



Thomas Bullock Curriculum Map for PE

	Autumn	Spring	Summer	
Year 1	<p><u>Tag Rugby</u> Introduction to Tag Rugby</p> <ul style="list-style-type: none"> To throw and catch a rugby ball To run with the ball with two hands <p>Passing and Moving</p> <ul style="list-style-type: none"> To throw and catch to themselves To throw and catch with a partner To be able to pass backwards <p>Tagging</p> <ul style="list-style-type: none"> To start to learn how to tag other players 	<p><u>Real PE</u> <u>Unit 2 - Social Cog</u></p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Understanding others <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Dynamic Balance to Agility - Jumping and Landing Static Balance (Seated) 	<p><u>Real Dance</u> <u>Unit 1 - Creative Cog</u></p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Explore and Describe <p>Dance Skills</p> <ul style="list-style-type: none"> Artistry Partnering Circles Shapes 	<p><u>Real PE</u> <u>Unit 4 - Creative Cog</u></p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Explore and Describe <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination - Ball Skills Counter Balance (With a Partner)
	<p><u>Real Gym – Gymnastics</u> <u>Unit 1 – Personal Cog</u></p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Stay on Task <p>Gymnastics Skills</p> <ul style="list-style-type: none"> Shape and Travel 	<p><u>Real PE</u> <u>Unit 1 - Personal Cog</u></p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Stay on Task <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination - Footwork Static Balance (One Leg) 	<p><u>Tennis</u></p> <ul style="list-style-type: none"> Can throw and catch the ball with some control Can bounce and catch the ball with some control Can sometimes balance a ball on their racket. Can move a ball on the floor with control Can perform a forehand hit and attempt a backhand hit Can hit a ball with some control 	<p><u>Real PE</u> <u>Unit 3 – Cognitive Cog</u></p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Observe and Describe <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Dynamic Balance on a line Static Balance (Stance)
			<p><u>Cricket</u></p> <ul style="list-style-type: none"> Can roll and stop a ball two hands Can throw and catch a ball with some control Can bowl underarm towards a target Can hit a ball off a tee using various bats Play a modified game hitting off a tee 	<p><u>Real PE</u> <u>Unit 5 - Physical Cog</u></p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Control Movement <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination - Sending and Receiving Agility - Reaction and Response
			<p><u>Athletics</u></p> <p><u>Developing Balance & Coordination</u></p> <ul style="list-style-type: none"> Agility, Running, Jumping for Height and Timed Runs <p><u>Developing Coordination</u></p> <ul style="list-style-type: none"> Agility, Jumping (varied), Rolling/Underarm Throw and Timed Runs <p><u>Developing Coordination & Agility</u></p> <ul style="list-style-type: none"> Agility, Jumping for Height and Relays 	<p><u>Real PE</u> <u>Unit 6 - Health & Fitness Cog</u></p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Exercise and the body <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Agility - Ball Chasing Static Balance (Floor Work)

	Autumn		Spring		Summer	
Year 2	<p>Tag Rugby Introduction to Tag Rugby</p> <ul style="list-style-type: none"> To throw and catch a rugby ball To run with the ball with two hands <p>Passing and Moving</p> <ul style="list-style-type: none"> To throw and catch to themselves To throw and catch with a partner To be able to pass backwards <p>Tagging</p> <ul style="list-style-type: none"> To start to learn how to tag other players <p>Defending/Attacking</p> <ul style="list-style-type: none"> To be able to beat a defender 	<p>Real PE Unit 2 - Social Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Help and Encourage <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Dynamic Balance to Agility - Jumping and Landing Static Balance (Seated) 	<p>Real Dance Unit 1 - Creative Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Link Movements <p>Dance Skills</p> <ul style="list-style-type: none"> Artistry Partnering Circles Shapes 	<p>Real PE Unit 4 - Creative Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Link Movements <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination - Ball Skills Counter Balance (With a Partner) 	<p>Cricket</p> <ul style="list-style-type: none"> Can roll a ball with control and some accuracy and stop the ball using two hands and sometimes one Can throw underarm and catch a ball control Can bowl underarm towards a target with control Can hold a bat correctly and hit the ball off a tee with control Can take part showing a variety of skills they have learnt 	<p>Real PE Unit 5 - Physical Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Sewuence movements and skills <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination - Sending and Receiving Agility – Reaction/Response
	<p>Real Gym – Gymnastics Unit 1 – Personal Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Keep Trying <p>Gymnastics Skills</p> <ul style="list-style-type: none"> Flight and Rotation 	<p>Real PE Unit 1 - Personal Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Keep Trying <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination - Footwork Static Balance (One Leg) 	<p>Tennis</p> <ul style="list-style-type: none"> Can throw and catch the ball with control Can bounce and catch the ball with control Can balance a ball on their racket. Can move a ball on the floor on either side of the body Can perform a forehand hand backhand hit with some control and accuracy Can hit a ball with control and some accuracy 	<p>Real PE Unit 3 – Cognitive Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Understand performance <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Dynamic Balance on a line Static Balance (Stance) 	<p>Athletics</p> <p><u>Developing Balance & Coordination</u></p> <ul style="list-style-type: none"> Agility, Running , Jumping for Height and Timed Runs <p><u>Developing Coordination</u></p> <ul style="list-style-type: none"> Agility, Jumping (varied), Rolling/Underarm Throw and Timed Runs <p><u>Developing Coordination & Agility</u></p> <ul style="list-style-type: none"> Agility, Jumping for Height and Relays 	<p>Real PE Unit 6 - Health & Fitness Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Practise Safely <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Agility - Ball Chasing Static Balance (Floor Work)

	Autumn		Spring	Summer		
Year 3	<p>Tag Rugby Introduction to Tag Rugby</p> <ul style="list-style-type: none"> To throw and catch a rugby ball To run with the ball with two hands <p>Passing and Moving</p> <ul style="list-style-type: none"> To throw and catch to themselves To throw and catch with a partner To be able to pass backwards to another player <p>Tagging</p> <ul style="list-style-type: none"> To know how to tag another player <p>Defending/Attacking</p> <ul style="list-style-type: none"> To be able to beat a defender 	<p>Real PE Unit 2 - Social Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Share Ideas <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Dynamic Balance to Agility - Jumping and Landing Static Balance (Seated) 	<p>Real Dance Unit 1 – Creative Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Respond Differently <p>Dance Skills</p> <ul style="list-style-type: none"> Artistry Partnering Circles Shapes 	<p>Real PE Unit 4 - Creative Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Respond Differently <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination - Ball Skills Counter Balance (With a Partner) 	<p>Cricket</p> <ul style="list-style-type: none"> Can hold a cricket bat correctly Can learn batting control Can develop catching skills/use fielding skills to stop the ball effectively Can understand the roll of backstop/wicket keeper Can accurately throw overarm at a target from a stationary position Have a basic understanding of the rules of Kwik Cricket 	<p>Real PE Unit 5 - Physical Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Perform and Repeat <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Agility – Reaction/ Response Static Balance – Floorwork
	<p>Real Gym - Gymnastics Unit 1 – Personal Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Know where I am in my learning <p>Gymnastics Skills</p> <ul style="list-style-type: none"> Travel Rotation Mapping Pathways (Hand Apparatus) Rotation Sequences (Partner Work) 	<p>Real PE Unit 1 - Personal Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Know where I am in my learning <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination - Footwork Static Balance (One Leg) 	<p>Tennis</p> <ul style="list-style-type: none"> Can move to catch a ball Can sometimes control ball on their racket when moving Can hit a ball using a forehand with some control Can hit a ball using a backhand with some control Can hit a ball into a target (one bounce) Can sometimes rally when playing 1 v 1 	<p>Real PE Unit 3 – Cognitive Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Recognise Success <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Dynamic Balance on a line Static Balance (Stance) 	<p>Athletics</p> <p><u>Running for Speed and Jumping for Height</u></p> <ul style="list-style-type: none"> Agility, Changing Pace, Shuttle Runs, Jumping Styles and Timed Runs <p><u>Running for Speed and Push Throw</u></p> <ul style="list-style-type: none"> Agility, Running Tall, Push Throw and Relays <p><u>Jumping for Height</u></p> <ul style="list-style-type: none"> Vertical Jump, Push Throw and Safety when Throwing and Collecting 	<p>Real PE Unit 6 - Health & Fitness Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Know How and Why the Body Changes <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Agility – Ball Chasing Static Balance – Stance

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	Autumn	Spring	Summer			
Year 4	<p>Tag Rugby To throw and catch a rugby ball</p> <ul style="list-style-type: none"> To hold a rugby ball correctly Use the correct technique to catch a rugby ball Use the correct technique to throw a rugby ball Throw with accuracy and control <p>To execute a successful pass of a rugby ball while on the move</p> <ul style="list-style-type: none"> Use the correct technique and positioning to successfully throw and catch a ball in rugby while on the move Keep control of the ball while running Pass the rugby ball backwards down a line of players <p>To move with the ball into space</p> <ul style="list-style-type: none"> Use a sidestep to move into a space with the ball, avoiding defenders Work as part of a team to move the ball towards the try line 	<p>Real PE Unit 2 - Social Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Support Others <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Dynamic Balance to Agility Jumping and Landing Static Balance (Seated) 	<p>Real Dance Unit 1 - Creative</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Recognise and Respond <p>Dance Skills</p> <ul style="list-style-type: none"> Artistry Partnering Circles Shapes 	<p>Real PE Unit 4 - Creative Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Recognise and Respond <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination: Sending and Receiving Counter Balance (With a Partner) 	<p>Cricket</p> <ul style="list-style-type: none"> Can practise and consolidate catching/fielding skills Can retrieve and throw a ball with accuracy Can understand the mechanics of bowling Can accurately throw overarm at a target from a moving position Can develop power and direction of the ball using the full face of the bat Can develop an understanding of cricket rules Practise and consolidate areas of strength and improve areas for development 	<p>Real PE Unit 5 - Physical Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Select and Apply <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Agility: Reaction Response Static Balance: Floorwork
	<p>Real Gym – Gymnastics Unit 1 – Personal Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Accept Challenge <p>Gymnastics Skills</p> <ul style="list-style-type: none"> Balance//Rotation/ Acrobatic Sequences/ Rotation Sequences (Partner work) 	<p>Real PE Unit 1 - Personal Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Accept Challenge <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination: Footwork Static Balance (One Leg) 	<p>Tennis</p> <ul style="list-style-type: none"> Can move with balance and control when catching a ball Can sometimes hit/bounce a ball when moving Can hit a ball using forehand with control Can hit a ball using backhand with control Can hit a ball into a target with no bounces before hit Can rally when playing 1v1 	<p>Real PE Unit 3 – Cognitive Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Identify Areas to Improve <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Dynamic Balance on a line Coordination: Ball Skills 	<p>Athletics</p> <p><u>Running for Speed and Jumping for Height</u></p> <ul style="list-style-type: none"> Agility, Changing Pace, Shuttle Runs, Jumping Styles and Timed Runs <p><u>Running for Speed and Push Throw</u></p> <ul style="list-style-type: none"> Agility, Running Tall, Push Throw and Relays <p><u>Jumping for Height</u></p>	<p>Real PE Unit 6 - Health & Fitness Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Prepare for Activity <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Agility: Ball Chasing Static Balance: Stance

					<ul style="list-style-type: none"> Vertical Jump, Push Throw and Safety when Throwing and Collecting 	
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	Autumn		Spring		Summer		
Year 5	<p>Tag Rugby To throw and catch a rugby ball</p> <ul style="list-style-type: none"> To hold a rugby ball correctly Use the correct technique to catch a rugby ball Use the correct technique to throw a rugby ball Throw with accuracy and control <p>To execute a successful pass of a rugby ball while on the move</p> <ul style="list-style-type: none"> Use the correct technique and positioning to successfully throw and catch a ball in rugby while moving Pass the rugby ball backwards accurately while on the move <p>To move with the ball into space</p> <ul style="list-style-type: none"> Use a sidestep to move into a space with the ball, avoiding defenders Work as part of a team to move the ball towards the try line Play to the rules of tag rugby Successfully remove tags in accordance with the rules 	<p>Real PE Unit 2 - Social Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Provide Helpful Feedback <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Dynamic Balance on a line Counter Balance with a Partner 		<p>Real Dance Unit 1 - Creative</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Express Ideas <p>Dance Skills</p> <ul style="list-style-type: none"> Artistry Partnering Circles Shapes 	<p>Real PE Unit 4 - Creative Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Express Ideas <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Static Balance – Seated Static Balance - Floorwork 	<p>Cricket</p> <ul style="list-style-type: none"> Can develop control and direction when batting Can improve accuracy in overarm bowling Can improve skills of catching on the move Can use a variety of effective throwing techniques to return the ball to a bowler Collaborate with a team to choose, use and adapt rules in games 	<p>Real PE Unit 5 - Physical Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Combining Specific Skills in Context <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Dynamic Balance to Agility – Jumping and Landing Static Balance – One Leg
	<p>Real Gym – Gymnastics Unit 1 – Personal Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> React Positively to Challenge <p>Gymnastics Skills</p> <ul style="list-style-type: none"> Hand apparatus/Low Apparatus/Rhythmic Sequences/Bench Sequences 	<p>Real PE Unit 1 - Personal Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> React Positively to Challenge <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination ball skills Agility Reaction/Response 	<p>Netball</p> <ul style="list-style-type: none"> Pass a ball in a variety of ways with control Perform a stop and pivot when receiving a ball with some control Dodge into a space and attempt to receive a ball Mark their player and stop them getting the ball Place their hand under the ball and support it with the other when 	<p>Real PE Unit 3 – Cognitive Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Judge Performance <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Static Balance – Stance Static Balance – Coordination Footwork 	<p>Athletics</p> <p><u>Running for Speed and Jumping for Distance</u></p> <ul style="list-style-type: none"> Agility, Starting, Changing Pace, Jumping for distance and Timed Runs <p><u>Running for Speed and Pull Throw</u></p>	<p>Real PE Unit 6 - Health & Fitness Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Describe Basic Fitness Components <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination – Sending and Receiving Agility - Ball Chasing 	

			shooting <ul style="list-style-type: none"> React and keep on toes Sometimes react to catch the ball in a 'toss-up' 		<ul style="list-style-type: none"> Agility, Starting, Changing Pace, Running Tall, Pull, Throw and Relays <u>Push Throw and Jumping for Distance</u> <ul style="list-style-type: none"> Single and Double arm Push Throw, jumping for Distance and Relays 	
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	Autumn		Spring		Summer	
Year 6	<p>Tag Rugby To throw and catch a rugby ball</p> <ul style="list-style-type: none"> To hold a rugby ball correctly Use the correct technique to catch a rugby ball Use the correct technique to throw a rugby ball Throw with accuracy and control <p>To execute a successful pass of a rugby ball while on the move</p> <ul style="list-style-type: none"> Use the correct technique and positioning to successfully throw and catch a ball in rugby while on the move Pass the rugby ball backwards accurately while on the move <p>To move with the ball into space</p> <ul style="list-style-type: none"> Use a sidestep to move into a space with the ball, avoiding defenders Work as part of a team to move the ball towards the try line Play to the rules of tag rugby Successfully remove tags in accordance with the rules 	<p>Real PE Unit 2 - Social Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Organise and Guide Others <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Dynamic Balance on a line Counter Balance with a Partner 	<p>Real Dance Unit 1 - Creative</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Express Ideas <p>Dance Skills</p> <ul style="list-style-type: none"> Artistry Partnering Circles Shapes 	<p>Real PE Unit 4 - Creative Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Adapt/Change Activities <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Static Balance – Seated Static Balance - Floorwork 	<p>Cricket</p> <ul style="list-style-type: none"> Attempt a range of recognised shots in isolation and in competitive scenarios Confidently undertake the position of batter, bowler and fielder Use a range of tactics for attacking and defending in the role of bowler, batter and fielder To apply, with consistency, cricket rules To identify their own strengths and area for development 	<p>Real PE Unit 5 - Physical Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Link Actions to Flow <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Dynamic Balance to Agility – Jumping and Landing Static Balance – One Leg
	<p>Real Gym – Gymnastics Unit 1 – Personal Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> React Positively to Challenge <p>Gymnastics Skills</p> <ul style="list-style-type: none"> Hand apparatus/Low Apparatus/Rhythmic Sequences/Bench Sequences 	<p>Real PE Unit 1 - Personal Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Consistently Try to Improve <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination ball skills Agility Reaction/Response 	<p>Netball</p> <ul style="list-style-type: none"> Pass a ball in a variety of ways with control Perform a stop and pivot when receiving a ball Dodge into a space and receive a ball Mark their player and stop them getting the ball and attempt to intercept the pass Shoot the ball into the net with success 	<p>Real PE Unit 3 – Cognitive Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Make Good Decisions <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Static Balance – Stance Static Balance – Coordination Footwork 	<p>Athletics</p> <p><u>Running for Speed and Jumping for Distance</u></p> <ul style="list-style-type: none"> Agility, Starting, Changing Pace, Jumping for distance and Timed Runs <p><u>Running for Speed and Pull Throw</u></p> <ul style="list-style-type: none"> Agility, Starting, Changing Pace, Running Tall, Pull, Throw and Relays 	<p>Real PE Unit 6 - Health & Fitness Cog</p> <p>Learning Behaviour</p> <ul style="list-style-type: none"> Monitor Activity <p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> Coordination – Sending and Receiving Agility - Ball Chasing

			<ul style="list-style-type: none"> • React to receive the ball for a centre pass 		<u>Push Throw and Jumping for Distance</u> <ul style="list-style-type: none"> • Single and Double arm Push Throw, jumping for Distance and Relays 	
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The Fundamental Movement Skills we focus on are:

Coordination: Footwork/Ball Skills/Sending and Receiving

Static Balance: One Leg/Seated/Stance/Floorwork

Dynamic Balance to Agility: Jumping and Landing

Dynamic Balance: On a Line

Counter Balance: With a Partner

Agility: Reaction/Response/Ball Chasing