

Hummersea PE Curriculum Map

Year	Autumn Term 8/7		Spring Term 7/6		Summer Term 4/7	
Reception	Locomotion: Walking, Jumping, Running, Hopping. Games and activities that involve different types of movement. Listening and following rules.		Stabilisation Balancing, Turning, Bending, Landing, Extending, Stretching. Games and activities that involve different types of balancing skills. Listening and following rules.		Manipulation Collecting, Kicking, Carrying, Pushing, Throwing. Games and activities that involve different types of skills with equipment. Listening and following rules.	
Year 1 MD	Manipulation Bouncing, striking, catching, throwing.	Manipulation & Locomotion Combining movement and equipment, dribbling with balls, throwing and catching on the move.	Stabilisation Gymnastics – Flexion and extension, balance, posture, body shapes, landing.	Ball Games Invasion Games - involve decision making, teamwork and FMS. Learn and develop skills specific to football.	Ball Games Games that help to develop children's FMS, including throwing, catching & running.	Run Jump & Throw Personal Challenge - to learn how to run quicker, throw accurately and jump further.
Year 1 Class Teacher	Locomotion Different types of movement, inc. Skipping, bounding, leaping.	Yoga Copy basic body shapes, holding the position.	Dance Choose actions to match a piece of music.	Tri-Golf Hitting a stationary ball with a club, using two hands. Hitting the ball in the correct direction.	Ball Games Games that help to develop children's FMS, including throwing, catching & running.	
Year 2 MD	Manipulation. Challenges with objects to develop throwing, catching, dribbling, bouncing.	Manipulation & Locomotion Combining movement and equipment, dribbling with balls, throwing and catching on the move.	Stabilisation & Locomotion Gymnastics - to develop rolling, balancing, climbing, jumping.	Ball Games Invasion Games - involve decision making, teamwork and FMS. Learn and develop skills specific to football.	Ball Games Hit and Run Games - involve decision making, teamwork and FMS.	Run Jump & Throw Personal Challenge - to keep improving on a previous best score or effort in activities relating to running, jumping and throwing.
Year 2 Class Teacher	Locomotion Movement Games - to develop spatial awareness and types of locomotion.	Yoga Create and hold poses to match a story and theme.	Dance Dance to develop movement, posture, tension and control. Improve timing of actions which reflect a theme or story.	Tri-Golf Hitting the ball with accuracy and appropriate power towards	Swimming	Swimming
Year 3 Class Teacher	Invasion Games Endzone – to develop principles of attacking and defending in an invasion game using throwing and catching.	Invasion Games Football – learning and applying more sport specific skills.	Gymnastics Linking movements to create sequences building from floor work up to low and high apparatus. Creating movement patterns, jumps, rolls and balances in a variety of spaces.	Dance	Striking & Fielding Games Team Hit & Run – to focus on basic aspects of shot selection and fielding tactics.	Athletics / OAA Personal Challenge - Improving on previous best and running longer distances in OAA.
Year 3 Swimming Teacher	Swimming	Swimming	Swimming		Swimming	Swimming

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Year 4 Class Teacher	Invasion Games Netball – to develop tactics for attacking and defending in an invasion game using throwing and catching to keep possession.	Invasion Games Football – learning and applying more sport specific skills.	Gymnastics Create sequences with partner on floor and a combination of low and high apparatus. Movement patterns using a variety of gymnastic techniques.	Dance	Striking & Fielding Games Softball – to focus on hitting, throwing, catching and decision making. Communication is also essential.	Athletics Determination - showing a desire to learn, improve and compete.
Year 4 Swimming Teacher	Swimming	Swimming	Swimming		OAA Use a map to find locations. Determined to complete physically demanding challenges.	Net & Wall Tennis – Basic ball skills using a tennis racquet, focussing on accuracy and control.
Year 5 MD	Invasion Games Tag Rugby – leaning and applying more sport specific skills. Applying invasion game principles learned in Y3/4 to skills, rules and equipment specific to tag rugby.	Invasion Games Football – learning and applying more sport specific skills to be more competitive.	Gymnastics Create sequences and routines in small groups on floor and a combination of low and high apparatus. Performances should be choreographed to reflect a theme and include techniques like cannon and unison.	Invasion Games Hockey – learning and applying more sport specific skills. Applying invasion game principles learned in Y3/4 to skills, rules and equipment specific to hockey.	Athletics	Net & Wall Tennis – building from throw-catch tennis, creating tactics and progressing to playing more specific tennis skills with control.
Year 5 Class Teacher	Invasion Games Basketball – leaning and applying more sport specific skills. Focus on game-based learning	OAA Move from one location to another following a map. Show stamina through longer distance running.	Badminton Focus on racquet control and accuracy of hitting; teamwork and cooperation to develop rallying skills.	Dance	Athletics	Striking & Fielding Games Softball - to focus on more refined skills (batting & bowling) and creating tactics. Communication and leadership are essential.
Year 6 MD	Invasion Games Tag Rugby – leaning and applying more sport specific skills. Focus on game-based learning	Invasion Games Football – learning and applying more sport specific skills to be more competitive.	Gymnastics Create sequences and routines in small groups to create large performance on apparatus and floor. A musical theme can be used to combine aspects of gym and dance. Performances should be refined to improve.	Invasion Games Hockey – learning and applying more sport specific skills. Focus on game-based learning	Striking & Fielding Games Cricket - to focus on more refined skills and techniques in batting & bowling.	Net & Wall Tennis – building from throw-catch tennis, creating tactics and progressing to playing more specific tennis skills with control.
Year 6 Class Teacher	Invasion Games Basketball – leaning and applying more sport specific skills. Focus on game-based learning	OAA Move from one location to another following a map. Show stamina through longer distance running.	Badminton Focus on racquet control and accuracy of hitting; teamwork and cooperation to develop rallying skills.	Dance	Striking & Fielding Games Cricket - to focus on more refined skills and techniques in batting & bowling.	Striking & Fielding Games Softball - to focus on more refined skills (batting & bowling) and creating tactics. Communication and leadership are essential.