

St James' PE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr 1 Games	Running and Jumping	Throwing and catching	Throwing and Catching skills- Games activities	Hit catch run.	Attacking and Defending skills	Relay and Races
Yr 1 Gymnastics/ Athletics/ Yoga	Gymnastics -Safety and Travelling	Gymnastics - Hands and Feet	Gymnastics - Jumping	Gymnastics - Jumping and Travelling	Gymnastics - Sequences of movements	Gymnastics - Sequences of movements
Yr 1 Dance	Dance- Nursery Rhymes	Dance - Autumn Changes	Dance -Winter Movements	Dance - Animal Themes	Dance - Minibeasts	Dance - Plants
Yr 2 Games	Coordination and Movement - Link to Hockey	Throwing and Catching skills - Link to Netball/Basketball	Receiving and Trapping skills - Link to Cricket	Receiving and Trapping skills - Link to Tennis	Invasion Games - Attacking and Defending Link to football	Invasion Games - Attacking and Defending Link to Hockey
Yr 2 Gymnastics/ Athletics/ Yoga	Gymnastics - Rolling and Travelling	Gymnastics - Rolling, Travelling and Jumping	Gymnastics - Balances and Travelling using equipment	Gymnastics - Sequences using equipment. Including climbing frame.	Athletics and Yoga/Mindfulness	Athletics
Yr 2 Dance	Dance - Around the World	Dance - Habitats and Space	Dance - The Great Fire of London	Dance - Healthy Me	Dance - Seaside Theme	Dance - Eco Warriors
Yr 3 Games	Basketball	Hockey	Football	Cricket	OAA	Tennis
Yr 3 Gymnastics/ Athletics/ Yoga	Athletics: Jumping, throwing, catching. Gym: Apparatus	Gym: Three action sequences on apparatus.	Gym: Balances	Gym: Symmetry.	Gym: Jumping off, over and on to apparatus.	Gym: Rolling

Yr 3 Dance	Paired dances	Dance- The Haunted House (solo dance)	Dance- Wild Weather (group)	Yoga	Plants: Solo and paired performances.	Dance phases (Paired , group and Solo).
Yr 3 OAA						
Yr 4 Games	Netball	Hockey	Tennis	Cricket	Rounders	
Yr 4 Gymnastics/ Athletics/ Yoga			Gym - Shapes and balances.	Yoga	Gym - Jumps, Leaps and Turns	Athletics - Cross Country
Yr 4 Dance	Egypt Group Composition	Canon / Unison in groups. (Freestyle)				
Yr 4 Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Yr 4 OAA						Orienteering
Yr 5 Games	Netball: Throwing and Catching a Ball, Using Space	Handball: Throwing and Catching a Ball, Passing a ball	Tennis: Striking and Hitting a Ball	Hockey: Striking and Hitting a Ball Possession	Basketball: Possession Passing a Ball	N/A
Yr 5 Gymnastics/ Athletics/ Yoga	Gym: Rolls, Jumps, Travelling and Linking Actions	Yoga: Poses	Gym: Perform controlled sequences of movement, shapes and balances.	Yoga: Mindfulness yoga	Athletics: Running (Sprint Starts, Accelerate from different starting positions) and Improving distance jumping techniques.	Athletics: Throwing - Fling Throw (develop flexibility, strength, technique, control and balance)
Yr 5 Dance	Carnival Dance: Repeat Patterns & Actions	Latin American dance: Transitions to link motifs.	Traditional dances from 1930s/40s: Actions to Rhythm of Music	Composition: Focus on use of Space	Solar System: Changing Pace	Viking Dance: Repeat Patterns & Actions
Yr 5 OAA						Orienteering: maps,

						problem-solving, intellectual and physical challenges.
Yr 6 Games	N/A	Tag Rugby	Cricket	Hockey	Rounders	Football
Yr 6 Gymnastics/ Athletics/ Yoga	Gym: Hand Apparatus	Athletics: Circuit Training	Athletics: Fitness Skills	Gym: Rolls	Gym: Coach	Athletics: Track and Field
Yr 6 Dance	Emotions	Emotions P2	Bollywood	Hip-Hop	End of Year Performance	End of Year Performance
Yr 6 OAA	Orienteering					