

Michael Faraday PE Curriculum Map 2023-24



twinkl	Key Skills/NC links	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	Gymnastics: Gym in the Jungle		Dance: Dinosaurs	Multi skills: Best of Balls	Games: The Olympics	Multi skills: Sports Day
Year 1	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p> <p>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	Multi Skills – throwing and catching	Dance – The seasons	Multi Skills – running and jumping	Gymnastics - traditional tales	Multi Skills – Sports Day	Yoga – salute to the sun
Year 2		Multi Skills – bat and ball	Dance – Plants	Multi Skills – target games	Gymnastics – Under the Sea	Multi Skills – Sports Day	Yoga – salute to the sun
Year 3	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	Circuit training	Football	Tennis	Lacrosse	Basketball	Athletics
Year 4		Dance – rainforest dance		Circuit training			
Year 5	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance, e.g. through athletics and gymnastics perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best 	Dance – Extreme earth	Football	Tennis	Lacrosse	Basketball	Athletics
Year 6		Circuit training		Dance – eco dance			
Swimming (Years 3, 4, 5, 6)	<ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively such as front crawl, backstroke and breaststroke perform safe self-rescue in different water-based situations. 	Circuit training	Football	Tennis	Lacrosse	Basketball	Athletics
		Dance -through the decades		Year 5			