

Molehill Primary Academy PE Curriculum Map

	Who we are	How we express ourselves	Where we are in place and time	Sharing the planet	How the world works	How we organise ourselves
Knowledge	Gymnastics	Tennis	Football	Tennis	Athletics	Dance
KS1 Cycle B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Dance	Gymnastics	Striking and Fielding Games	Invasion games	Multi-Skills	Athletics
Year 1 Skills	Ongoing					
	Gymnastics	Dance	Invasion Games	Striking and Fielding Games	Personal and Health	Athletics
	Remember, repeat and link simple actions together Make decisions and choose actions for an idea	Build a sequence of movements Make decisions and choose actions for an idea	Begin to move a ball with control Begin to know and use simple tactics with guidance	Begin to control the ball Begin to know and use simple tactics with guidance	Be able to work with a partner and small group to play games and solve challenges Begin to think about how their body changes during exercise	Show some control and balance when travelling at different speeds or in different directions Perform different types of jumps with some control Throw towards a target with increasing accuracy
Year 2 Skills	Ongoing					
	Gymnastics	Dance	Invasion Games	Striking and Fielding Games	Personal and Health	Athletics
	Copy and explore movements and actions with increasing control Begin to select and apply the best actions and movements for own sequences	Use a wider range of actions to build a sequence of movements Begin to select and apply the best skills to use	Refine controlled movement with a ball (skills practice, not in a game situation) Know and use simple tactics and rules	Increasing control of striking and catching balls Know and use simple tactics and rules	Be able to work effectively and fairly in small group to play games and solve challenges Begin to understand the impact exercise has on our bodies	Begin to select the most suitable pace and speed for distance Choose the most appropriate jumps to cover different distances Throw with accuracy at targets of different heights

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LKS2 Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Hockey	Dance	Football	Badminton	Athletics	Athletics
LKS2 Cycle B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Dance	Gymnastics	Basketball	Cricket	Invasion Games	Athletics
Year 3 Skills	Ongoing					
	Dance	Gymnastics	Striking and Fielding Games	Net and Wall Games	Athletics	Personal and Health
	Create short dance phrases that communicate an idea Begin to use feedback to improve the performance of themselves and others	Create and perform increasingly complex sequences with a good level of quality, control, strength and technique, using movements in combination with flexibility and poise. Give and receive feedback and adapt sequences appropriately	Developing striking and catching skills Know and use simple tactics and rules individually and as a team	Developing sending and skills in order to keep a game going Know and use simple tactics and rules more independently	Show balance, coordination and technique when running Jump for distance and height with an awareness of technique Throw a variety of objects, changing action for accuracy and distance	Begin to use rules showing awareness of fairness and honesty Recognise and describe the effects of exercise on their body
Year 4 Skills	Ongoing					
	Striking and Fielding Games	Gymnastics	Striking and Fielding Games	Net and Wall Games	Athletics	Personal and Health
	Refine a range of striking and fielding skills Understand and apply the basic principles of a game	Create and perform complex sequences with a good level of quality, control, strength and technique, using a combination of flexibility and poise. Give and receive feedback and adapt sequences appropriately	Developing striking and catching skills Know and use simple tactics and rules individually and as a team to attack and defend and to keep possession of the game.	Developing sending and skills in order to keep a game going Know and use simple tactics and rules more independently to attack and defend as part of a team to keep possession of the game	Be able to demonstrate how and when to speed up and slow down when running Know how to jump in a variety of ways for height and distance Continue to develop techniques to throw for increased distance	Be able to work well with others in competitive situations and to achieve shared goals Know why warming up and cooling down are important

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UKS2 Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Netball	Dance	Gymnastics	Rounders	Tennis	Athletics
UKS2 Cycle B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Dance	Gymnastics	Cricket	Football	Hockey	Athletics
Year 5 Skills	Ongoing					
	Dance	Gymnastics	Striking and Fielding Games	Striking and Fielding Games	Net and Wall Games	Athletics
	Choreograph phrases considering actions, dynamics, space and relationships Give and receive feedback and make edits appropriately	Create and perform more complex sequences with a good level of quality, control and technique Give and receive feedback and adapt sequences appropriately	Develop accuracy in striking and fielding skills Understand the need for tactics and identify when to use in different situations	Develop accuracy in striking and fielding skills Understand the need for tactics and identify when to use in different situations	Develop the range and quality of skills for net and wall games Understand the need for tactics and identify when to use in different situations	Select the most suitable pace for the distance and their fitness level to maintain a sustained run Perform a range of more complex jumps showing some technique Develop techniques for accuracy and power when throwing for distance
Year 6 Skills	Ongoing					
	Dance	Gymnastics	Striking and Fielding Games	Striking and Fielding Games	Net and Wall Games	Athletics
	Work creatively and imaginatively to choreograph longer phases Reflect and evaluate performances, identifying strengths and areas for development	Plan and perform sequences using a wide range of skills with precision, control and fluency Reflect and evaluate performances, identifying strengths and areas for development	Apply striking and fielding skills successfully within game situations Be able to work collaboratively to create tactics	Apply striking and fielding skills successfully within game situations Be able to work collaboratively to create tactics	Use a range of skills for net and wall games with control Understand and choose the best tactics for different situations	Demonstrate a controlled running technique using the appropriate speed for distance and time Perform jumps for height and distance using good technique Show accuracy and good technique when throwing for distance

Swimming - Year 4	Module 3 and 6
Football Coaches- Year 3 and 4	Modules 1 and 2
Cricket Coach - Year 5 and 6	Modules 3 and 4