



PE Curriculum Mapping with Rationales

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p>Hockey Children will be able to roll a ball with growing accuracy; hit a ball with a stick and kick a ball with growing accuracy.</p> <p>Movement and Balance Children will be able to: move their whole bodies in different ways with control and care and stop safely.</p>	<p>Hockey Children will be able to: follow simplified rules of a game; stay in a zone during a game; use and decide where the best place to be is during a game and use one tactic in a game.</p>	<p>Hockey Children will be able to: be aware of space and use it to support team-mates and cause problems for the opposition; know and use rules fairly and keep possession with some success when using equipment.</p>	<p>Tag Rugby Children will be able to: elect and use the most appropriate skills, actions or ideas; move and use actions with coordination and control; keep possession of the ball and move to find a space when they are not in possession during a game.</p>	<p>Tag Rugby Children will be able to: link skills, techniques and ideas and apply them accurately and appropriately; show good control in their movements; gain possession by working as a team and pass in different ways.</p>	<p>Tag Rugby Children will be able to: apply their skills, techniques and ideas consistently; show precision, control and fluency and explain complicated rules.</p>
Autumn 2	<p>Dance Children will be able to use space safely. They will move to music; and copy some dance moves. They will also be able to perform their own dance moves, including making up a short routine based on a particular piece of music.</p> <p>Throwing and Catching Games Children will be able to throw a beanbag underarm with increasing accuracy over greater distances. They will also be able to catch a beanbag and different sized balls with both hands.</p>	<p>Dance Children will be able to dance imaginatively and change rhythm, speed, level and direction to show a mood or feeling. They will practise dancing with control and coordination and be able to make a sequence by linking sections of dance moves together.</p> <p>Basketball Children will be able to start to show control and accuracy with the basic actions for bouncing, dribbling and throwing a basketball and throw using different techniques for passing or shooting.</p>	<p>Dance Children will be able to improvise dance freely and translate ideas from a stimulus into movement. They will share and create phrases with a partner and in small groups including being able to repeat, remember and perform phrases in a dance. They will compare their work to others' and start to recognise how performances can be improved.</p> <p>Basketball Children will be able to dribble a basketball with greater pace, including while under the pressure of a game situation. They will be able to show control in tackling an opponent to gain possession and aim to score a 'basket' with growing accuracy.</p>	<p>Dance Children will be able to use dance to communicate an idea. They will learn to improve and refine movements and perform a clear and fluent routine, and at times, take the lead when working with a partner or group. They will explain how their work is similar and different from that of others and use their comparison to improve their work.</p> <p>Hockey Children will be able to show control in tackling an opponent to gain possession and use a range of hockey skills to keep possession and control of the ball.</p>	<p>Dance Children will be able to compose their own dances in a creative and imaginative way. They will be able to perform to an accompaniment expressively and sensitively and perform controlled movements with clarity, fluency, accuracy and consistency. They will compare and comment on skills, techniques and ideas that they and others have used and use their observations to improve their work.</p> <p>Hockey Children will be able to use a number of techniques to pass, dribble and shoot. They will also use a range of skills to keep possession and make progress towards a goal.</p>	<p>Dance Children will be able to develop imaginative dances in a specific style. They will choose their own music, style and dance to perform individually and as part of a group. They will also analyse and explain why they have used specific skills and techniques; modify their use of skills or techniques to improve their work and create their own success criteria for evaluating.</p> <p>Handball and Hockey Children will be able to use a number of techniques with pace and skill to pass, dribble and shoot; make swift and confident progress towards a goal, on their own and with others.</p>

Gymnastics

Children will be able to make their body tense, relaxed, curled and stretched. They will also work on controlling their body when travelling and balancing and copying and repeat sequences.

Team invasion/evasion games (Basketball, Handball)

Children will be able to start to use the throwing and catching skills that they have developed in a game situation and recognise space in their games; using it to help them to do well in the game.

Gymnastics

Children will be able to plan and show a sequence of movements and use contrast in their sequences.

Team invasion/evasion games (Basketball, Handball, Hockey)

Children will be able to demonstrate that they can use a range of skills interchangeably and with growing pace; move a ball appropriately during a game with increasing accuracy and speed.

Gymnastics

Children will be able to use a greater number of their own ideas for movement in response to a task and adapt sequences to suit different types of apparatus.

Boccia

Children will be able to follow simplified rules of the game.

Sitting Volleyball

Children will be able to follow simplified rules of a game and throw and catch with control when under some pressure.

Team invasion/evasion games (American Football, Basketball, Football, Handball, Hockey, Tag Rugby)

Children will be able to be aware of space and use it to support team-mates and cause problems for the opposition. They will also be able to talk about what they need to do to win a game, weighing up the options and making informed decisions about what to do. They will work on using a range of skills to keep possession and make progress towards a goal on their own and with others. They will be able to recognise players who play well in games and give some reasons why.

Gymnastics

Children will be able to work in a controlled way and include changes of speed, direction, a range of shapes and follow a set of 'rules' with several simple ideas to produce a sequence of movements.

Sitting Volleyball

Children will be able to catch with one hand and throw and catch accurately.

Swimming and water safety

Children will be able to swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke); perform safe self-rescue in different water-based situations.

Team invasion/evasion games (American Football, Basketball, Football, Handball, Hockey, Tag Rugby)

Children will be able to use a range of movement skills confidently, vary tactics and adapt skills according to what is happening. They will make up their own small-sided game, use a range of different passing skills and change direction and speed when dribbling the ball. They will be able to describe the support they need to improve their play.

Gymnastics

Children will be able to make complex and extended sequences and combine action, balance and shape.

Team invasion/evasion games (American Football, Basketball, Football, Handball, Hockey, Tag Rugby)

Children will be able to participate in a game situation as part of an effective team. They will learn to tell the difference between attacking skills and defending skills and choose the best tactics to apply in a game. They will work on finding and using space to help their team; looking for specific skills/tactics and explain how they are being demonstrated.

Gymnastics

Children will be able to combine their own work with that of others and link sequences to specific timings.

Hockey

Children will be able to demonstrate effective use of passing, dribbling and shooting during the pressure of a game situation; make swift and confident progress towards a goal on their own and with others.

Team invasion/evasion games (American Football, Basketball, Football, Handball, Hockey, Tag Rugby)

Children will be able to switch between acting and thinking like an attacker and a defender. They will be able to make a team plan and communicate it to others as well as lead them in a game. They will be able to talk about what they did well and what could be improved individually and as a team.

Spring 2	<p>Gymnastics</p> <p>Children will be able to: roll in different ways; travel in different ways; balance in different ways; stretch in different ways and climb safely.</p> <p>Team invasion/evasion games (Basketball, Handball)</p> <p>Children will be able to: start to use their developing throwing, catching and movement skills in an increasingly competitive way; track and get in line with the ball to receive it; understand how to aim and how to take the ball to a good position for aiming.</p>	<p>Gymnastics</p> <p>Children will be able to: show greater control in movements; think of more than one way to create a sequence which follows a set of 'rules' and work independently and with a partner to create a sequence.</p> <p>Team invasion/evasion games (Basketball, Handball, Hockey)</p> <p>Children will be able to: show an awareness of a set of rules during a game; participate in a game as an effective member of a team.</p>	<p>Gymnastics</p> <p>Children will be able to: explain how strength and suppleness affect performances and compare and contrast gymnastic sequences, commenting on similarities and differences.</p> <p>Outdoor adventurous activities</p> <p>Children will be able to: follow a map in the familiar context of the school grounds; move from one location to another following a map and use clues to follow a route.</p>	<p>Gymnastics</p> <p>Children will be able to; follow a set of 'rules' with several more complex ideas to produce a sequence of movements and work with a partner to create, repeat and improve a sequence with at least three phases.</p> <p>Outdoor adventurous activities</p> <p>Children will be able to: follow a map in a more demanding familiar context (Canning Town); move from one location to another following a map; use clues to follow a route and follow a route accurately, safely and within a time limit.</p>	<p>Gymnastics</p> <p>Children will be able to: perform consistently to different audiences and move accurately, with clarity and consistency.</p> <p>Outdoor adventurous activities</p> <p>Children will be able to: follow a map in an unknown location; use clues and compass directions to navigate a route; change their route if there is a problem and change their plan if they get new information.</p>	<p>Gymnastics</p> <p>Children will be able to: work with a group to follow a set of 'rules' with several more complex ideas to produce a sequence of movements; perform this sequence with consistency and accuracy and talk about the choices that were made both individually and as a group that resulted in this sequence and performance.</p> <p>Outdoor adventurous activities</p> <p>Children will be able to: plan a route and series of clues for someone else and plan with others taking account of safety and danger.</p>
Summer 1	<p>Tennis</p> <p>Children will be able to hold a racquet correctly, hit a ball with growing control and start to be able to return a ball hit gently to them. They will also be able to about the skills that they need to be successful and talk about the basic rules of tennis.</p> <p>Athletics</p> <p>Children will be able to improve and show some skill with basic movements including running, jumping, throwing and catching.</p>	<p>Tennis</p> <p>Children will be able to follow simplified rules of a game, start to be able to hit a ball in different ways and move with growing speed before hitting a ball during a game. They will also be able to decide where the best place to be during a game is.</p> <p>Athletics</p> <p>Children will be able to run continuously for about one minute and show the difference between running at speed and jogging. They will be able to demonstrate improvement with basic movements including running, jumping, throwing and catching and talk about what they need to do to increase their ability with these skills.</p>	<p>Tennis</p> <p>Children will be able to select and use the most appropriate skills and move and use actions with coordination and control.</p> <p>Athletics</p> <p>Children will be able to use different techniques, speeds and effort to meet challenges set for running, jumping and throwing. They will use running, jumping, throwing and catching in isolation and in combination and run consistently and smoothly at different speeds. They will also demonstrate different combinations of jumps, showing control, coordination and consistency and throw a range of implements into a target area with consistency and accuracy.</p>	<p>Tennis</p> <p>Children will be able to hit a ball accurately and with control.</p> <p>Athletics</p> <p>Children will be able to recognise that there are different styles of running, jumping and throwing, and that they need to choose the best for a particular challenge and type of equipment. They will pace their effort well in different types of event to ensure that they can keep going steadily and maintain the quality of their actions.</p>	<p>Tennis</p> <p>Children will be able to use forehand and backhand with a racquet.</p> <p>Athletics</p> <p>Children will be able to sustain pace over longer distances, running confidently for up to five minutes and show control in a sprint for up to ten seconds. They will throw with greater control, accuracy and efficiency and link separate jumps together.</p>	<p>Tennis</p> <p>Children will be able to use a range of skills effectively in a game with 'real' rules and judge a game played by peers.</p> <p>Athletics</p> <p>Children will be able to run continuously for at least five minutes and take part confidently and competently in a relay event. They will compare their performances in throwing, running and jumping with previous performances and demonstrate improvement to achieve a personal best. They will also set and work towards next step targets based on athletic performance.</p>

Summer 2	<p style="text-align: center;">Athletics</p> <p>Children will be able to: copy actions; repeat actions and skills; move with control and care; throw underarm; throw in different ways; catch with both hands; talk about what they have done and describe what other people did.</p> <p style="text-align: center;">Rounders</p> <p>Children will be able to use the movement, catching and throwing skills they have developed with growing skill in a simplified rounders game situation.</p> <p style="text-align: center;">Agility/Evasion Games</p> <p>Children will be able to: participate in team games, developing simple tactics for attacking and defending.</p>	<p style="text-align: center;">Athletics</p> <p>Children will be able to: copy and remember actions; repeat and explore actions with control and coordination; talk about what is different between what they did and what someone else did and say how they could improve</p> <p style="text-align: center;">Rounders</p> <p>Children will be able to use their improving movement, throwing and catching skills whilst under pressure as part of a team.</p> <p style="text-align: center;">Agility/Evasion Games</p> <p>Children will be able to: play competitive games, with simplified rules; apply basic principles suitable for attacking and defending; watch and accurately describe the games of others.</p>	<p style="text-align: center;">Athletics</p> <p>Children will be able to: run at fast, medium and slow speeds, changing speed and direction; link running and jumping activities with some fluency, control and consistency; make up and repeat a short sequence of linked jumps; take part in a relay activity, remembering when to run and what to do and throw a variety of objects, changing their action for accuracy and distance.</p> <p style="text-align: center;">Rounders</p> <p>Children will be able to run at pace at appropriate times and show an awareness of how to use space in a game situation.</p> <p style="text-align: center;">Tennis</p> <p>Children will be developing their ability able to: select and use the most appropriate skills; move and use actions with coordination and control; describe what is successful in my own and others' play.</p>	<p style="text-align: center;">Athletics</p> <p>Children will be able to throw in different ways, hit a target and jump in different ways.</p> <p style="text-align: center;">Cricket</p> <p>Children will be able to strike a ball with intent and throw it increasingly more accurately when bowling or fielding.</p> <p style="text-align: center;">Tennis</p> <p>Children will be developing their ability to hit a ball accurately and with control. They will be able to get themselves into a good position to hit a hand fed ball accurately and increasingly keep a rally going using a small range of shots. They will be learning how to make things difficult for their opponent by directing the ball to a space at different speeds and heights.</p> <p style="text-align: center;">Rounders</p> <p>Children will be able to choose good places to stand when fielding and give reasons for this choice. They will return the ball quickly and accurately and use the rules and keep games going without disputes. They will be able to identify aspects of their game that need improving, and say how they can go about improving them</p>	<p style="text-align: center;">Athletics</p> <p>Children will be able to show control when taking off and landing in a jump. They will be able to throw with accuracy, combine running and jumping and follow specific rules.</p> <p style="text-align: center;">Cricket</p> <p>Children will be able to use space to 'field' as part of a team.</p> <p style="text-align: center;">Tennis</p> <p>Children will be developing their ability to use forehand and backhand shots under pressure in a game situation. They will show good backswing, follow through and feet positioning</p> <p style="text-align: center;">Rounders</p> <p>Children will be able to explain what they are trying to do in the game, talk about what they are successful at and what they need to practise more.</p>	<p style="text-align: center;">Athletics</p> <p>Children will be able to: demonstrate stamina in various running, throwing and jumping activities and use their skills in different situations.</p> <p style="text-align: center;">Cricket</p> <p>Children will be able to: use a range of skills effectively in a game with 'real' rules and judge a game played by peers;</p> <p style="text-align: center;">Tennis</p> <p>Children will be able to play shots on both sides of the body and overhead in practices and when the opportunity arises in a game; spot the spaces in the opponent's court and hit the ball towards them; position themselves well on the court; work with a partner, adapting play to suit their own and others' strengths.</p>
Entire Year	<p style="text-align: center;">Health and Fitness</p> <p>Children will be able to describe how their bodies feel before, during and after an activity.</p>	<p style="text-align: center;">Health and Fitness</p> <p>Children will be able to: show how to exercise safely; describe how their body feels during different activities and explain what their body needs to keep healthy.</p>	<p style="text-align: center;">Health and Fitness</p> <p>Children will be able to explain why it is important to warm up and cool down and identify some muscle groups used in different activities.</p>	<p style="text-align: center;">Health and Fitness</p> <p>Children will be able to explain why keeping fit is good for their health.</p>	<p style="text-align: center;">Health and Fitness</p> <p>Children will be able to: explain some important principles when preparing for exercise (specific muscles); explain the effect that exercise has on their body and explain why exercise is important.</p>	<p style="text-align: center;">Health and Fitness</p> <p>Children will be able to: explain how the body reacts to different kinds of exercise; choose appropriate warm ups and cool downs and explain in detail why we need regular and safe exercise.</p>