

## Subject Map for National Curriculum Objectives, PE

National Curriculum Subject: PE							
		National Curriculum Objective					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1	Y1	<p><u>Fitness/ ABC</u> Master basic movements including running, jumping, throwing and catching.</p> <p>Developing balance, agility and co- ordination, and begin to apply these in a range of activities.</p>	<p><u>Gymnastics</u> Developing balance, agility and co- ordination.</p>	<p><u>Athletics</u> Master basic movements including running, jumping, throwing and catching.</p> <p>Developing balance, agility and co- ordination, and begin to apply these in a range of activities.</p>	<p><u>Dance</u> Developing balance, agility and co- ordination.</p> <p>Perform dances using simple movement patterns.</p>	<p><u>Team Games</u> <u>Crab football</u> Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching.</p>	<p><u>Multi Skills</u> Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching.</p>
	Y2	<p><u>Dance</u> Perform dances using simple movement patterns.</p> <p>Developing balance, agility and co- ordination</p>	<p><u>Gymnastics/ABC</u> Developing balance, agility and co- ordination.</p>	<p><u>Team Games</u> Dodge Ball Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching,</p>	<p><u>Fitness/ Multiskills</u> Master basic movements including running, jumping, throwing and catching.</p> <p>Developing balance, agility and co- ordination, and begin to apply these in a range of activities.</p>	<p><u>Team Games</u> <u>Tennis</u> Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching,</p>	<p><u>Dance</u> Perform dances using simple movement patterns.</p> <p>Developing balance, agility and co- ordination</p>
Lower KS2	Y3	<p><u>OAA/ Fitness</u> Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p><u>Gymnastics/ ABC</u> Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Competitive Games</u> Football Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p><u>Dance</u> Develop flexibility, strength, technique, control and balance</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Competitive Games</u> <u>Badminton</u> Play competitive games, modified where and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p><u>Athletics</u> Develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>

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	Y4	<p style="text-align: center;"><u>Multi Skills</u></p> <p><u>Athletics</u> Develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p style="text-align: center;"><b>Swimming objectives covered during Year 4</b></p>	<p style="text-align: center;"><u>Gymnastics/ABC</u></p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p style="text-align: center;"><u>Competitive Games</u></p> <p>Rounders Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p style="text-align: center;"><u>OAA/ Fitness</u></p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p style="text-align: center;"><u>Dance</u></p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p style="text-align: center;"><u>Competitive Games</u></p> <p>Tag Rugby Play competitive games, modified where appropriate apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>
Upper KS2	Y5	<p style="text-align: center;"><u>Competitive Games</u></p> <p>Kwik Cricket Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p style="text-align: center;"><u>FITNESS/OAA</u></p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p style="text-align: center;"><u>DANCE</u></p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Perform dances using a range of movement patterns.</p>	<p style="text-align: center;"><u>Multi Skills/ Athletics</u></p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p style="text-align: center;"><u>Competitive Games/ Basketball</u></p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p style="text-align: center;"><u>Gymnastics/ ABC Dance</u></p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>

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	Y6	<p><u>Competitive Games</u> Hockey Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p><u>Gymnastics</u> <u>ABC</u> Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>OAA</u> Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p><u>Multi Skills</u> <u>Athletics</u> Develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Competitive Games</u> Netball Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Dance</u> Develop flexibility, strength, technique, control and balance</p> <p>Perform dances using a range of movement patterns.</p>
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