

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	<p><b>Locomotion</b> Walking and Jumping The focus of learning is to:</p> <p>Explore walking using different body parts in different directions, at different levels and at different speeds.</p> <p>Explore how we walk using our head, arms and feet, applying an effective walking technique.</p> <p>Experience sustained walking following a route and instructions.</p> <p>Apply their learning about walking developing into marching.</p> <p>Apply their understanding of walking, applying it into a game.</p>	<p><b>Ball Skills Hands 1</b></p> <p>The focus of the learning is to:</p> <p>Explore different ways of using our hands to move with a ball, keeping control.</p> <p>Explore different ways of pushing, rolling, bouncing a ball with a partner.</p> <p>Learn the meaning of the word control and start to understand why it is important to keep the ball close to them.</p> <p>Continue to explore and develop different ways of bouncing a ball whilst moving into a space.</p> <p>Work with a partner and begin to understand why it is important to be part of a team.</p> <p>Learn the meaning of the word defender and what this means when playing games.</p>	<p><b>Gymnastics: High, Low, Over, Under</b></p> <p>The focus of learning is to:</p> <p>Introduce, 'champion gymnastics' by moving in a high way and explore making high and low shapes.</p> <p>Explore how to move safely using apparatus.</p> <p>Explore movements and shapes in high/low/over/under ways on the apparatus.</p> <p>Self-select where to work, exploring what movements and shapes to make and starting to identify features of other children's work when questioned.</p>	<p><b>Ball Skills Hands 2</b></p> <p>The focus of the learning is to:</p> <p>Explore different ways of throwing a beanbag (underarm and overarm).</p> <p>Start to learn why we need to aim when we are throwing.</p> <p>Explore how they can use their bodies to throw with greater distance.</p> <p>Explore different ways of rolling a ball using our hands.</p> <p>Learn why we need to be accurate when rolling a ball towards target.</p> <p>Explore different ways of stopping the ball using hands.</p> <p>Catching beanbag and a small ball.</p>	<p><b>Ball Skills Feet</b></p> <p>The focus of the learning is to:</p> <p>Explore different ways of using our feet to move with a ball.</p> <p>Explore what happens when they kick a ball using different parts of their feet.</p> <p>Begin to understand how we control a ball and why it's important to keep the ball close to them.</p> <p>Develop dribbling using feet to move with a ball.</p> <p>Understand where to dribble and why.</p> <p>Develop kicking and dribbling skills during competitions</p> <p>Collaborate and work together with partner and in small groups.</p>	<p><b>Games For Understanding</b></p> <p>The focus of the learning is to:</p> <p>Understand why it is important to take turns when playing a game.</p> <p>Understand why we need to keep the score during a game.</p> <p>Understand why we need to follow the rules during a game.</p> <p>Understand why games have rules, understand the consequences if rules of game are not followed.</p> <p>Learn different ways of avoiding a defender.</p> <p>Explore simple principles (evasive skills) to avoid being tagged.</p> <p>Understand consequences if they are tagged in a game.</p> <p>Explore different ways of preventing attacker from scoring a point.</p>

				Develop understanding of why we need to catch a ball and beanbag.		<p>Explore simple principles to prevent attackers from scoring.</p> <p>Understand consequences if they do not tag an attacker in a game.</p> <p>Bring together suggested sequence of learning into mini games.</p> <p>Apply understanding of attacking and defending and applying it in a competitive game.</p>
<b>Year 1</b>	<p><b>Locomotion: Running</b> The focus of the learning is to:</p> <p>Explore running using different body parts and different techniques and begin to understand how to run efficiently.</p> <p>Develop their running technique applying it into a game.</p> <p>Apply knowledge of how to run and where to run, while exploring running at different speeds.</p>	<p><b>Ball Skills Hands 1</b> The focus of the learning is to:</p> <p>Develop bouncing Learn why we need to keep ball away from defender. Learn different ways of sending (passing) ball to partner Learn different ways of sending ball using hands. Understand why and how we aim when sending a ball. Introduce sending with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce stopping a ball with hands</p>	<p><b>Gymnastics: High, Low, Over, Under</b></p> <p>The focus of learning is to:</p> <p>Introduce, 'champion gymnastics' by moving in a high way and explore making high and low shapes.</p> <p>Explore how to move safely using apparatus.</p> <p>Explore movements and shapes in high/low/over/under ways on the apparatus.</p> <p>Self-select where to work, exploring what movements and shapes to make and</p>	<p><b>Ball Skills Hands 2</b> The focus of the learning is to:</p> <p>Introduce throwing underarm</p> <p>Work in a team and apply underarm throw in a competitive situation.</p> <p>Explore different ways of stopping a ball using our hands.</p> <p>Accurately roll a ball towards a target.</p>	<p><b>Locomotion; Jumping</b> The focus of the learning is to:</p> <p>Jump in different directions, at different speeds and levels.</p> <p>Learn how to jump efficiently.</p> <p>Explore how jumping affects our bodies.</p> <p>Explore skipping.</p> <p>Apply understanding of jumping and skipping into a game</p> <p>Bring together learning into a competition.</p>	<p><b>Attack V Defence: Games for Understanding</b> The focus of the learning is to:</p> <p>Understand the basic principles of attack</p> <p>Apply simple attacking principles into a game</p> <p>Understanding the principles of defence</p> <p>Applying defending principles into a game</p> <p>Consolidate children's knowledge of how, where and why to attack in a game</p>

	<p>Apply the correct technique of running as fast as we can in a racing context.</p> <p>Apply understanding and application of running over a longer duration and as part of a team.</p> <p>Apply their understanding of running, applying it into a competitive game.</p>	<p>Develop stopping, combining sending skills</p> <p>Combine sending and receiving skills</p> <p>Stopping ball with our hands preventing children from passing ball</p> <p>Why we need to keep ball away from defender</p> <p>Combine sending and receiving skills to keep possession of ball</p> <p>Send ball using different force and speeds.</p>	<p>starting to identify features of other children's work when questioned.</p>			<p>Consolidate children's knowledge of how, where and why to defend in a game</p>
<b>Year 2</b>	<p><b>Locomotion: Dodging</b></p> <p>The focus of the learning is to:</p> <p>Explore dodging and learn how to dodge effectively.</p> <p>Develop dodging technique and apply this into games.</p> <p>Develop an understanding of why it is important to dodge in games.</p> <p>Apply knowledge of how, where and why to dodge into game situations including when working as a team and into a level 1 competition.</p> <p>Learn the roles of attacking and defending and start to</p>	<p><b>Ball Skills Hands 1</b></p> <p>The focus of the learning is to:</p> <p>Recap prior learning from Y1.</p> <p>Develop dribbling in order to keep control and possession of the ball.</p> <p>Develop passing and receiving in order to keep possession of the ball.</p> <p>Combine dribbling, passing and receiving in order to keep possession of the ball.</p> <p>Develop dribbling in order to keep possession and score a point.</p>	<p><b>Gymnastics: High, Low, Over, Under</b></p> <p>The focus of learning is to:</p> <p>Introduce, 'champion gymnastics' by moving in a high way and explore making high and low shapes.</p> <p>Explore how to move safely using apparatus.</p> <p>Explore movements and shapes in high/low/over/under ways on the apparatus.</p> <p>Self-select where to work, exploring what movements and shapes to make and starting to identify features of</p>	<p><b>Ball Skills Hands 2</b></p> <p>The focus of the learning is to:</p> <p>Develop children's execution of an underarm throw and to extend their understanding of why we need to be accurate when we throw.</p> <p>Work in a team applying their understanding of underarm throwing and the basic principles of attack vs defence to win a game.</p> <p>Apply understanding of underarm throwing to beat an opponent.</p>	<p><b>Jumping</b></p> <p>The focus of the learning is to:</p> <p>Consolidate children's jumping and to apply an effective jumping technique.</p> <p>Consolidate learning of how, where and why we jump in a game.</p> <p>Apply knowledge of how to jump and how to jump in combination using their own ideas for linking jumps.</p> <p>Develop application of jumping.</p> <p>Develop application of linking jumps together.</p>	<p><b>Attack V Defence: Games for Understanding</b></p> <p>The focus of the learning is to:</p> <p>Create and understand simple attacking principles, applying them as a team into a game.</p> <p>Create and understand simple defending principles, applying them as a team into a game.</p> <p>Understand the transition from defence to attack.</p> <p>Refine their understanding of what 'attacking' or 'defending' means and when, where and</p>

	<p>understand when we attack and when we defend.</p>	<p>Develop passing and receiving in order to keep possession and score a point.</p> <p>Combine dribbling, passing and receiving in order to keep possession and score a point.</p>	<p>other children's work when questioned.</p>	<p>Introduce overarm throwing, applying understanding of overarm throwing to win a game.</p> <p>Bring together suggested sequence of learning into mini games.</p>		<p>why we attack/defend as a team during a game.</p> <p>Apply knowledge and understanding of attacking and defending, into mini games.</p> <p>Create and understand simple defending tactics applying them as a team into a game.</p>
<b>Year 3</b>	<p><b>Invasion;</b> Basketball The focus of the learning is to:</p> <p>Introduce dribbling in order to keep control and possession of the ball.</p> <p>Concentrate on attackers when they are dribbling focus on ball control and changing direction when dribbling.</p> <p>Introduce passing and receiving in order to keep possession of the ball.</p> <p>Concentrate on the attacking players using a range of passes (chest and bounce) to keep possession.</p>	<p><b>Invasion;</b> Handball</p> <p>The focus of the learning is to:</p> <p>Introduce passing and receiving in order to keep possession of the ball.</p> <p>Use passing and moving skills (creating space) to keep possession, developing this concept into mini game situations.</p> <p>Develop passing and moving, building up into mini games where children explore the transition between attack and defence.</p>	<p><b>Gymnastics:</b> Symmetry &amp; Asymmetry</p> <p>The focus of the learning is to:</p> <p>Apply the concept of 'excellent gymnastics'.</p> <p>The class will focus on exploring movements and balances in a symmetrical and asymmetrical way.</p> <p>Re-create Children' symmetrical balances on apparatus and look at how they can begin to move out of them, forming the start of a sequence.</p> <p>Starting with symmetrical balances on apparatus, moving out of them, travelling to a new piece of</p>	<p><b>Invasion;</b> Tag Rugby</p> <p>The focus of the learning is to:</p> <p>Introduce moving with the ball, passing and receiving in order to keep possession of the ball.</p> <p>Introduce tagging.</p> <p>How attackers create space, creating opportunities for the ball carrier to pass if they are tagged.</p> <p>Develop passing and moving forwards to score a try.</p> <p>Combine passing and moving to create attacking opportunities to score a try.</p>	<p><b>Net/Wall;</b> Tennis</p> <p>The focus of the learning is to:</p> <p>Introduce how we win a game of tennis, thinking about where and why we throw the ball on the court.</p> <p>Apply learning of different ways we can win a point into mini games.</p> <p>Introduce rackets,</p> <p>Introduce forehand shot.</p> <p>Bring learning together into a level 1 tournament.</p>	<p><b>Athletics</b></p> <p>The focus of the learning is to:</p> <p>Explore how we can use our bodies to make us run as fast as possible.</p> <p>Develop an understanding of how and why we need to accelerate at the start of a race.</p> <p>Apply understanding and application of running for speed, when running as part of a team.</p> <p>Explore the differences between throwing for accuracy and throwing for distance.</p>

	<p>Use prior knowledge and understanding of passing and dribbling, to create space whilst keeping possession, developing this concept into mini games</p> <p>Develop passing, moving and dribbling building up into mini games where Children explore the transition between attack and defence</p> <p>Introduce children to shooting. Children will understand not just how they shoot but where they shoot from on the court in order to increase their chances of scoring.</p> <p>Bring together learning into a tournament.</p> <ul style="list-style-type: none"> <li>Vocabulary: attacker, defender, dribbling, possession, triple threat, chest pass.</li> </ul>	<p>Combine passing and moving to score points against another team.</p> <p>Introduce shooting, where to shoot from and why.</p> <p>Bring together learning into level 1 tournament.</p>	<p>apparatus and completing the start and middle section of a sequence.</p> <p>Children perform their completed sequences.</p>	<p>Bring together learning into a level 1 tournament.</p>		<p>Explore how we can use our bodies to jump as far as possible.</p>
<b>Year 4</b>	<p><b>Invasion; Basketball</b> The focus of the learning is to:</p> <p>Refine dribbling in order to keep control and possession of the ball. Learn how to dribble the ball keeping possession to beat an opponent. Apply their passing (bounce and chest) and moving skills to keep possession, developing this</p>	<p><b>Invasion; Handball</b></p> <p>The focus of the learning is to: Apply passing and moving skills to keep possession, developing this concept into mini game situations.</p> <p>Develop passing and creating space, explore transition between attack and defence, working out simple tactics for</p>	<p><b>Gymnastics:</b> Symmetry &amp; Asymmetry</p> <p>The focus of the learning is to: Apply the concept of 'excellent gymnastics'.</p> <p>The class will focus on exploring movements and balances in a symmetrical and asymmetrical way.</p>	<p><b>Invasion; Tag Rugby</b></p> <p>The focus of the learning is to: Develop passing and moving to create space to beat an opponent and score a try.</p> <p>Extend understanding and knowledge of passing and moving applying this into 3v3 mini games.</p>	<p><b>Net/Wall; Tennis</b></p> <p>The focus of the learning is to:</p> <p>Develop understanding of how we can win a game of tennis.</p> <p>Develop racket control.</p> <p>Introduce backhand shot, develop use of forehand and</p>	<p><b>Athletics</b></p> <p>The focus of the learning is to:</p> <p>Develop their own sprinting technique.</p> <p>Develop application of stride length during middle third of a race.</p>

	<p>concept into mini game situations.</p> <p>Develop passing and dribbling to create space, building up into mini games where children explore the transition between attack and defence.</p> <p>Apply prior learning of passing and dribbling to create an attack that results in a shooting opportunity.</p> <p>Understand not just how to shoot but where to shoot from and why.</p> <p>Concept of defending (marking) and how this can be applied during a game to prevent attacking opportunities.</p> <p>Take part in Level 1 tournament.</p>	<p>creating space and keeping possession.</p> <p>Develop shooting. Combine passing, moving and shooting to create an attack which results in a shot on target against another team.</p> <p>Learn how to defend (marking) when they are not in possession.</p> <p>Take part in a Level 1 tournament.</p>	<p>Re-create Children' symmetrical balances on apparatus and look at how they can begin to move out of them, forming the start of a sequence.</p> <p>Starting with symmetrical balances on apparatus, moving out of them, travelling to a new piece of apparatus and completing the start and middle section of a sequence.</p> <p>Children perform their completed sequences.</p>	<p>Develop tagging and different ways the defending team can prevent attackers from scoring.</p> <p>Apply understanding and knowledge into mini games.</p> <p>Combine passing and moving to develop ways of creating space to beat an opponent to score a try.</p> <p>Take part in a Level 1 tournament</p>	<p>backhand shots applying these in game situations.</p> <p>Develop ability to use aa racket by considering tactical play (creating space) to win a point.</p> <p>Take part in Level 1 tournament.</p>	<p>Explore pacing and running for distance.</p> <p>Develop understanding of throwing for distance.</p> <p>Explore how we can use our bodies to jump as far as possible, using combination of jumps in particular hop skip and jump.</p>
<b>Year 5</b>	<p><b>Invasion;</b> Basketball</p> <p>The focus of the learning is to:</p> <p>Refine dribbling and passing skills, combing them to create and attack that results in shooting opportunity.</p> <p>Understanding of defending (marking) and how this is applied during a game to prevent attacking opportunities.</p>	<p><b>Invasion;</b> Netball</p> <p>The focus of the learning is to:</p> <p>Passing and moving skills and applying them in games situations.</p> <p>Apply understanding of rules of game by officiating and playing in mini games.</p> <p>Understand role changes and they become a defender as soon</p>	<p><b>Gymnastics:</b> Symmetry &amp; Asymmetry</p> <p>The focus of the learning is to:</p> <p>Apply the concept of 'excellent gymnastics'.</p> <p>The class will focus on exploring movements and balances in a symmetrical and asymmetrical way.</p> <p>Re-create Children' symmetrical balances on apparatus and look at how they can begin to move out of</p>	<p><b>Invasion;</b> Hockey</p> <p>The focus of the learning is to:</p> <p>Refine dribbling and passing skills, combing them to create an attack that results in shooting opportunity.</p> <p>Understand defending(marking, tackling and blocking) and how this is applied to prevent attacking opportunities.</p>	<p><b>Net/Wall;</b> Tennis</p> <p>The focus of the learning is to:</p> <p>Learn how we can win a game of tennis using a racket.</p> <p>Develop racket technique, exploring a new shot, the volley.</p> <p>Develop volley, thinking about where we hit the ball and why we are hitting it there.</p> <p>Look at how players can control game from the beginning (serve)</p>	<p><b>Athletics</b></p> <p>The focus of the learning is to:</p> <p>Develop children's understanding of how to finish a sprinting race, maintaining their speed until they cross the line.</p> <p>Consolidate knowledge and understanding and ability to sprint effectively.</p>

	<p>Develop shooting, apply in game situations.</p> <p>Refine attacking skills. Refine defending skills.</p> <p>Take part in a level 1 tournament</p>	<p>as they lose possession of the ball.</p> <p>Introduce Stinger netball, increasing playing space and allows development of understanding of attacking and defending positions.</p> <p>Explore other passing styles.</p> <p>Take part in a level 1 tournament</p>	<p>them, forming the start of a sequence.</p> <p>Starting with symmetrical balances on apparatus, moving out of them, travelling to a new piece of apparatus and completing the start and middle section of a sequence.</p> <p>Children perform their completed sequences.</p>	<p>Refine shooting, applying in games situations.</p> <p>Refine attacking skills.</p> <p>Refine defending skills</p> <p>Take part in a level 1 tournament</p>	<p>by thinking about how and where to serve.</p> <p>How game changes when we play doubles.</p> <p>Take part in a level 1 tournament</p>	<p>Knowledge and understanding and ability to sprint setting their own personal best.</p> <p>Consolidate running as part of a team.</p> <p>Develop understanding of throwing for distance.</p> <p>Explore and develop understanding of how to hurdle safely applying the correct technique.</p>
<b>Year 6</b>	<p><b>Invasion; Basketball</b></p> <p>The focus of the learning is to: Consolidate children's ability to use passing, dribbling and moving skills to keep possession and score</p> <p>Understanding of the rules of the game and how they can apply this knowledge to play in mini games.</p> <p>Understand that they are defending as soon as they lose possession of the ball.</p>	<p><b>Invasion; Netball</b></p> <p>The focus of the learning is to:</p> <p>Consolidate ability to use passing and moving skills to keep possession and score</p> <p>Understanding of rules of game and applying this to mini games</p> <p>Understand that we are defending as soon as we lose possession of the ball</p>	<p><b>Gymnastics:</b> Symmetry &amp; Asymmetry</p> <p>The focus of the learning is to:</p> <p>Apply the concept of 'excellent gymnastics'.</p> <p>The class will focus on exploring movements and balances in a symmetrical and asymmetrical way.</p> <p>Re-create Children' symmetrical balances on apparatus and look at how they can begin to move out of them, forming the start of a sequence.</p>	<p><b>Invasion; Hockey</b></p> <p>The focus of the learning is to: Use passing dribbling and moving skills to keep possession and score</p> <p>Understand rules of game and apply in mini games</p> <p>Understand that they are defending as soon as they lose possession of the ball</p> <p>Understand attacking tactics, apply in game situations.</p>	<p><b>Net/Wall; Tennis</b></p> <p>The focus of the learning is to:</p> <p>Develop understanding of how we can win a game of doubles tennis.</p> <p>Develop ability to think tactically about which shot to play during a game.</p> <p>Refine Children ability to think tactically in game considering which shot to play.</p> <p>Consolidate game play considering when where and</p>	<p><b>Athletics</b></p> <p>The focus of the learning is to: Bring together the previous suggested sequences of learning related to running for speed and culminate this into a competition.</p> <p>Bring together the suggested sequence of for jumping, throwing and running into a mini athletics competition.</p>

## St Mary's Physical Education Map 2022/23

	<p>Understanding of attacking tactics applying them in game situations.</p> <p>Consolidate understanding of defensive tactics, applying them in game situations.</p> <p>Take part in level 1 tournament</p> <p>Refine knowledge and understanding of defending and how this is applied during a game to prevent attacking opportunities</p> <p>Consolidate the children's understanding of attacking tactics applying them into game situations</p> <p>Apply their prior learning of passing, dribbling and moving, to create effective attacking tactics that results in a successful shot.</p>	<p>Understanding of attacking and defending tactics applying them to Stinger netball games.</p> <p>Take part in a level 1 tournament</p>	<p>Starting with symmetrical balances on apparatus, moving out of them, travelling to a new piece of apparatus and completing the start and middle section of a sequence.</p> <p>Children perform their completed sequences.</p>	<p>Consolidate understanding of defensive tactics and apply in game situations.</p> <p>Take part in a level 1 tournament</p>	<p>why children are playing a shot to win a point.</p> <p>Take part in a level 1 tournament</p>	
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