

	<b>THROWING AND CATCHING</b> master basic movements including throwing and catching	<b>NET AND WALL GAMES</b> master basic movements including running as well as developing balance, agility and co-ordination and begin to apply these in a range of activities	<b>STRIKING AND FIELDING</b> master basic movements including running, throwing and catching as well as developing balance, agility and co-ordination and begin to apply these in a range of activities	<b>INVASION GAMES</b> master basic movements including running, throwing and catching as well as developing balance, agility and co-ordination and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending	<b>GYMNASTICS</b> master basic movements including running and jumping as well as developing balance, agility and co-ordination and begin to apply these in a range of activities	<b>DANCE</b> master basic movements including running and jumping as well as developing balance, agility and co-ordination and begin to apply these in a range of activities perform dances using simple movement patterns	<b>ATHLETICS</b> master basic movements including running and jumping as well as developing balance, agility and co-ordination and begin to apply these in a range of activities
<b>EYFS</b>	<ul style="list-style-type: none"> <li>To develop accuracy when throwing to a target</li> <li>To throw and catch with a partner</li> <li>To dribble a ball using feet</li> <li>To kick a ball to a target</li> <li>To develop accuracy when throwing and practise keeping score</li> </ul>	<ul style="list-style-type: none"> <li>To follow instructions and move safely when playing tagging games</li> <li>To learn to play against an opponent</li> <li>To play by the rules and develop coordination</li> <li>To explore striking a ball and keeping score</li> </ul>	<ul style="list-style-type: none"> <li>To follow instructions and move safely when playing tagging games</li> <li>To learn to play against an opponent</li> <li>To play by the rules and develop coordination</li> <li>To explore striking a ball and keeping score</li> <li>To work cooperatively as a team</li> </ul>	<ul style="list-style-type: none"> <li>To follow instructions and move safely when playing tagging games</li> <li>To learn to play against an opponent</li> <li>To play by the rules and develop coordination</li> <li>To explore striking a ball and keeping score</li> <li>To work cooperatively as a team</li> </ul>	<ul style="list-style-type: none"> <li>To create short sequences using shapes, balances and travelling actions</li> <li>To balance and safely use apparatus</li> <li>To jump and land safely from a height</li> <li>To develop rocking and rolling</li> <li>To explore traveling around, over and through apparatus</li> <li>To create short sequences linking actions together and including apparatus</li> </ul>	<ul style="list-style-type: none"> <li>To use counting to help to stay in time with the music when copying and creating actions</li> <li>To move safely with confidence and imagination, communicating ideas through movement</li> <li>To explore movement using a prop with control and coordination</li> <li>To move with control and coordination, expressing ideas through movement</li> <li>To move with control and coordination, copying, linking and repeating actions</li> </ul>	<ul style="list-style-type: none"> <li>To begin to develop good posture</li> <li>To move safely in a space</li> <li>To stop safely</li> <li>To follow a path and take turns</li> <li>To explore different ways to travel using equipment</li> <li>To balance/run and stop/ change direction/ jump/ hop/ roll/ climb/ crawl/ skip</li> </ul>
<b>Y1</b>	<ul style="list-style-type: none"> <li>Throw underarm and overarm.</li> <li>Catch and bounce a ball.</li> <li>Use rolling skills in a game.</li> <li>Practise accurate throwing and consistent catching.</li> </ul>	<ul style="list-style-type: none"> <li>Use hitting skills in a game.</li> <li>Practise basic underarm and overarm techniques.</li> <li>Practise accurate sending and receiving skills.</li> </ul>	<ul style="list-style-type: none"> <li>Use hitting skills in a game.</li> <li>Practise basic striking, sending and receiving.</li> </ul>	<ul style="list-style-type: none"> <li>Begin to use the terms attacking and defending</li> <li>Use simple defensive skills such as marking a player.</li> </ul>	<ul style="list-style-type: none"> <li>Copy actions with a beginning, middle and end.</li> <li>Link two actions to make a sequence.</li> <li>Recognise and copy contrasting actions (small/tall).</li> <li>Travel in different ways.</li> <li>Hold still shapes and balances.</li> <li>Carry out a range of simple jumps.</li> </ul>	<ul style="list-style-type: none"> <li>Copy and repeat actions.</li> <li>Create a sequence of actions.</li> <li>Use simple choreographic devices such as canon and mirroring.</li> <li>Begin to create a simple dance.</li> </ul>	<ul style="list-style-type: none"> <li>Vary their pace and speed when running.</li> <li>Show good posture and balance over different distances.</li> <li>Maintain control as they change direction when jogging and sprinting.</li> </ul>
<b>Y2</b>	<ul style="list-style-type: none"> <li>Throw different types of equipment in different ways, for accuracy and distance.</li> <li>Throw, catch and bounce a ball with a partner.</li> <li>Use throwing and catching skills in a game.</li> <li>Throw a ball for distance.</li> <li>Use hand-eye coordination to control a ball. Vary types of throw used.</li> </ul>	<ul style="list-style-type: none"> <li>Use hitting skills in a game with greater accuracy</li> <li>Practise underarm and overarm techniques.</li> <li>Demonstrate accurate sending and receiving skills.</li> </ul>	<ul style="list-style-type: none"> <li>Strike or hit a ball with increasing control.</li> <li>Learn skills for playing striking and fielding games.</li> <li>Position the body to strike a ball.</li> </ul>	<ul style="list-style-type: none"> <li>Begin to use and understand the terms attacking and defending</li> <li>Use at least one technique to attack or defend to play a game successfully.</li> <li>Compete against self and others.</li> </ul>	<ul style="list-style-type: none"> <li>Copy, explore and remember actions and movements to create their own sequence.</li> <li>Travel in a variety of ways.</li> <li>Hold a still shape whilst balancing on different points of the body.</li> <li>Jump in a variety of ways and land with control and balance.</li> <li>Climb onto and jump off the equipment safely.</li> <li>Move with increasing control and care.</li> </ul>	<ul style="list-style-type: none"> <li>Copy and repeat actions.</li> <li>Create a short motif inspired by a stimulus.</li> <li>Use simple choreographic devices such as canon and mirroring.</li> <li>Use different transitions within a dance motif.</li> <li>Move in time to music.</li> <li>Improve the timing of their actions.</li> </ul>	<ul style="list-style-type: none"> <li>Run at different paces, describing the different paces.</li> <li>Use a variety of different stride lengths.</li> <li>Travel at different speeds.</li> <li>Be able to maintain and control a run over different distances.</li> </ul>

PE National Curriculum Mapping

	<b>THROWING AND CATCHING</b> use running, jumping, throwing and catching in isolation and in combination	<b>NET AND WALL GAMES</b> 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	<b>STRIKING AND FIELDING</b> 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	<b>INVASION GAMES</b> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending use running, jumping, throwing and catching in isolation and in combination	<b>GYMNASTICS</b> develop flexibility, strength, technique, control and balance	<b>DANCE</b> perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best	<b>ATHLETICS</b> develop flexibility, strength, technique, control and balance use running, jumping and throwing in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best	<b>OAA</b> take part in outdoor and adventurous activity challenges both individually and within a team
Y3	<ul style="list-style-type: none"><li>• Throw and catch with greater control and accuracy.</li><li>• Practise the correct technique for catching a ball and use it in a game.</li><li>• Perform a range of catching and gathering skills.</li><li>• Catch with accuracy.</li><li>• Throw a ball in different ways.</li></ul>	<ul style="list-style-type: none"><li>• Demonstrate successful hitting skills in a game.</li><li>• Develop a range of skills for sending and receiving equipment.</li><li>• Practise the correct hitting technique.</li><li>• Develop accurate sending and receiving skills over distance.</li></ul>	<ul style="list-style-type: none"><li>• Demonstrate successful hitting and striking skills.</li><li>• Develop a range of skills in striking and fielding where appropriate</li><li>• Practise the correct batting technique and use it in a game.</li><li>• Strike the ball for distance.</li></ul>	<ul style="list-style-type: none"><li>• Use simple attacking and defending skills in a game.</li><li>• Use fielding skills to stop a ball from travelling past them.</li><li>• Apply and follow rules.</li></ul>	<ul style="list-style-type: none"><li>• Compose a movement sequence independently and with others.</li><li>• Link combinations of actions with confidence.</li><li>• Develop the quality of their actions, shapes and balances.</li><li>• Use a range of jumps in their sequences.</li><li>• Begin to show flexibility in movements</li></ul>	<ul style="list-style-type: none"><li>• Begin to improvise with a partner to create a simple dance.</li><li>• Create motifs from different stimuli.</li><li>• Begin to compare and adapt movements and motifs to create a larger sequence.</li><li>• Perform with some awareness of rhythm and expression.</li></ul>	<ul style="list-style-type: none"><li>• Identify and demonstrate how different techniques can affect their performance.</li><li>• Focus on their arm and leg action.</li><li>• Begin to combine running with jumping over hurdles.</li></ul>	<ul style="list-style-type: none"><li>• Holding a map the right way when moving in different directions.</li><li>• Working part as a team to achieve better results</li><li>• Scaling the map to fit the surroundings.</li></ul>
Y4	<ul style="list-style-type: none"><li>• Throw and catch with greater control and accuracy.</li><li>• Perform a range of catching and gathering skills.</li><li>• Throw a ball in different ways.</li><li>• Develop a safe and effective overarm bowl.</li></ul>	<ul style="list-style-type: none"><li>• Demonstrate successful hitting skills in a game.</li><li>• Develop a range of skills for sending and receiving equipment.</li><li>• Practise the correct techniques.</li><li>• Develop accurate sending and receiving skills over distance.</li></ul>	<ul style="list-style-type: none"><li>• Use a bat or stick to hit a ball or shuttlecock with accuracy and control.</li><li>• Accurately serve underarm.</li><li>• Build a rally with a partner.</li><li>• Use at least two different shots in game.</li><li>• Use hand-eye coordination to strike a moving and stationary ball.</li></ul>	<ul style="list-style-type: none"><li>• Use a range of attacking and defending skills and techniques in a game. Use fielding skills as an individual to prevent a player from scoring.</li><li>• Vary the tactics they use in a game.</li></ul>	<ul style="list-style-type: none"><li>• Create a sequence of actions that fit a theme.</li><li>• Use an increasing range of actions in their sequences.</li><li>• Move with clarity, fluency and expression.</li><li>• Travel in different ways.</li><li>• Begin to develop good technique when travelling.</li><li>• Develop strength, technique and flexibility.</li></ul>	<ul style="list-style-type: none"><li>• Identify and repeat the movement of a chosen style.</li><li>• Compose a dance that reflects the chosen style.</li><li>• Confidently improvise with a partner or on their own.</li><li>• Demonstrate rhythm.</li><li>• Change parts of a dance on their own.</li><li>• Use simple dance vocab.</li></ul>	<ul style="list-style-type: none"><li>• Confidently demonstrate an improved technique for sprinting.</li><li>• Perform a relay, focusing on the baton changeover technique.</li><li>• Develop a fluent changeover.</li><li>• Speed up and slow down smoothly.</li></ul>	<ul style="list-style-type: none"><li>• Holding a map the right way when moving in different directions.</li><li>• Working part as a team to achieve better results</li><li>• Scaling the map to fit the surroundings.</li></ul>
Y5	<ul style="list-style-type: none"><li>• Develop different ways of throwing and catching.</li><li>• Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</li><li>• Throw and catch under pressure.</li></ul>	<ul style="list-style-type: none"><li>• Demonstrate successful hitting skills in a game.</li><li>• Develop a range of skills for sending and receiving equipment.</li><li>• Practise the correct techniques.</li><li>• Develop accurate sending and receiving skills over distance.</li></ul>	<ul style="list-style-type: none"><li>• Use different techniques to hit a ball.</li><li>• Identify and apply techniques for hitting a tennis ball.</li><li>• Explore when different shots are bets used.</li><li>• Develop a backhand technique and use it in a game.</li><li>• Practise techniques for all strokes.</li></ul>	<ul style="list-style-type: none"><li>• Choose the best tactics for attacking and defending. Shoot in a game. Use fielding skills as a team to prevent the opposition from scoring.</li><li>• Know when to pass and when to dribble in a game.</li><li>• Devise and adapt rules to create their own game.</li></ul>	<ul style="list-style-type: none"><li>• Create their own complex sequences.</li><li>• Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</li><li>• Confidently use equipment to vault and incorporate this into sequences.</li><li>• Apply skills and techniques consistently, showing precision and control.</li></ul>	<ul style="list-style-type: none"><li>• Select ideas to compose specific sequences.</li><li>• Adapt their sequences to fit new criteria or suggestions.</li><li>• Perform jumps, shapes and balances fluently and with control.</li><li>• Confidently use equipment in a variety of ways.</li><li>• Apply skills and techniques consistently.</li><li>• Combine equipment with movement to create sequences.</li></ul>	<ul style="list-style-type: none"><li>• Identify and repeat the movement of a chosen style.</li><li>• Compose dances that reflect the style.</li><li>• Show a change of pace and timing.</li><li>• Use transitions</li><li>• Improvise with confidence.</li><li>• Modify a sequence.</li><li>• Use dance vocab.</li></ul>	<ul style="list-style-type: none"><li>• Follow a map into an unknown location</li><li>• Use clues and a compass to navigate</li><li>• Change route to overcome a problem</li><li>• Use new information to change route</li><li>• Explain to others how their map is providing help</li></ul>
Y6	<ul style="list-style-type: none"><li>• Develop different ways of throwing and catching.</li><li>• Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</li><li>• Throw and catch under pressure.</li></ul>	<ul style="list-style-type: none"><li>• Demonstrate successful hitting skills in a game.</li><li>• Develop a range of skills for sending and receiving equipment.</li><li>• Practise the correct techniques.</li><li>• Develop accurate sending and receiving skills over distance.</li></ul>	<ul style="list-style-type: none"><li>• Hit a bowled ball over longer distances.</li><li>• Use good hand-eye coordination to be able to direct a ball when striking or hitting.</li><li>• Understand how to serve in order to start a game.</li></ul>	<ul style="list-style-type: none"><li>• Think ahead and create a plan of attack or defence. Apply knowledge of skills for attacking and defending. Work as a team to develop fielding strategies to prevent the opposition from scoring.</li><li>• Follow and create complicated rules to play a game successfully.</li><li>• Communicate plans to others during a game.</li></ul>	<ul style="list-style-type: none"><li>• Create their own complex sequences.</li><li>• Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</li><li>• Confidently use equipment to vault and incorporate this into sequences.</li><li>• Apply skills and techniques consistently, showing precision and control.</li></ul>	<ul style="list-style-type: none"><li>• Compose for a chosen style.</li><li>• Demonstrate controlled movements throughout a dance Combine flexibility, techniques to create a fluent sequence.</li><li>• Move rhythmically in dance sequences.</li><li>• Improvise.</li><li>• Modify some elements of a sequence. Use dance vocab.</li></ul>	<ul style="list-style-type: none"><li>• Build up speed quickly for a sprint finish.</li><li>• Use their preferred leg when running over hurdles.</li><li>• Accelerate to pass other competitors</li></ul>	<ul style="list-style-type: none"><li>• Plan a route and series of clues for someone else</li><li>• Plan with others, taking account of safety and danger</li><li>• Apply a strategy, work efficiently and effectively with a map</li></ul>