

## Guardian Angels PE curriculum map 2022-2023

	Week 1-6	Week 7-12	Week 13-18	Week 19-24	Week 25-30	Week 31-35	Week 36-39
EYFS	<p><b>Manipulation &amp; coordination</b></p> <p>Send and receive a variety of objects with different body parts. Work with others to control objects in space. Coordinate body parts in a variety of activities and in different ways.</p>	<p><b>Manipulation &amp; coordination</b></p> <p>Coordinate similar objects in a variety of ways. Differentiate ways to manoeuvre objects. Skip in isolation and with rope.</p>	<p><b>Gymnastics</b></p> <p>Develop confidence in fundamental movements. Experience jumping, sliding, rolling, moving over and under apparatus. Develop coordination and gross motor skills.</p>	<p><b>Dance</b></p> <p>Recognised actions can be performed to music. Copy, repeat and perform some basic actions to music.</p>	<p><b>Speed and agility</b></p> <p>Change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause, prepare.</p>	<p><b>Body management</b></p> <p>Explore balance and managing own body. Be able to stretch, reach, extend in a variety of ways and positions. Be able to control body and perform specific movements on command.</p>	<p><b>Cooperate &amp; Solve problems</b></p> <p>Organise and match items, images, colours and symbols. Work with a partner to listen, share ideas &amp; question. Collect, distinguish and differentiate colours and create a shape as a team.</p>
Year 1	<p><b>Attack, defend and shoot</b></p> <p>Practice basic movements including running, jumping etc. and begin to engage in competitive activities. Experience opportunities to improve ABC's</p> <p>To recognise rules and apply them. Use and apply simple strategies for invasion games. Preparing for and explaining the reasons why we enjoy exercise.</p>	<p><b>Gymnastics</b></p> <p>Use simple gymnastics actions and shapes. Apply basic strength to gymnastic actions. Begin to carry basic apparatus. Recognise like action and link them.</p> <p>Perform a variety of basic gymnastics actions showing control. Introduce turn, twist, spin, rock and roll and link these. Perform longer movement phrases and link with confidence.</p>	<p><b>Dance</b></p> <p>Respond to a range of stimuli. Explore space, direction, levels and speeds and performing with different body parts.</p> <p>Be able to build simple movement patterns from given actions. Compose and link actions to make simple movement phrases.</p>	<p><b>Outdoor and adventurous activities</b></p> <p>Use thinking skills to follow multi step instructions. Solve more challenging problems as an individual. Comprehend that one thing can represent another. Take part in activities with increasing challenge to build confidence.</p>	<p><b>Run, jump and throw</b></p> <p>Begin to link running and jumping. Learn and refine a range of running. Develop throwing techniques to throw over longer distances.</p> <p>Increase stamina and core strength. Work collaboratively on more complex tasks. Work to improve strength, Balance. Agility and coordination.</p>	<p><b>Hit, catch and run</b></p> <p>To be able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.</p> <p>Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. Introduce the concept of simple tactics.</p>	<p><b>Send and return</b></p> <p>To be able to send an object with increased confidence using hand or bat. Move towards a moving ball to return. Sending and returning a variety of balls.</p> <p>Develop sending skills with a variety of balls. Track, intercept and stop a variety of objects, select and apply skills to beat the opposition.</p>
Year 2	<p><b>Attack, defend and shoot</b></p> <p>Send a ball using feet and can receive a ball using feet.</p>	<p><b>Gymnastics</b></p> <p>Describe and explain how performers can transition and link elements. Perform with</p>	<p><b>Dance</b></p> <p>Describe and explain how performers can transition from shapes and balances. Challenge</p>	<p><b>Outdoor and adventurous activities</b></p>	<p><b>Run, jump and throw</b></p> <p>Throw and handle a variety of object.</p>	<p><b>Hit, catch and run</b></p> <p>To develop hitting skills with a variety of bats. Practice feeding/bowling</p>	<p><b>Send and return</b></p> <p>Be able to track the path of a ball over a net and move towards it. Begin to</p>

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	<p>Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, e.g. dribbling and passing.</p> <p>Select and apply a small range of simple tactics. Recognise good quality in self and others. Work with others to build basic attacking play.</p>	<p>control and consistency basic actions. Create and perform a simple sequence.</p> <p>Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements. Attempt to use rhythm while performing a sequence.</p>	<p>themselves to move imaginatively responding to music. Work as part of a group to create and perform.</p> <p>Perform using more sophisticated formations as well as an individual. Use the stimuli to copy, repeat and create dance actions and motifs.</p>	<p>Use searching skills to find given things from clues and pictures. As a pair navigate space. Use and explore unusual equipment to develop motor skills, coordination and problem solving</p>	<p>Develop power, agility, coordination and balance. Negotiate obstacles showing increased control.</p> <p>Improve running and jump movement over sustained periods. Reflect on activities and makes connections to healthy active lifestyles. Jump for distance and height.</p>	<p>skills. Hit and run to score points in games.</p> <p>Work a variety of ways to score runs in the different hit, catch, run games. Work in teams to field. Begin to play the role of wicketkeeper or backstop.</p>	<p>hit and return a ball with some consistency. Plat modified net/wall games throwing, catching and sending over a net.</p> <p>Be able to make it difficult for their opponent to score a point. Begin to choose specific tactics. Transfer net/wall skills. Improve agility and coordination and use in a game.</p>
Year 3	<p style="text-align: center;"><b>Invasion</b> <b>Tag rugby</b></p> <p>Handle a rugby ball with confidence. Evade attackers using footwork and body control. Link skills to perform as a team in attack. Use basic game principles of tag rugby and play within simpler rules.</p>	<p style="text-align: center;"><b>Dance</b></p> <p>Practise and put together a performance. Perform using facial expressions. Perform with a prop.</p> <p>Building stylistic qualities through repetition and applying movement to own bodies. Building basic creative choreography skills in travelling, dynamics and partner work.</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p>Modify actions independently using different pathways, directions and shapes. Consolidate and improve movements and gymnastics actions. Relate strength and flexibility to actions. To use basic compositional ideas.</p> <p>Identify similarities and differences in sequences. Develop body management over a range of floor exercises. Attempt to bring explosive moves into floor work. Show increasing flexibility in shapes and balances.</p>	<p style="text-align: center;"><b>Outdoor and adventurous activities</b></p> <p>Work with others to solve problems. Describe their work and use different strategies to solve problems. Lead others and be led. Differentiate between when a task is competitive and when it is collaborative</p>	<p style="text-align: center;"><b>Athletics</b></p> <p>Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force,</p>	<p style="text-align: center;"><b>Striking &amp; Fielding</b> <b>Rounders</b></p> <p>To be able to play simple rounders games.</p> <p>To apply some rules to games.</p> <p>To develop and use simple rounders skills.</p>	<p style="text-align: center;"><b>Net/wall games</b> <b>Tennis</b></p> <p>To identify and describe some rules of tennis.</p> <p>To serve to begin a game.</p> <p>To explore forehand hitting.</p>

## Guardian Angels PE curriculum map 2022-2023

<b>Year 4</b>	<p style="text-align: center;"><b>Invasion</b> <b>Netball/Basketball</b></p> <p>Introduce high five netball positions. Acquire and apply basic shooting techniques. Demonstrate and implement some basic rules of high five. Develop netball skill such as marking and footwork.</p> <p>Increase confidence and selection of basic skills such as dribbling, throwing and shooting. Develop a range of ball handling skills. Use footwork rules in a game situation and explore basic marking.</p>	<p style="text-align: center;"><b>Dance</b></p> <p>Work to include freeze frames in routines. Practise and perform a variety of different formations in dance.</p> <p>Concentrating on one simple theme throughout and linking all activities to the communication of this to an audience.</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p>Become increasingly competent and confident to perform skills more consistently. Perform in time with a partner and group. Use compositional ideas in sequences.</p> <p>Develop an increased range of body actions and shapes to include in a sequence. Define muscle groups needed to support the core of their body. Refine taking weight on small and large body parts.</p>	<p style="text-align: center;"><b>Outdoor and adventurous activities</b></p> <p>Work well in a team or group within defined and understood roles. Plan and refine strategies to solve problems. Identify the relevance of and use maps. Compass and symbols. Identify what they do well and suggest what they could do to improve.</p>	<p style="text-align: center;"><b>Athletics</b></p> <p>Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws.</p>	<p style="text-align: center;"><b>Striking &amp; Fielding</b> <b>Cricket</b></p> <p>Develop and apply a range of skills in competitive context. Choose and use a range of simple tactics in isolation and game context. Consolidate existing skills and apply with consistency.</p>	<p style="text-align: center;"><b>Net/wall games</b> <b>Tennis</b></p> <p>Explore and use different shots with both the forehand and backhand. Demonstrate different badminton skills. Practise some trick shots in isolation</p>
<b>Year 5</b>	<p style="text-align: center;"><b>Invasion</b> <b>Football</b></p> <p>Play effectively in a variety of positions and formations. Relate a greater number of attacking and defensive tactics. Become more skilful when performing movements at speed.</p>	<p style="text-align: center;"><b>Dance</b></p> <p>Perform different styles of dance fluently and clearly. Refine &amp; improve dances adapting them to include the use of space rhythm &amp; expression.</p> <p>Using professional examples to inspire ideas for explosive action. Owning and exploring new movement possibilities</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p>Create longer and more complex sequences and adapt performances. Take the lead in a group. Develop symmetry. Compare performances and judge strengths and areas for improvement. Select a component for improvement.</p> <p>Take responsibility for own warm-up. Perform more complex actions, shapes and balances with consistency. Use information given by others to improve performance. Remember and repeat longer sequences with more difficult actions.</p>	<p style="text-align: center;"><b>Outdoor and adventurous activities</b></p> <p>Work well in a team or group within defined and understood roles. Plan and refine strategies to solve problems. Identify the relevance of and use maps, compass and symbols. Identify what they do well and suggest what they could do to improve.</p>	<p style="text-align: center;"><b>Athletics</b></p> <p>Sustain pace over short and longer distances. Run as part of a relay team. Perform range of jumps and throws.</p>	<p style="text-align: center;"><b>Striking &amp; Fielding</b> <b>Rounders</b></p> <p>Link together a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to rounders.</p>	<p style="text-align: center;"><b>Net/wall games</b> <b>Badminton</b></p> <p>Use different types of serves &amp; shots in-game. Play with others to score and defend points in competitive games. Move confidently around the playing area using footwork techniques.</p>

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Year 6	<b>Invasion</b> <b>Hockey</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Outdoor and adventurous activities</b>	<b>Athletics</b>	<b>Striking &amp; Fielding</b> <b>Cricket</b>	<b>Net/wall games</b> <b>Badminton</b>
	<p>Choose and implement a range of strategies and tactics. Combine and perform more complex skills at great speed. Recognise and describe food individual and team performances.</p>	<p>Work collaboratively to include more complex compositional ideas. Talk about different styles of dance with understanding, using appropriate language &amp; terminology.</p> <p>Demonstrating narrative through contact and relationships. Showing tension through pattern and formation.</p>	<p>Demonstrate accuracy, consistency, and clarity of movement. Arrange own apparatus to enhance work and vary compositional ideas. Experience flight on and off a high apparatus.</p> <p>Perform increasingly complex sequences. Combine own ideas with others to build sequences. Compose and practise actions and relate to music. Show a desire to improve competency across a broad range of gymnastics actions.</p>	<p>Use information given by others to complete tasks and work collaboratively. Undertake more complex tasks. Take responsibility for a role. Use knowledge of PE and physical activities to suggest design ideas &amp; amendments to games.</p>	<p>Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement.</p>	<p>Apply with cricket rules in a variety of styles of games. Attempt a small range of recognised shots. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.</p>	<p>Develop a wider range of shots including drop and smash. Begin to use more sophisticated tactics. Play with fluency with a partner in double scenarios.</p>