



**St Alban & St Stephen Catholic Primary & Nursery  
PE Curriculum Map and Skills Progression Years R – 6  
2021-2022**

**PE – Curriculum Map**

Year Group/Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	<b>Reception</b>	<b>Locomotion:</b> Walking	<b>Dance</b> Nursery Rhymes	<b>Gymnastics:</b> High, Low, Over, Under	<b>Locomotion:</b> Jumping	<b>Ball Skills</b> Hands	<b>Gymnastics:</b> Movement	<b>Ball Skills</b> Feet	<b>Dance:</b> Class Topic	<b>Ball Skills</b> Hands	Ourselves	Games For Understanding
<b>Year 1</b>	<b>Locomotion:</b> Running	<b>Dance:</b> Growing	<b>Gymnastics:</b> Body Parts	<b>Ball Skills</b> Hands	<b>Locomotion:</b> Jumping	<b>Dance:</b> Class Topic	<b>Ball Skills</b> Feet	<b>Gymnastics:</b> Wide, Narrow, Curled	<b>Ball Skills</b> Hands	Health and Wellbeing	Games For Understanding	Team Building
<b>Year 2</b>	<b>Locomotion:</b> Dodging	<b>Dance:</b> Water	<b>Gymnastics:</b> Linking	<b>Ball Skills</b> Hands	<b>Locomotion:</b> Jumping	<b>Dance:</b> Class Topic	<b>Ball Skills</b> Feet	<b>Gymnastics:</b> Pathways	<b>Ball Skills</b> Hands	Health and Wellbeing	Games For Understanding	Team Building
<b>Year 3</b>	<b>Invasion:</b> Football	<b>Invasion:</b> Netball	<b>Invasion:</b> Tag Rugby	Health Wellbeing & Fitness	<b>Gymnastics</b> Symmetry & Asymmetry	<b>Invasion:</b> Basketball	<b>Striking &amp; Fielding</b> Cricket	<b>Dance:</b> Class Topic	<b>Net / Wall</b> Tennis	<b>OAA:</b> Problem Solving	<b>Athletics</b>	<b>Striking &amp; Fielding</b> Rounders
<b>Year 4</b>	<b>Invasion:</b> Football	<b>Invasion:</b> Netball	<b>Invasion:</b> Tag Rugby	Health Wellbeing & Mindfulness	<b>Gymnastics:</b> Bridges	<b>Invasion:</b> Basketball	<b>Striking &amp; Fielding</b> Cricket	<b>Dance:</b> Class Topic	<b>Net / Wall</b> Tennis	<b>OAA:</b> Problem Solving	<b>Athletics</b>	<b>Striking &amp; Fielding</b> Rounders
<b>Year 5</b>	<b>Invasion:</b> Football	<b>Invasion:</b> Netball	<b>Invasion:</b> Tag Rugby	Health Related Exercise	<b>Gymnastics:</b> Counter Balance and Counter Tension	<b>Invasion:</b> Basketball	<b>Striking &amp; Fielding</b> Cricket	<b>Dance:</b> Class Topic	<b>Net / Wall</b> Tennis	<b>Striking &amp; Fielding</b> Rounders	<b>Athletics</b>	<b>OAA:</b> Communication
<b>Year 6</b>	<b>Invasion:</b> Football	<b>Invasion:</b> Netball	<b>Invasion:</b> Tag Rugby	Health Related Exercise	<b>Gymnastics:</b> Matching & Mirroring	<b>Invasion:</b> Basketball	<b>Striking &amp; Fielding</b> Cricket	<b>Dance:</b> Class Topic	<b>Net / Wall</b> Tennis	<b>Striking &amp; Fielding</b> Rounders	<b>Athletics</b>	<b>OAA:</b> Communication

## Autumn 1 –Skills Progression

<b>Reception</b>	<b>Locomotion:</b> Walking	Explore/develop walking, Explore walking in different pathways, Sustain walking, Explore marching, Apply walking into a game
	<b>Dance:</b> Nursery Rhymes	Moving in sequence, Creating our own movements, Creating simple movement sequences, Responding in movement to words and music, Exploring contrasting tempos, Exploring character movements
<b>Year 1</b>	<b>Locomotion:</b> Running	Explore running, Apply running into a game, Explore running at different speeds, Running for speed: Acceleration, Explore running in a team, Consolidate running, apply running into a competitive game
	<b>Dance:</b> Growing	Responding to rhythm, Developing the growing plant 'dance', Introduction to motifs, Creating motifs, Creating movement sequences, Relationships and performance
<b>Year 2</b>	<b>Locomotion:</b> Dodging	Explore dodging, Develop dodging, Apply dodging: Explore attacking and defending, Apply dodging in teams
	<b>Dance:</b> Water	Responding to stimuli, Developing whole group movement, Improvisation and physical descriptions, Creating contrasting movement sequences, Sequences relationships and performance
<b>Year 3</b>	<b>Invasion:</b> Football	Football Introduce/develop dribbling keeping control, Introduce passing and receiving, Combine dribbling and passing to create space, Develop passing, receiving and dribbling
	<b>Invasion:</b> Netball	Netball Introduce passing, receiving and creating space, Develop/combine passing and moving, Combine/develop passing and shooting
<b>Year 4</b>	<b>Invasion:</b> Football	Football Refine dribbling, Turning, Refine passing and receiving, Develop passing and dribbling creating space Introduce shooting
	<b>Invasion:</b> Netball	Netball Refine passing and receiving, Develop passing and dribbling creating space, Develop passing, moving and shooting, Refine passing and shooting, Develop footwork
<b>Year 5</b>	<b>Invasion:</b> Football	Refine dribbling and passing to maintain possession, Introduce and develop defending, Develop shooting, Refine attacking skills, passing, dribbling and shooting, introduce officiating
	<b>Invasion:</b> Netball	Refine passing and receiving, Apply passing, footwork and shooting into mini games, introduce officiating, Introduce defending, Explore the function of other passing styles
<b>Year 6</b>	<b>Invasion:</b> Football	Consolidate keeping possession, develop officiating, Consolidate defending, Organise formations and manage teams, Organise formations decide tactics, manage teams and officiate games
	<b>Invasion:</b> Netball	Consolidate keeping possession, develop officiating, Consolidate defending, Create, understand and apply attacking/defending tactics in game situations

## Autumn 2 –Skills Progression

<b>Reception</b>	<b>Gymnastics:</b> High, Low, Over, Under	Introduction to high, low, over and under Introduction to the apparatus, Applying high and low on apparatus
	<b>Locomotion:</b> Jumping	Explore/develop jumping, Apply jumping into a game, Jumping for distance, Explore jumping high, Explore hopping
<b>Year 1</b>	<b>Gymnastics:</b> Body Parts	Introduction to big/small body parts, Combining big and small with wide, narrow and curled, Transition between wide narrow and curled using big and small body parts, Adding (linking) movements together
	<b>Ball Skills</b> Hands	Introduce sending (bouncing) with control, Introduce aiming with accuracy, Introduce power and speed when sending a ball, Introduce/develop stopping, combining sending skills, Combine sending and receiving skills
<b>Year 2</b>	<b>Gymnastics:</b> Linking	Developing linking, Linking on apparatus, Jump, roll, balance sequences/on apparatus, Creation of sequences, Completion of sequences and performance
	<b>Ball Skills</b> Hands	Develop dribbling/passing and receiving, Combine dribbling, passing and receiving, keeping possession, Develop dribbling/passing and receiving to score a point, Combine dribbling, passing and receiving to score a point
<b>Year 3</b>	<b>Invasion:</b> Tag Rugby	Introduce moving with the ball, passing and receiving, Introduce tagging, Create space when attacking, Develop passing and moving, Combine passing/moving to create attacking opportunities
	Health Wellbeing & Fitness	Exploring warm ups, Continuous training, Interval training
<b>Year 4</b>	<b>Invasion:</b> Tag Rugby	Develop passing, moving and creating space, Apply learning to 3v3 mini games, Develop defending in game situations, Combine passing and moving to create an attack and score
	Health Wellbeing & Mindfulness	Mental Wellbeing, Mindfulness Leadership, Exploring cool downs
<b>Year 5</b>	<b>Invasion:</b> Tag Rugby	Refine passing and moving to create attacking opportunities, Explore different passes that can be used to outwit defenders, Refine defending as a team, Create and apply defending tactics, Develop officiating
	Health Related Exercise	Cardio Fitness 1 Flexibility Strength Cardio Fitness 2
<b>Year 6</b>	<b>Invasion:</b> Tag Rugby	Consolidate passing and moving, Consolidate defending, Create, understand and apply attacking/defending tactics in game situations, Consolidate attacking and defending in ten minute games
	Health Related Exercise	Cardio Fitness 1 Flexibility Strength Cardio Fitness 2

## Spring 1 –Skills Progression

<b>Reception</b>	<b>Ball Skills: Hands</b>	Explore pushing, Explore rolling, Explore bouncing, Explore bouncing into space, Combine pushing and rolling, Combine rolling, pushing and bouncing
	<b>Gymnastics: Movement</b>	Explore moving and making shapes using different body parts, Explore moving in different directions, Explore big and small ways of moving and making shapes, Moving in pairs, Creating shapes in pairs
<b>Year 1</b>	<b>Locomotion: Jumping</b>	Recap jumping, Develop jumping, Explore how jumping affects our bodies, Explore skipping, Apply skipping and jumping into a game
	<b>Dance: Class Topic</b>	Exploring expression, Developing our movements, adding movements together, Responding to a rhythm: Introducing partner work Creating an sequence motifs, Exploring relationships within our motifs
<b>Year 2</b>	<b>Locomotion: Jumping</b>	Consolidate jumping, Apply jumping into a game, Linking jumping, Explore jumping combinations, Develop jumping combinations
	<b>Dance: Class Topic</b>	Responding to stimuli, Developing our motif with expression and emotion, Applying choreography in our motifs, Extending our motifs, Sequences, relationships and performance
<b>Year 3</b>	<b>Gymnastics Symmetry &amp; Asymmetry</b>	Introduction to symmetry, Introduction to asymmetry, Application of learning onto apparatus, Sequence formation, Sequence completion
	<b>Invasion: Basketball</b>	Introduce dribbling; keeping control Introduce passing and receiving, Combine dribbling and passing to create space, Develop passing, receiving and dribbling Introduce shooting
<b>Year 4</b>	<b>Gymnastics: Bridges</b>	Introduction to bridges, Application of bridge learning onto apparatus, Develop sequences with bridges, Sequence formation Sequence completion
	<b>Invasion: Basketball</b>	Refine dribbling, Refine passing and receiving, Refine passing and dribbling creating space, Refine passing and dribbling creating shooting opportunities Introduce marking
<b>Year 5</b>	<b>Gymnastics: Counter Balance and Counter Tension</b>	Introduction to counter balance, Application of counter balance learning onto apparatus, Sequence formation, Counter Tension Sequence completion
	<b>Invasion: Basketball</b>	Recap and refine dribbling and passing to create attacking opportunities, Develop marking, Refine shooting, Refine attacking skills, passing, dribbling and shooting introduce officiating
<b>Year 6</b>	<b>Gymnastics: Matching &amp; Mirroring</b>	Introduction to matching/mirroring, Application of matching/mirroring learning onto apparatus, Sequence development
	<b>Invasion: Basketball</b>	Consolidate keeping possession, develop officiating, Consolidate defending, Create, understand and apply attacking tactics in game situations, Create, understand and apply defending tactics in game situations

## Spring 2 –Skills Progression

<b>Reception</b>	<b>Ball Skills:</b> Feet	Explore moving with a ball using our feet, Develop moving with a ball using our feet, Understand dribbling, Develop dribbling against an opponent
	<b>Dance:</b> Class Topic	Moving in sequence, Creating our own movements, Creating simple movement sequences, Responding in movement to words and music, Exploring contrasting tempos, Exploring character movements
<b>Year 1</b>	<b>Ball Skills</b> Feet	Develop moving the ball using the feet, Apply dribbling into games, Consolidate dribbling, Explore kicking (passing), Apply kicking (passing) to score a point
	<b>Gymnastics:</b> Wide, Narrow, Curled	Introduction to wide, narrow and curled, Exploring the difference between wide, narrow and curled, Transitioning between wide, narrow and curled movements, Linking two movements together
<b>Year 2</b>	<b>Ball Skills</b> Feet	Develop dribbling/passing/ receiving, keeping possession, Combine dribbling, passing and receiving, keeping possession/to score a point, Apply dribbling, passing and receiving as a team to score a point
	<b>Gymnastics:</b> Pathways	Explore/develop zig-zag pathways/on apparatus, Explore/develop curved pathways/ on apparatus, Creation of pathway sequences, Completion of pathways sequences and performance
<b>Year 3</b>	<b>Striking &amp; Fielding</b> Cricket	Understand the concept of batting and fielding, Introduce throwing overarm, Introduce throwing underarm Introduce catching, Striking with intent
	<b>Dance:</b> Class Topic	Responding to stimuli, Developing character dance into a motif, Developing sequences with a partner in character that show relationships, Extending sequences with a partner in character
<b>Year 4</b>	<b>Striking &amp; Fielding</b> Cricket	Develop an understanding of batting and fielding, Introduce bowling underarm, Develop stopping and returning the ball, Develop retrieving and returning the ball, Striking the ball at different angels and speeds
	<b>Dance:</b> Class Topic	Responding to stimuli working together, Extending sequences with a partner in character, Exploring two contrasting, Relationships and interlinking dance moves
<b>Year 5</b>	<b>Striking &amp; Fielding</b> Cricket	Refine batting, understand and develop batting and bowling tactics, Refine fielding stooping, catching and throwing, Combine bowling and fielding creating and applying tactics, Introduce umpiring and scoring
	<b>Dance:</b> Class Topic	Exploring the topic using compositional principles, Extending sequences with a partner using compositional principles, Creating movement using improvisation where movement is reactive
<b>Year 6</b>	<b>Striking &amp; Fielding</b> Cricket	Consolidate batting/ fielding/bowling, Create, understand and apply attacking/defensive tactics in game
	<b>Dance:</b> Class Topic	Performing with technical control and rhythm in a group, Creating rhythmic patterns using the body, Experiencing dance from a different culture, Chorographical elements including still imagery

## Summer 1 –Skills Progression

<b>Reception</b>	<b>Ball Skills: Hands</b>	Explore throwing overarm, Explore throwing underarm, Explore rolling, Explore stopping a ball, Explore catching
	Ourselves	Moving in sequence, Responding in movement to words and music, Moving with props and contrasting tempos, Creating their own movements, Exploring opposites and creating simple movement sequences
<b>Year 1</b>	<b>Ball Skills: Hands</b>	Introduce throwing with accuracy, Apply throwing with accuracy in a team Introduce stopping a ball, Develop sending (rolling) skills to score a point, Consolidate sending and stopping to win a game
	Health and Wellbeing	Introduce and explore agility, Introduce and explore balance, Introduce and explore coordination: Bouncing, rolling and throwing
<b>Year 2</b>	<b>Ball Skills: Hands</b>	Consolidate pupils application and understanding of underarm throwing, Applying the underarm and overarm throw to win a game, Applying the underarm throw to beat an opponent
	Health and Wellbeing	Consolidate agility, Consolidate balancing: Explore balancing on apparatus, Introduce and explore coordination: Dribbling and kicking
<b>Year 3</b>	<b>Net / Wall Tennis</b>	Introduction tennis, outwitting an opponent, Creating space to win a point, Consolidate how to win a game introduce rackets, Introduce the forehand
	<b>OAA: Problem Solving</b>	Creating and applying Simple tactics, Developing leadership, Developing communication as a team / collaborate effectively as a team, Create defending and attacking tactics as a team
<b>Year 4</b>	<b>Net / Wall Tennis</b>	Developing the forehand, Creating space to win a point using a racket, Introduce the backhand, Applying the forehand and backhand in game situations, Applying the forehand and backhand creating space to win a point
	<b>OAA: Problem Solving</b>	Benches and mats challenge, Round the clock card challenge, The pen challenge, The river rope challenge, Caving challenges
<b>Year 5</b>	<b>Net / Wall Tennis</b>	Introduce/develop the volley, Controlling the game from the serve Doubles, understanding and applying tactics to win a pint
	<b>Striking &amp; Fielding Rounders</b>	Develop fielding tactics maximising players, Understand what happens if the batter misses the ball, Refine fielding tactics, what players where? Applying tactics in mini games
<b>Year 6</b>	<b>Net / Wall Tennis</b>	Game application, Game application, mixed ability doubles, round robin games
	<b>Striking &amp; Fielding Rounders</b>	Introduction to full Rounders, Consolidate fielding tactics, Refine our understanding of what happens if the batter misses or hits the ball backwards, Batting considerations

## Summer 2 –Skills Progression

<b>Reception</b>	Games For Understanding	Taking turns/keeping the score, Understanding and playing by the rules, Avoiding a defender, Preventing an attacker from scoring, Applying attacking and defending into a game
	Games For Understanding	Taking turns/keeping the score, Understanding and playing by the rules, Avoiding a defender, Preventing an attacker from scoring, Applying attacking and defending into a game
<b>Year 1</b>	Games For Understanding	Understanding the principles of attack/defence, Applying attacking/ defending principles into a game, Consolidate attacking/defending
	Team Building	Introducing teamwork, Develop teamwork, Building trust and developing communication, Cooperation and communication, Explore simple strategies, Problem solving: Consolidate teamwork
<b>Year 2</b>	Games For Understanding	Attacking/defending as a team, Understanding the transition between defence and attack, Create and apply attacking/ defensive tactics
	Team Building	Introducing teamwork, Develop teamwork, Building trust and developing communication, Cooperation and communication, Explore simple strategies, Problem solving: Consolidate teamwork
<b>Year 3</b>	<b>Athletics</b>	Explore running for speed, Explore acceleration Introduce /develop relay: Running for speed in a team, Throwing: Accuracy vs distance Standing long jump
	<b>Striking &amp; Fielding</b> Rounders	Introduce to Rounders ,Introduce overarm throwing, Apply overarm and underarm throwing, Introduce stopping the ball, Application of stopping the ball in a game
<b>Year 4</b>	<b>Athletics</b>	Develop running at speed, Exploring our stride pattern, Exploring running at pace, Understand and apply tactics when running for distance, Javelin, Standing triple jump
	<b>Striking &amp; Fielding</b> Rounders	Develop fielding bowling with a backstop, Introduce batting; how, Develop batting; where and why Introduce and apply basic fielding tactics
<b>Year 5</b>	<b>Athletics</b>	Finishing a race, Evaluating our performance, Sprinting, My personal best, Relay changeovers, Shot Putt, Introducing the hurdles
	<b>OAA: Communication</b>	Face orienteering, Cone orienteering, Point and return, Point to point, Timed course, Orienteering competition
<b>Year 6</b>	<b>Athletics</b>	Running for speed competition, Running for distance competition, Throwing competition, Jumping competition
	<b>OAA: Communication</b>	Face orienteering, Cone orienteering, Point and return, Point to point, Timed course, Orienteering competition