

St. Benedict's PE Curriculum Map Overview

Key Stage One

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Athletics (Recovery) Demonstrating a variety of athletic techniques.</p>	<p>Dance (Animals) Use my body to create theme related actions.</p>	<p>Gymnastics Use different pathways within a sequence.</p>	<p>Games (Invasion) Begin to understand principles of attacking and defending.</p>	<p>Games (Invasion) Compete (with some spatial awareness) in team games.</p>	<p>Games (Striking & Fielding) Bowl either overarm or underarm with some accuracy.</p>
Year 2	<p>Athletics (Recovery) Demonstrating a variety of athletic techniques competently.</p>	<p>Dance (Pirates) Remember and perform a simple sequence of movements.</p>	<p>Gymnastics Perform a variety of movements on floor and apparatus using different pathways.</p>	<p>Games (Invasion) Apply attacking and defending skills, including spatial awareness.</p>	<p>Games (Net & Wall) Begin to recognise space and move fluently around a court.</p>	<p>Games (Striking & Fielding) Play a game applying skills learnt (Throwing and Catching)</p>

Key Stage Two

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p>Athletics (Recovery) Replicate athletic techniques in competitive situations.</p>	<p>Games (Net & Wall) Move into correct positions to aid shot playing.</p> <p>Gymnastics Perform with control and hold my own body weight.</p>	<p>OAA Develop skills such as teamwork, patience and respect to complete activities whilst using equipment safely.</p>	<p>Games (Invasion) Dribble with control and deceive opponents.</p>	<p>Dance Recognise good timing and execution during performances.</p>	<p>Games (Striking and Fielding) Send and receive using good technique.</p>
Year 4	Athletics	Gymnastics	OAA	Dance	Games	Games

	(Recovery) Accurately replicate athletics techniques in competitive situations.	Produce a sequence of rolls which show elements of unison, canon and mirroring.	Self-Motivate and actively engage in competitive situations. Tri Golf Develop my technique in both iron play and putting.	Evaluate the work of others using technical language.	(Invasion) Apply skills effectively in different situations and within a range of physical activities.	(Striking and Fielding) Demonstrate specific tactical awareness.
Year 5	Athletics (Recovery) Position myself to receive a relay baton from a teammate.	Invasion (Basketball and netball) Travel, pass and shoot, using the correct technique to play in a game.	Gymnastics Perform with good technique and seamless transitions. Dance Evaluate the work of others using technical language.	Invasion (Hockey and Handball) Show knowledge and understanding of the rules, demonstrate the school game values in competitive situations.	Net/ Wall (Dodgeball and Badminton) Chose the right moment when to attack and defend. Show confidence and integrity to effectively umpire a game.	Strike/ field (cricket & rounders) Play purposefully in a competitive game, taking on multiple techniques.
Year 6	Athletics (Recovery) Transfer a relay baton effectively as part of a team.	Invasion (netball & basketball) Possess knowledge of how to communicate with teammates and the principles of attacking and defending within a game.	Dance Perform, review and improve a finished performance piece. Tennis Demonstrate specific tactical awareness and play competitive games demonstrating a range of strokes and using them effectively.	Invasion (Hockey, Handball) Work alongside and against others when attacking and defending. Show knowledge and understanding of how to agree a decision as a group.	Gymnastics Time movements within group sequences and challenge myself to improve. Recognise improvements and provide constructive feedback to my peers.	Strike/ field (cricket & rounders) Adapt my game according to the situation and adapt positioning on the field in response to different batsmen/batswomen.