



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<b>Fundamental Movement</b> Experiments with different ways of moving. <ul style="list-style-type: none"> <li>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</li> </ul>	<b>Balance</b> <ul style="list-style-type: none"> <li>Travels with confidence and skill around, under, over and through balancing and climbing equipment</li> </ul>	<b>Invasion Games</b>	<b>Co-ordination Ball skills</b> Runs safely on whole foot. <ul style="list-style-type: none"> <li>Squats with steadiness to rest or play with object on the ground and rises to feet without using hands.</li> <li>Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment.</li> <li>Can kick a large ball.</li> </ul>	<b>Agility</b> Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.	<b>Multi skills and Athletics</b>
	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Jumps off an object and lands appropriately.</li> <li>basic shapes - straight, star, tuck, straddle &amp; pike Safe jumping and landing skills Balance along benches</li> </ul>					
Y1	<b>Basics Fundamental movements and skills</b> (recap the BCAs) Effort Physical Ability	<b>Indoor Athletics</b> Effort Physical Ability Technique	<b>Invasion Games</b> Teamwork Throwing and catching Bowling Target practise	<b>Basketball skills</b> Technique Confidence Rules	<b>Striking &amp; Fielding skills (Cricket)</b> Technique Confidence Rules	<b>Athletics</b> Feedback Rules Confidence
	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Feedback ,Analysis , Technique</li> <li>Long roll down slope Balances on one leg Bunny jumps and rock backs</li> </ul>					
	<b>Dance</b> African Drumming and Dance					



Mandeville Primary School Curriculum Map - Physical Education



Y2	<b>Basics Fundamental movements and skills</b> (recap the BCAs) Effort Physical Ability	<b>Invasion skills</b> Problem Solving Leadership Confidence	<b>Invasion Games Netball</b>	<b>Problem Solving</b> Orienteering Responsibility Confidence Rules Tactics Problems	<b>Striking &amp; Fielding skills (Cricket)</b> Technique Confidence Rules	<b>Athletics</b> Feedback Rules Confidence
	<b>Gymnastics</b> Feedback Analysis Technique Forward roll    Straight, tuck & star jumps with landing shapes    Backward roll preps down slope					
	<b>Dance</b> African Drumming and Dance					
Y3	<b>Invasion Games Netball</b> skills Technique Tactics	<b>Indoor Athletics</b> Effort Physical Ability Fitness Levels	<b>Invasion Games Tag Rugby</b>	<b>Problem Solving</b> Orienteering Responsibility Confidence Rules Tactics Problems	<b>Invasion Games Hockey</b> Skills Technique Feedback Respect	<b>Athletics</b> Feedback Respect Understanding
	<b>Gymnastics</b> Feedback    Analysis    Technique Backward roll preps down slope    V-sits and shoulder stands    Cartwheels					
	<b>Dance</b> African Drumming and Dance					



Y4	<b>Invasion Games</b> <b>Netball</b> skills Technique Tactics	<b>Indoor Athletics</b> Effort Physical Ability Fitness Levels	<b>Invasion Games</b> <b>Tag Rugby</b>	<b>Problem Solving</b> Orienteering Responsibility Confidence Rules Tactics Problems	<b>Invasion Games</b> <b>Hockey</b> Skills Technique Feedback Respect	<b>Athletics</b> Feedback Respect Understanding
				<b>Swimming: Pupils should be taught to:</b> -swim competently, confidently and proficiently over a distance of at least 25 meters - use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] -perform safe self-rescue in different water-based situations.		
	<b>Gymnastics</b> Feedback Analysis Technique Cartwheels Arabesques					
	<b>Dance</b> African Drumming and Dance					
Y5	<b>Invasion Games</b> <b>Netball skills</b> Technique Tactics	<b>Indoor Athletics</b> Effort Physical Ability Fitness Levels	<b>Invasion Games</b> <b>Tag Rugby</b>	<b>Problem Solving</b> Orienteering Responsibility Confidence Rules Tactics Problems	<b>Net &amp; Wall Games</b> <b>Tennis</b> Technique Feedback Respect	<b>Athletics</b> Feedback Respect Understanding
	<b>Swimming: Pupils should be taught to:</b> -swim competently, confidently and proficiently over a distance of at least 25 meters - use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] -perform safe self-rescue in different water-based situations					
	<b>Gymnastics</b> Feedback Analysis Technique handstand preps Y-balance & tuck top plance Linking cartwheels and backward rolls					
	<b>Dance</b> African Drumming and Dance					



<b>Y6</b>	<b>Invasion Games</b> <b>Netball</b> skills Technique Tactics	<b>Indoor Athletics</b> Effort Physical Ability Fitness Levels	<b>Invasion Games</b> <b>Tag Rugby</b>	<b>Problem Solving</b> Orienteering Responsibility Confidence Rules Tactics Problems	<b>Net &amp; Wall Games</b> <b>Tennis</b> Technique Feedback Respect	<b>Athletics</b> Feedback Respect Understanding
						<b>Swimming</b> <b>2 week intensive course</b>
	<b>Gymnastics</b> Feedback Analysis Technique					
	<ul style="list-style-type: none"> <li>• handstands</li> <li>• Squat/straddle over vault</li> <li>• One handed cartwheels</li> </ul>					
<b>Dance</b> African Drumming and Dance						
<b>Health and fitness</b> <ul style="list-style-type: none"> <li>• Are physically active for sustained periods of time</li> <li>• Lead healthy, active lives</li> <li>• Understand and apply the long-term health benefits of physical activity</li> <li>• Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle</li> </ul>						