


The Magdalen Church of England / Methodist School : PE Curriculum Map 2022 – 2023

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Reception	Fundamental Movement Skills (FMS)	Movement to Music	Floor gym	Short tennis skills JB sports	Fundamental Movement skills	Fundamental Movement skills
	<u>Key Vocabulary</u>					
	Space, Movement, Travel, Direction	Space, perform, moving, listen.	Balance, movement, strength, coordination	Throw, catch, trick, side-step, target, aim., hop.	Running, throwing, jumping, balance	Finding space, throwing, catching, running, movement
	Fundamental Movement Skills (FMS)	Basic Balance, Agility and Co-ordination	Movement to Music	Running, Jumping and Skipping	Running, Jumping and Throwing	Team Games Attack and defend
	<u>Key Vocabulary</u>					
	Space, Movement, Travel, Direction	Shapes, Big movements, Small movements, Pairs, Equipment	Balance, movement, strength, coordination, space, perform, moving, listen.	Pushing, Rolling, Bouncing, Throwing, hitting, coordination	Running, throwing, jumping, balance, run, hop, skip, jump, look, safe, move.	Finding space, team work
	<u>Why this why now?</u>					
	<p style="text-align: center;">Motor Competence across EYFS and Key Stage 1 our pupils start to develop:</p> <ul style="list-style-type: none"> fundamental movement skills physical literacy and fluency balance, agility and co-ordination skills, and begin to apply these in a range of activities on their own and with others <p>they also:</p> <ul style="list-style-type: none"> become increasingly competent and confident, mastering basic movements including running, jumping, throwing and catching 					

	Rules, Strategies & Tactics: As our pupil's progress from EYFS to the end of Key Stage 1 they: <ul style="list-style-type: none">participate in team games, developing and showing a basic understanding of simple tactics for attacking and defendingstart to develop a basic understanding of how, when and where to move to gain an advantage when attacking and defendingstart to develop a simple understanding of the importance of following basic rules					
	Healthy Participation: As our pupil's progress from EYFS to the end of Key Stage 1 they: <ul style="list-style-type: none">can describe how their bodies feel when moving and at restcan perform simple fundamental movement skills and give a simple explanation of how to exercise safelydevelop a simple awareness that exercise is good for thembecome increasingly able to safely participate in, and describe how their bodies feel when performing different physical activities					
Year 1	Dance Story telling through movement	Floor Gym – Balance, Agility & Co-ord.	Gym Large Apparatus JB Sports	Balls & Racket Skills	Athletic Skills	Short tennis skills JB Sports
	<u>Key Vocabulary</u>					
	Time, start, finish, levels.	Shapes, Big movements, Small movements, Pairs, Equipment	Pike, squat, tuck, straight, balance, roll, start finish.	Pushing, Rolling, Bouncing, Throwing, hitting, coordination	Throw, race, jump, personal best, fast, control, safe, mini coaches, leap, determination, counting, team, skipper.	Run, ready, racket, underarm, bounce, balance, cradle.
	(FMS) Throwing & catching	Skipping & Jumping	Multi Skills	Hockey Attack & Defend	Rounders'	Team games Attack and defend
	+ Yoga JB sports					
	<u>Key Vocabulary</u>					

	Pushing, Rolling, Bouncing, Throwing, coordination, partner work. Yoga- Yoga, muscles, story pose, stretch, pose.	Skipping, jumping, direction, movement,	Movement, strength, coordination, direction, throwing, aiming.	Pushing, Rolling, Bouncing, Throwing, hitting, coordination, team work.	Throwing, catching, hitting, running, direction.	Pushing, Rolling, Bouncing, Throwing, hitting, coordination, team work.
	<u>Why this why now?</u>					
	Motor Competence across EYFS and Key Stage 1 our pupils start to develop: <ul style="list-style-type: none"> fundamental movement skills physical literacy and fluency balance, agility and co-ordination skills, and begin to apply these in a range of activities on their own and with others they also: <ul style="list-style-type: none"> become increasingly competent and confident, mastering basic movements including running, jumping, throwing and catching 					
	<i>Rules, Strategies & Tactics: As our pupil's progress from EYFS to the end of Key Stage 1 they:</i> <ul style="list-style-type: none"> participate in team games, developing and showing a basic understanding of simple tactics for attacking and defending start to develop a basic understanding of how, when and where to move to gain an advantage when attacking and defending start to develop a simple understanding of the importance of following basic rules 					
	<i>Healthy Participation: As our pupil's progress from EYFS to the end of Key Stage 1 they:</i> <ul style="list-style-type: none"> can describe how their bodies feel when moving and at rest can perform simple fundamental movement skills and give a simple explanation of how to exercise safely develop a simple awareness that exercise is good for them become increasingly able to safely participate in, and describe how their bodies feel when performing different physical activities 					
Year 2	Dance	Floor gym Movement/ balance small apparatus JB Sports	Gym Large Apparatus	Balls & Racket Skills	Kwick Cricket JB Sports	Rounders

	<u>Key Vocabulary</u>					
	Movement, control, count, beat, travel.	Shapes, big movements, small movements, pairs, equipment, straddle, control, bunny hop, dish, arch, middle, sequences.	Balance, movement, strength, coordination, jumps, direction, shapes, levels.	Pushing, rolling, bouncing, throwing, hitting, coordination.	Aim, control, overarm, challenge, bowl, striker.	Pushing, Rolling, Bouncing, Throwing, hitting, coordination.
	(FMS) Throwing & catching	Multi Skills	Hockey	Multi Skills	Athletic Skills	Team games Attack and defend
	+ Yoga JB sports					
	<u>Key Vocabulary</u>					
	Pushing, rolling, bouncing, throwing, coordination, partner work. Yoga- Breathe, control, strong, relax.	Movement, strength, coordination, direction, throwing, aiming.	Overarm, challenge, striker, control, aim, bowl.	Pushing, Rolling, Bouncing, Throwing, hitting, coordination, team work.	Speed, accuracy, competition, challenge, personal best, distance, measure, speed bounce, sprint, length, faster, teammate, centimetres, metre.	Pushing, Rolling, Bouncing, Throwing, hitting, coordination, team work.
	<u>Why this why now?</u>					
	Motor Competence across EYFS and Key Stage 1 our pupils start to develop: <ul style="list-style-type: none">fundamental movement skillsphysical literacy and fluencybalance, agility and co-ordination skills, and begin to apply these in a range of activities on their own and with others they also: <ul style="list-style-type: none">become increasingly competent and confident, mastering basic movements including running, jumping, throwing and catching					

	<i>Rules, Strategies & Tactics: As our pupil's progress from EYFS to the end of Key Stage 1 they:</i>					
	<ul style="list-style-type: none">• participate in team games, developing and showing a basic understanding of simple tactics for attacking and defending• start to develop a basic understanding of how, when and where to move to gain an advantage when attacking and defending• start to develop a simple understanding of the importance of following basic rules					
	<i>Healthy Participation: As our pupil's progress from EYFS to the end of Key Stage 1 they:</i>					
	<ul style="list-style-type: none">• can describe how their bodies feel when moving and at rest• can perform simple fundamental movement skills and give a simple explanation of how to exercise safely• develop a simple awareness that exercise is good for them• become increasingly able to safely participate in, and describe how their bodies feel when performing different physical activities					
Year 3	Dance	Floor Gym	OAA	Netball JB Sports	Athletics	Short tennis
	Key Vocabulary					
	Unison, levels, perform, canon, stimulus, feedback.	Teddy bear, perform, half turn, point, travelling, patch, quarter turn, create.	Teamwork, communication, collaboration, trust, orienteering, compass point, co-ordinates, supportive, decision.	Dodge, chest pass, receiver, rules, bounce pass, jump stop, stride stop, mark, held ball.	Focus, accelerate, triple jump, relay, improve, shot put, power, hurdle, co-ordination, speed, measure, competition, strides.	Rules, focus, ready stance, points, rally, doubles.
	Tag Rugby JB sports	Football	Gym Large Apparatus	Quicksticks Hockey	Multi-Skills Ball / obstacles	Rounders
	+ Yoga JB sports					
	Key Vocabulary					
	Tagging, handover, passing, try, acceleration, horizontal,	Control, passing, tackle, stationary, throw in, defending, attacking.	Teddy bear, perform, half turn, point,	Throwing, catching, running, underarm,	Balance, co-ordination, throwing, catching,	Long barrier, rules, batter, fielders, score,

	smile, defending, attacking. Yoga- Core strength, breathing, concentrate, challenge, focus, relaxation.		travelling, patch, quarter turn, create.	overarm, tee, fielding, long-barrier	rolling, kicking, running, hopping, jumping	teamwork, bowling, safety, runs.
	<u>Why this why now?</u>					
	Motor Competence across Key Stage 2 our pupils continue to: <ul style="list-style-type: none"> • 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 in different contexts, sports and activities. 					
	Rules, Strategies & Tactics: As our pupil's progress across Key Stage 2 they: <ul style="list-style-type: none"> • play competitive games and are able to apply basic principles suitable for attacking and defending • make increasingly intelligent tactical decisions about how, when and where to move in competitive situations • increase their understanding of the importance of rules and display a good sense of fair play 					
	Healthy Participation: As our pupil's progress across Key Stage 2 they: <ul style="list-style-type: none"> • are able to plan and demonstrate that they can safely take their own warm-up and cool-down in ways that suit the activity • participate in physical activity and sport in and out of school and can explain in detail how this contributes to a healthy lifestyle 					
Year 4	Dance	Floor Gym JB sports	Gym Large Apparatus	Badminton	Tennis	OAA JB Sports
	<u>Key Vocabulary</u>					
	Inspire, pathways, direction, counts, collaborate, choreograph, timing, create.	Matching, mirroring, elements, static, apparatus, sequences, fluency.	Matching, mirroring, elements, static, apparatus, sequences, fluency.	Rules, focus, ready stance, points, rally, doubles.	Consecutive, drop feed, hand feed, accuracy, position, compete, grip, communicate.	Teamwork, communication, collaboration, trust, orienteering, compass point, co-ordinates, supportive, decision.

	Tag- Rugby	Football Attack/defence	Netball	Swimming	Rounders	Athletics
	<u>Key Vocabulary</u>					
	Fluency, communicate, non-contact, rules, accuracy, compete, control, passive defender, active defender.	Body position, inside hook, drag back, fairness, intercept, communication, accuracy.	Landing foot, attacker, defender, marking, control, contact, drive, dodge, free pass.	Jumping, sliding, float, swim, front crawl, breaststroke, backstroke, aid.	Overarm, control, retrieve. Technique, self-hit, co-operate, accuracy, continuous, skills.	Technique, triple jump, compete, change over, baton, short distance, score, push, record, shuttles, bounding, circuit, test.
	<u>Why this why now?</u>					
	<p>Motor Competence across Key Stage 2 our pupils continue to:</p> <ul style="list-style-type: none"> • 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 in different contexts, sports and activities. 					
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Year 5	Tag-Rugby	Goalball / Leadership	Hockey Attack and Defence	Netball Attack and Defence	Swimming	Rounders
	<u>Key Vocabulary</u>					
	Agility, directions, pick up, loop, underlapping, dodge, match, avoid, intercept.	Safety, organise, leader, confidence, step, task, collaborate, create, pass, throw.	Indian Dribble, demonstrate, block tackle, marking, interception, precision, opponent, possession, slap pass	Space, centre pass, obstruction, centre circle, intercept, centre third, double dodge, penalty pass.	Jumping, sliding, float, swim, front crawl, breaststroke, backstroke, aid.	Techniques, backstop, decisions, aerobic, speed, innings, scoop, directions, donkey drop.
	Dance JB sports	Gym Large apparatus	Badminton JB Sport	Football	OAA	Athletics
						+ First Aid JB sports
	<u>Key Vocabulary</u>					
	Energy, fluency, shape, precision, strength, rhythm, leader.	Symmetrical, asymmetrical, collaborate, scissor kick, hurdle step, vaulting, canon, unison.	Rules, focus, ready stance, points, rally, doubles.	Possession, block, lofted pass, interceptors, technique, evaluate, performance.	Teamwork, communication, collaboration, trust, orienteering, compass point, co-ordinates, supportive, decision.	Evaluate, react, collaborate, pace, peer assess, feedback, vertical jump, javelin, collaborate, power, drive, force.
	<u>Why this why now?</u>					
	<p>Motor Competence across Key Stage 2 our pupils continue to:</p> <ul style="list-style-type: none"> • 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 in different contexts, sports and activities. 					

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Year 6	Dance	Football	Badminton JB sports	Volleyball	OAA JB Sports	Athletics
	<u>Key Vocabulary</u>					
	Transition, evaluate, expression, space, formations, musicality, contact.	Tactics, direction, power, laces, angles, accelerate, feints, speed.	Rules, focus, ready stance, points, rally, doubles.	Rules, focus, ready stance, points, rally, doubles.	Teamwork, communication, collaboration, trust, orienteering, compass point, co-ordinates, supportive, decision.	Long distance, compete, sprint start, stride, gracious, leader, accuracy, strength,, rhythm, simultaneously, exert.
	Tag-Rugby	Gym Large Apparatus	Health & Fitness	Cricket	Athletics	Swimming
						+ First Aid JB sports
	<u>Key Vocabulary</u>					
	Tactics, zone, timing, consecutive, evaluate, transfer, match, support, leadership.	Counter tension, counter balance, cat leap, evaluate, precision, courage, tension, momentum, formation.	Direction, speed, balance, agility, weight, equipment, aid, measure, record.	Fluency, motion, technique, focus, leadership, zone.	Long distance, compete, sprint start, stride, gracious, leader, accuracy, strength, rhythm, simultaneously, exert.	Jumping, sliding, float, swim, front crawl, breaststroke, backstroke, aid.

	<u>Why this why now?</u>
	<p>Motor Competence across Key Stage 2 our pupils continue to:</p> <ul style="list-style-type: none"> • 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 in different contexts, sports and activities.
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