

PE Curriculum Map

Year Group	Curriculum Content	
Nursery	Real PE cogs 1-6 (1 cog per term, terms 1-6)	
Reception		
Year 1		Dance x 1 term (term 5) <i>Dance on their own, with partners and in groups; make shapes with objects, their bodies and others.</i>
Year 2		Swimming x 2 terms (terms 3/4) (If unable to take place in 2020-21, teach Year 3 Gymnastics unit instead)
Year 3		Gymnastics x 1 term (term 3) <i>Learn pike jumps, straight jump half-turn, cat leaps, forward rolls from standing, tucked backward rolls, chassis steps and the squat on vault while developing understanding of the necessary flexibility, strength and control needed to perform the movements successfully.</i>
Year 4		Dance x 1 term (term 4) <i>Use improvisation; design their own dance moves; link and combine movements; perform with expression; create a dance phrase, applying their newly developed skills.</i>
Year 5	Real PE cogs 1-3 (1 cog per term, terms 1-3)	Gymnastics x 1 term (term 2) <i>Learn stag jumps, split leaps, pike rolls, round-offs and the squat through vault while developing their understanding of the necessary flexibility, strength and control to perform the movements successfully.</i> Athletics x 1 term (term 6) Basketball x 1 term (term 4) Tennis x 1 term (term 5)
Year 6	Real PE cogs 4-6 (1 cog per term, terms 1-3)	Dance x 1 term (term 1) <i>Develop the skill of improvisation; react appropriately to different stimuli; move with precision, control and fluency; use movement to demonstrate an idea; evaluate and improve their performances.</i> Outdoor and Adventurous Activity x 1 term (term 6) Rounders x 1 term (term 5) Tag Rugby x 1 term (term 4)