

## Date Valley School PE Curriculum Map

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>Y1</b>	<p><b>GAMES ACTIVITIES</b></p> <p><b>Circle Games</b></p> <ul style="list-style-type: none"> <li>moving fluently</li> <li>changing direction and speed</li> </ul> <p><b>Finding space</b></p> <p><b>Balancing beanbags</b></p> <p><b>Bean bag skills</b></p> <ul style="list-style-type: none"> <li>underarm throwing</li> <li>kicking</li> </ul> <p><b>Quoit skills</b></p>	<p><b>GAMES ACTIVITIES</b></p> <p><b>Ball skills</b></p> <ul style="list-style-type: none"> <li>throwing</li> <li>catching</li> <li>kicking a ball</li> </ul> <p><b>Further ball skills</b></p> <ul style="list-style-type: none"> <li>bouncing</li> <li>kicking</li> </ul> <p><b>Ball Games</b></p>	<p><b>GYMNASTICS</b></p> <p><b>Finding and using space</b></p> <ul style="list-style-type: none"> <li>Exploring travelling</li> </ul> <p><b>Travelling over hoops and maps</b></p> <p><b>Travelling with a partner</b></p> <p><b>Travelling over mats and benches</b></p> <p><b>Working with partner on apparatus</b></p>	<p><b>GYMNASTICS</b></p> <p><b>Clear body shapes</b></p> <p><b>Making a sequence</b></p> <p><b>Movement phrases on apparatus</b></p> <p><b>Partner work and apparatus</b></p>	<p><b>ATHLETICS</b></p> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>Overarm and underarm at targets with beanbags</li> </ul> <p><b>Running</b></p> <ul style="list-style-type: none"> <li>Different techniques and speed</li> </ul> <p><b>Jumping</b></p>	<p><b>SPORTS DAY PRACTICE</b></p> <p><b>Team games</b></p> <ul style="list-style-type: none"> <li>Choose and use different tactics and strategies in different situations</li> <li>Link basic skills and actions in ways that suit the activity</li> </ul>

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>Y2</b>	<b>GAMES ACTIVITIES</b>  <b>Circle games</b> <ul style="list-style-type: none"> <li>• moving fluently</li> <li>• changing direction and speed</li> </ul> <b>Running, chasing and avoiding games</b>  <b>Throwing and catching</b>  <b>Racket skills</b>	<b>GAMES ACTIVITIES</b>  <b>Feeding and fielding</b>  <b>Attacking and defending</b>  <b>Football skills</b>	<b>GYMNASTICS</b>  <b>Travelling in a space</b>  <b>Travelling and still shapes</b>  <b>Performing balances</b>  <b>Travelling and balancing</b>  <b>Forward rolls</b>	<b>GYMNASTICS</b>  <b>Sequences on apparatus</b>  <b>Partner work on apparatus</b>  <b>Exploring more apparatus</b> <ul style="list-style-type: none"> <li>• Climbing frame</li> </ul>	<b>ATHLETICS</b>  <b>Throwing</b> <ul style="list-style-type: none"> <li>• Overarm and underarm at targets with beanbags</li> </ul> <b>Running</b> <ul style="list-style-type: none"> <li>• Different techniques and speed</li> </ul> <b>Jumping</b>	<b>SPORTS DAY PRACTICE</b>  <b>Team games</b> <ul style="list-style-type: none"> <li>• Choose and use different tactics and strategies in different situations</li> <li>• Link basic skills and actions in ways that suit the activity</li> </ul>

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Y3 & Y4	<p><b>INVASION GAMES</b></p> <p><b>Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>recognise good quality throwing and catching skills</li> </ul> <p><b>Improving accuracy</b></p> <ul style="list-style-type: none"> <li>throwing to each other and target</li> </ul> <p><b>Travelling with the ball</b></p> <ul style="list-style-type: none"> <li>hand dribbling</li> <li>keep possession and control of ball</li> <li>progress towards a goal and use space in games</li> </ul> <p><b>Team relay games</b></p>	<p><b>STRIKING AND FIELDING GAMES</b></p> <p><b>Catching skills</b></p> <p><b>Throwing accurately</b></p> <p><b>Fielding skills</b></p> <p><b>Batting skills</b></p> <ul style="list-style-type: none"> <li>Strike ball with short tennis racket</li> </ul> <p><b>Playing games</b></p>	<p><b>NETWALL</b></p> <p><b>Bouncing and catching</b></p> <p><b>Racket skills</b></p> <p><b>Playing Net games</b></p>	<p><b>CIRCUIT</b> – increase muscle strength, endurance, flexibility and coordination</p> <ul style="list-style-type: none"> <li>Squats</li> <li>Press ups</li> <li>Shuttle runs</li> <li>Abdominals</li> <li>Hyper-extensions</li> <li>Skipping</li> <li>V Crunches</li> <li>Lunges</li> <li>Hopscotch</li> <li>Bicycle</li> <li>Burpees</li> <li>Jumping jacks</li> <li>Alternate hyper-extensions</li> <li>Scissors</li> <li>Squat thrusts</li> <li>Step ups</li> <li>Arm circles</li> <li>Leg raises</li> <li>Pelvic raises</li> <li>Dip</li> </ul>	<p><b>ATHLETICS</b></p> <p><b>Running styles</b></p> <p><b>Throwing accurately</b></p> <p><b>Distance throwing</b></p> <p><b>Basic jumping styles</b></p> <p><b>Long Jump</b></p> <p><b>Relays</b></p>	<p><b>SPORTS DAY PRACTICE</b></p> <p><b>Team games</b></p> <ul style="list-style-type: none"> <li>Understanding tactics and composition</li> <li>Selecting and using skills, actions and ideas</li> </ul>

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>Y5 &amp; Y6</b>	<b>STRIKING AND FIELDING</b>  <b>Catching skills</b>  <b>Bowling skills</b>  <b>Batting using rounders bat</b>  <b>Fielding</b>  <b>Playing rounders</b>	<b>INVASION GAMES</b>  <b>Dribbling Skills</b> <ul style="list-style-type: none"> <li>Travelling whilst dribbling a ball with hand</li> </ul> <b>Footwork Skills in basketball</b> <ul style="list-style-type: none"> <li>Pivoting</li> </ul> <b>Passing Skills</b> <ul style="list-style-type: none"> <li>Chest pass</li> <li>overhead pass</li> <li>bounce pass</li> </ul> <b>Attacking and Defending Skills</b>  <b>Playing Games</b> <ul style="list-style-type: none"> <li>Basketball</li> </ul>	<b>CIRCUIT</b> – increase muscle strength, endurance, flexibility and coordination <ul style="list-style-type: none"> <li>Squats</li> <li>Press ups</li> <li>Shuttle runs</li> <li>Abdominals</li> <li>Hyper-extensions</li> <li>Skipping</li> <li>V Crunches</li> <li>Lunges</li> <li>Hopscotch</li> <li>Bicycle</li> <li>Burpees</li> <li>Jumping jacks</li> <li>Alternate hyper-extensions</li> <li>Scissors</li> <li>Squat thrusts</li> <li>Step ups</li> <li>Arm circles</li> <li>Leg raises</li> <li>Pelvic raises</li> <li>Dip</li> </ul>	<b>NETWALL</b>  <b>Finding space in net games</b>  <b>Wall games</b>  <b>Developing rallies</b>  <b>Volleying</b>  <b>Playing Netwall games</b>	<b>ATHLETICS</b>  <b>Running styles</b>  <b>Throwing accurately</b> <ul style="list-style-type: none"> <li>Low bounce ball</li> <li>Beanbag</li> <li>Javelin</li> </ul> <b>Discus</b>  <b>Long Jump</b>  <b>High Jump</b>  <b>Triple Jump</b>  <b>Relays</b>	<b>SPORTS DAY PRACTICE</b>  <b>Team games</b> <ul style="list-style-type: none"> <li>Linking and applying skills and techniques</li> <li>Demonstrating understanding of tactics and composition</li> </ul>