: Movement and stillness - positions of stillness, individual body movements and whole body movements on the spot and travelling. Short movement phrases - repeat the same body movements and link different body movements to

actions. The	veral ideas or ey work as oup or class, tand and	follow instructions involving several ideas or actions. They work as part of a group or class, and understand and follow the rules.	positions of stillness. Performance – show clear start and finish positions.







Year Groups	Autumn Term		Spring Term		Summer Term	
Indoor	Gymnastics Unit 1 "Jumping Jacks" Curriculum objectives:	Dance – Composition and rehearsal of dances for Christmas production.	Gymnastics Unit 2 "Rock n Roll" Curriculum objectives:	Dance Unit 1 "Moving Words" Curriculum objectives:	Dance Unit 2 "The Weather" Curriculum objectives:	Striking & Fielding Supplementary material Curriculum objectives:
	Develop fundamental movement skills. Extend agility, balance and co-ordination. Engage in co-operative physical activities. Master basic jumping actions	Curriculum Objectives: Develop fundamental movement skills.	Develop fundamental movement skills. Extend agility, balance and coordination. Engage in co-operative physical activities. Master basic jumping actions.	Develop skills of travelling, turning, stillness; changing shape, size, direction, level, speed and actions, using words as the	To explore changes in size, speed, level and dynamics and use gestures and travelling. Move in a controlled manner, at different speeds and directions, using different levels and strengths. Respond to a range of stimuli and accompaniments. Create, practise, remember and perform simple movement sequences. Be able to talk about their movements and the movements of others.	To practise and refine rolling and throwing skills initially then catching and striking skills. To describe how their bodies feel while they are playing Striking and Fielding games To develop an understanding of where to place the ball in relation to the fielders and plan simple tactics To discuss and evaluate their fielding and attacking strategies
Outdoor	Athletics Supplementary material	Fundamentals Unit 1	Fundamentals Unit 2	OAA Trails, Trust and Teamwork	Fundamentals unit 3 Rolling receiving striking	Prepare for Sports Day:
	Curriculum objectives: Accelerate quickly and	Curriculum objectives: To develop control and co-ordination in large	Curriculum objectives: Refine the skills of running successfully,	Curriculum objectives:	Curriculum objectives: To practise and develop accuracy of	Practise throwing, running and jumping skills, combining each to find a suitable compromise between

Restivals/ Corpetitions	run fast to retrieve an object Demonstrate various jumps in response to instructions Co-operate with others in a team Control movement in response to specific instructions. Roll a ball accurately Run on a curve with co- ordination and control Jump quickly from side to side showing co- ordination and balance Move quickly to a base in response to voice instructions Show awareness of space and the safety of others Throw with speed and agility Walk and run with good posture and balance Take off from different positions Demonstrate control in landing Demonstrate mobility and co-ordination Friday 27th September Year 1 Multi-Skills	and small movements, move confidently in a range of ways, safely negotiating space and handle equipment effectively. Pupils try new activities, play cooperatively, taking turns with others, follow instructions involving several ideas or actions. They work as part of a group and understand and follow the rule	change directions, and develop side stepping. Throw, catch and aim on the move	A range of sequential learning experiences that allow pupils to venture successfully in the outdoors. Respond to different challenges and problem solving tasks.	rolling, receiving and striking skills. To observe rolling, receiving and striking skills and use information to improve performance. To work co-operatively with a partner and group. To understand safety involved with rolling, receiving and striking activities.	speed and precision for a range of different competitive events.
	Competition at CVC					







Year Groups	Autumn Term		Spring Term		Summer Term	
Indoor	Gymnastics Unit 1 "Points of Contact"	Dance Unit 2 "Magical Friendships"	Dance Unit 1 "Great Fire of London"	Dance Plants Unit Pack (Twinkl unit)	Gymnastics Unit 2 "Ball, Tall and Wall	Circuit training (twinkl Unit)
	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:
	§ Develop fundamental movement skills. § Extend agility, balance and co-ordination. § Engage in co-operative physical activities.	To explore changes in size, speed, level and dynamics and use gestures and travelling to show meeting and greeting.	To explore travelling and pathways showing control, change of levels/ speed/direction, unison, meet and part,	To develop balance and co-ordination. To perform dances using simple movement patterns. To work with a partner to create movements to represent a seed growing and parts of a story.	Develop fundamental movement skills. Extend agility, balance and coordination. Engage in co-operative physical activities.	To develop balance and co-ordination by controlling chances of direction and in the context of jumping. To master basic movements and apply these in a range of activities, trying to improve upon own performance.
Outdoor	Football Skills (twinkl unit)	Fundamentals Unit 1	Fundamentals Unit 2	Invasion Games (twinkl unit)	Tennis (Bat and Ball – twinkl Unit)	Prepare for Sports Day:
	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:
	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Refine the skills of running successfully, changing directions on the move. Develop throwing, catching, striking and dribbling skills and play small games.	Refine the skills of running successfully, changing directions on the move. Develop throwing, catching, striking and dribbling skills and play small games.	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.	To develop skills using a tennis racket and a cricket bat. To recap how to hold each one correctly and to develop their striking skills from hitting a stationary ball to one that has been thrown or rolled by a	Practise throwing, running and jumping skills, combining each to find a suitable compromise between speed and precision for a range of different competitive events.

	To participate in team games, developing simple tactics for attacking and defending.		partner. To apply these skills both individually and as part of a team.	
Restivals/ Corpetitions			Tuesday 28 th April Tennis Festival at Comberton VC	







Year Groups	Autumn Term		Spring Term		Summer Term	Summer Term		
Indoor	Fun Fitness	Gymnastics Unit 1 Patterns & Pathways	Gymnastics Unit 2 "Hand Apparatus"	Dance Unit 2 "Machines"	Striking & Fielding Unit 1	Dance Solar System		
	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:		
	How exercise affects the body in the short term.	Develop a broad range of skills. § Link actions to make sequences of movement. § Understand how to improve and evaluate own success. § Develop flexibility, strength, technique, control and balance.	Develop a broad range of skills. Link actions to make sequences of movement. Understand how to improve and evaluate own success. Develop flexibility, strength, technique, control and balance.	Repeat, remember and perform phrases in a dance, improvise freely, translating ideas from a stimulus into movement. Share and create dance phrases with a partner and in a small group. Recognise and talk about the movements used. Suggest improvements to their own and other pupil's dances.	Improve skills of: travel, travel with, send, chase, receive, avoid dodge, attack, defend, movement into/out of space.	Improve skills of travelling, jumping, turning, stillness, gesturing; changing shape/size/level/directio n. Increase the range of body actions; compose, practice and perform actions with control		
Outdoor	Athletics	Tag Rugby	Games Unit 1 Year 3	Swimming	Invasion game	Net / Wall Games		
	"Challenges"	Supplementary material	"Ball Handling Skills"	Curriculum objectives:	Curriculum objectives:	Additional Resources		
	Curriculum objectives:	Curriculum objectives:	Curriculum objectives:	To use a range of strokes	To practise and perform	Curriculum objectives:		
	Copy, repeat and evaluate simple athletic skills and actions (run, throw, jump) showing	Revise diff ways of moving and exchanging. How do we hold the ball and why?	Improve skills of travel, travel with, send chase, receive, aim, chase, dribble avoid, dodge,	to use a range of strokes to swim competently, confidently and proficiently over a	a range of ball skills with control, focusing on dribble, kick and receive To combine ball skills	Improve skills of travel and awareness of the use of space, to send and receive a ball,		

Festivals/	control and co- ordination. Improve skills of running, jumping and throwing. Give reasons for why warming up in athletics is important and athletic activities are good for your health. Observe and describe a partner's running/ throwing/jumping action.	moving quickly and in to space makes it harder for a defender to intercept the ball.	attack, defend, movement into/out of space.	distance of at least 25 metres. To perform safe self- rescue in different water based situations. OAA Cooperation, Communication and Consideration Curriculum objectives: Improve skills of travel and awareness of the use of space, to send and receive a ball, perform throwing, catching and striking a ball with a racket with increasing control and accuracy. Play games in pairs cooperatively using agreed rules. Compete with others in a game situation.	and apply them in simple game activities To work co operatively with a partner to improve control and accuracy (1b)	perform throwing, catching and striking a ball with a racket with increasing control and accuracy. Play games in pairs cooperatively using agreed rules. Compete with others in a game situation.
Constitions					Year ¾ Invasion Games at Comberton VC (Will hopefully go to Cam VC instead)	







Year Groups	Autumn Term		Spring Term		Summer Term	
Indoor	Fun fitness Understand the affects exercise has in the long term. To perform actions with more consistent control and quality.	Dance Unit 2 "Rugby and the Haka" Curriculum objectives: Develop skills of unison, mirroring, contact, level, speed, direction, control, jumping, turning gesture, action/reaction, formatiom	Gymnastics Unit 2 " Rotation" Curriculum objectives: Develop a broad range of skills. § Link actions to make sequences of movement. § Understand how to improve and evaluate own success. § Develop flexibility, strength, technique, control and balanc	Gymnastics Unit 1 "Principles of Balance" Curriculum objectives: Develop a broad range of skills. § Link actions to make sequences of movement. § Understand how to improve and evaluate own success. § Develop flexibility, strength, technique, control + balance	Curriculum objectives: Improve skills of travel and awareness of the use of space, to send and receive a ball, perform throwing, catching and striking a ball with a racket with increasing control and accuracy. Play games in pairs cooperatively using agreed rules. Compete with others in a game situation.	Curriculum objectives: Improve skills of travelling, jumping, turning, stillness, gesturing; changing shape/size/level/direction. Increase the range of body actions; compose, practice and perform actions with control and fluency.
Outdoor	Athletics "Pentathlon" Curriculum objectives:	Tag rugby Curriculum objectives:	LKS2 Swimming Curriculum objectives:	OAA Cooperation, Communication and Consideration	Games Unit 1 Year 3 "Ball handling Skills" Curriculum objectives:	Games Unit 1 Year 4 "Ball on the Ground" Curriculum objectives:
	Curriculum objectives: Copy, repeat and evaluate simple athletic	Send, pass, receive, avoid, movement, close down, dodge, accelerate	To use a range of strokes to swim competently, confidently and proficiently over a	Curriculum objectives:	Improve skills of travel, travel with, send, receive, attack, defend,	Improve skills of: travel, travel with, send, chase, receive, avoid, dodge,

	skills and actions (run,	Revise methods of	distance of at least 25	1Curriculum objectives:	movement into/out of	attack, defend,
	throw, jump) showing	passing and talk about	metres.	Improve skills of travel	space – perform with	movement into/out of
	control and co-	how moving constantly	To perform safe self-	and awareness of the	control and accuracy	space. Perform with
	ordination. Improve	makes it hard for the	rescue in different water	use of space, to send		control and accuracy.
	skills of running, jumping	defender to get the ball	based situations.	and receive a ball,		
	and throwing. Give			perform throwing,		
	reasons why warming up			catching and striking a		
	and cooling down is			ball with a racket with		
	important and athletic			increasing control and		
	activities are good for			accuracy. Play games in		
	personal health and			pairs cooperatively using		
	well-being. Observe and			agreed rules. Compete		
	describe a partner's			with others in a game		
	running/			situation.		
	throwing/jumping action					
Festivals/						
Corpetitions				Monday 2 nd March		
				Dance Share at		
				Comberton VC		







Year Groups			Spring Term		Summer Term	
Indoor	Fun fitness Curriculum objectives: To give reasons why physical activity is good for you health. To be able to describe how your body is feeling after exercise.	Gymnastics YR5 Unit 1 Pair composition Curriculum objectives: Develop a broad range of skills § Link actions to make sequences of movement § Understand how to improve and evaluate own success § Develop flexibility, strength, technique, control and balance	Dance Unit 2 "Dance Styles" Curriculum objectives: To explore and link motifs and movement phrases from different dance styles/eras. Apply choreographic devices of canon, unison, matching and mirroring, speed, direction, order and levels to motifs	Gymnastics Unit 2 "Press & Go" curriculum objectives: Develop a broad range of skills. Link actions to make sequences of movement. Understand how to improve and evaluate own success. Develop flexibility, strength, technique, control and balance.	Striking & Fielding Supplementary material Curriculum objectives To practise and refine bowling and batting skills To develop an understanding of different playing positions . To work co- operatively planning tactics and supporting each other in the field To observe and evaluate team work/tactical play and use the information to improve performance	Dance On the beach Curriculum objectives: Develop skills of unison, mirroring, contact, level, speed, direction, control, jumping, turning gesture, action/reaction, and repetition.
Outdoor	Curriculum objectives: To use a range of strokes to swim competently, confidently and proficiently over a distance of at least 25 metres.	Athletics "Heptahlon" Curriculum objectives: Copy, repeat and evaluate simple athletic skills and actions (run, throw, jump) showing control and coordination. Improve skills of running, jumping	Games "Netball" Y5 Unit Curriculum objectives: Consistent performance of ball handling skills with control and accuracy within the competitive game situation. Application of	OAA UKS2 Unit Cooperation, Communication, Consideration Curriculum objectives: Improve skills of travel and awareness of the use of space, to send and receive a ball, perform throwing,	Net / Wall Games Supplementary material Curriculum objectives: To acquire and develop control, appropriate footwork and awareness of space whilst working with and without a racquet.	Games "Football" Y5 Unit Curriculum objectives: Improve skills of moving with the ball, with control, passing and shooting with accuracy. Introduce and develop game play skills of

	To perform safe self- rescue in different water based situations.	and throwing. Select and carry out appropriate warming up and cooling down activities. Recognise how personal health and wellbeing is promoted through participation in athletic activities. Observe and evaluate a partner's running/ throwing/jumping action.	attacking and defending strategies into small- sided competitive games. Accurate evaluation of personal ability in attacking and defending roles.	catching and striking a ball with a racket with increasing control and accuracy. Play games in pairs cooperatively using agreed rules. Compete with others in a game situation.	To introduce the concept of footwork and moving to receive a ball To develop hitting and footwork through a partner feeding a ball	attacking and defending, moving in and out of space
Festivals/ Corpetitions					Friday 19 th June Swimming Gala	







Year Groups	Autumn Term		Spring Term		Summer Term	
Indoor	Gymnastics Body Symmetry Curriculum objectives: Develop a broad range of skills. Link actions to make sequences of movement § Understand how to improve and evaluate own success. Develop flexibility, strength, technique, control and balance	Bikeability	Games "Hockey" Y6 Unit Curriculum objectives: Applying skills and techniques to small and larger game situations. Using tactics and strategies to improve performance	Curriculum objectives: Consistent performance of ball handling skills with control and accuracy within the competitive game situation. Application of attacking and defending strategies into small-sided competitive games. Accurate evaluation of personal ability in attacking and defending roles.	Athletics "Decathlon" Curriculum objectives: Copy, repeat and evaluate simple athletic skills and actions (run, throw, jump) showing control and coordination. Improve knowledge of training methods. Select and carry out appropriate warming up and cooling down activities. Recognise how personal health and wellbeing is promoted through participation in athletic activities. Observe and evaluate a partner's running/throwing/jumping action.	Striking & Fielding Supplementary material Curriculum objectives To practise and refine bowling and batting skills To develop an understanding of different playing positions To work co- operatively planning tactics and supporting each other in the field To observe and evaluate team work/tactical play and use the information to improve performance
Outdoor	OAA Curriculum objectives:	Swimming Curriculum objectives:	Games "TAG Rugby" Curriculum objectives:	Gymnastics Unit 2 "Group Work" Curriculum objectives:	Catch up swimming Dance why bully me Curriculum objectives:	Football Curriculum objectives:

	Improve skills of travel and awareness of the use of space, to send and receive a ball, perform throwing, catching and striking a ball with a racket with increasing control and accuracy. Play games in pairs cooperatively using agreed rules. Compete with others in a game situation.	To use a range of strokes to swim competently, confidently and proficiently over a distance of at least 25 metres. To perform safe self-rescue in different water based situations.	Applying skills and techniques to small and larger game situations. Using tactics and strategies to improve performance.	Develop a broad range of skills. Link actions to make sequences of movement. Understand how to improve and evaluate own success. Develop flexibility, strength, technique, control and balance	To select and link movements together to create movement phrases. Apply choreographic devices of canon, unison, action/reaction, speed, direction, order and levels to develop motifs. Describe performances using dance terminology.	Develop skills of unison, mirroring, contact, level, speed, direction, control, jumping, turning gesture, action/reaction, and repetition.
Restivals/ Corpetitions		High 5 Netball at Cam VC. Girls' Football at Impington VC				Transition Athletics Day at Cam VC