Lyng Curriculum Map for PE

	Autumn		Spring		Summer	
Reception	**Me and Myself** • Aware of the boundaries set and of the behavioural expectations in the setting. • Moves freely with pleasure and confidence in a range of ways. • Shows an understanding of prepositions such as 'under', 'on top', 'behind' by carrying out an action. • Keeps play going by responding to what others are saying and doing. • Listens and responds to ideas expressed by others in conversation or discussion.	**Real PE** **Unit 2 - Social Cog** **Learning Behaviour** • Play with others **Fundamental Movement Skills** • Dynamic Balance to Agility • Static Balance (Seated)	**Real Dance – Creative** **Unit 1 – Creative Cog** **Learning Behaviour** • Observe and Copy **Dance Skills** • Artistry • Partnering • Circles • Shapes	**Real PE** **Unit 4 - Creative Cog** **Learning Behaviour** • Observe and Copy **Fundamental Movement Skills** • Coordination - Ball Skills • Counter Balance (With a Partner)	**Cricket** • Can roll and stop a ball two hands • Can throw and catch a large 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	**Real PE** **Unit 5 - Physical Cog** **Learning Behaviour** • Move in Different Ways **Fundamental Movement Skills** • Coordination – Sending and Receiving • Agility – Reaction/Response
	Real Gym – Gymnastics **Unit 1 – Personal Cog** **Learning Behaviour** • Follow Instructions **Gymnastics Skills** • Shape and Travel	**Real PE** **Unit 1 - Personal Cog** **Learning Behaviour** • Follow Instructions **Fundamental Movement Skills** • Coordination - Footwork • Static Balance (One Leg)	**Tennis** • 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	**Real PE** **Unit 3 – Cognitive Cog** **Learning Behaviour** • Follow Rules **Fundamental Movement Skills** • Dynamic Balance – On a Line • Static Balance – Stance	**Athletics** Developing Balance & Coordination • Agility, Running, Jumping for Height and Timed Runs Developing Coordination • Agility, Jumping (varied), Rolling/Underarm Throw and Timed Runs Developing Coordination & Agility • Agility, Jumping for Height and Relays	**Real PE** **Unit 6 - Health & Fitness Cog** **Learning Behaviour** • Exercise and Good Health **Fundamental Movement Skills** • Agility – Ball Chasing • Static Balance - Floorwork

	Autumn		Spring		Summer	
Year 1/2 A	**Tag Rugby** **Introduction to Tag Rugby** • To throw and catch a rugby ball • To run with the ball with two hands **Passing and Moving** • To throw and catch to themselves • To throw and catch with a partner • To be able to pass backwards **Tagging** • To start to learn how to tag other players	**Real PE** **Unit 2 - Social Cog** **Learning Behaviour** • Understanding others **Fundamental Movement Skills** • Dynamic Balance to Agility - Jumping and Landing • Static Balance (Seated)	**Real Dance** **Unit 1 - Creative Cog** **Learning Behaviour** • Explore and Describe **Dance Skills** • Artistry • Partnering • Circles • Shapes	**Real PE** **Unit 4 - Creative Cog** **Learning Behaviour** • Explore and Describe **Fundamental Movement Skills** • Coordination - Ball Skills • Counter Balance (With a Partner)	**Cricket** • 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	**Real PE** **Unit 5 - Physical Cog** **Learning Behaviour** • Control Movement **Fundamental Movement Skills** • Coordination - Sending and Receiving • Agility - Reaction and Response
	Real Gym – Gymnastics **Unit 1 – Personal Cog** **Learning Behaviour** • Stay on Task **Gymnastics Skills** • Shape and Travel	**Real PE** **Unit 1 - Personal Cog** **Learning Behaviour** • Stay on Task **Fundamental Movement Skills** • Coordination - Footwork • Static Balance (One Leg)	**Tennis** • 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	**Real PE** **Unit 3 – Cognitive Cog** Learning Behaviour • Observe and Describe **Fundamental Movement Skills** • Dynamic Balance on a line • Static Balance (Stance)	**Athletics** Developing Balance & Coordination • Agility, Running, Jumping for Height and Timed Runs Developing Coordination • Agility, Jumping (varied), Rolling/Underarm Throw and Timed Runs Developing Coordination & Agility • Agility, Jumping for Height and Relays	**Real PE** **Unit 6 - Health & Fitness Cog** **Learning Behaviour** • Exercise and the body **Fundamental Movement Skills** • Agility - Ball Chasing • Static Balance (Floor Work)

	Autumn		Spring		Summer	
Year 1/2 B	**Tag Rugby** **Introduction to Tag Rugby** • To throw and catch a rugby ball • To run with the ball with two hands **Passing and Moving** • To throw and catch to themselves • To throw and catch with a partner • To be able to pass backwards **Tagging** • To start to learn how to tag other players **Defending/Attacking** • To be able to beat a defender	**Real PE** **Unit 2 - Social Cog** **Learning Behaviour** • Help and Encourage **Fundamental Movement Skills** • Dynamic Balance to Agility - Jumping and Landing • Static Balance (Seated)	**Real Dance** **Unit 1 - Creative Cog** **Learning Behaviour** • Link Movements **Dance Skills** • Artistry • Partnering • Circles • Shapes	**Real PE** **Unit 4 - Creative Cog** **Learning Behaviour** • Link Movements **Fundamental Movement Skills** • Coordination - Ball Skills • Counter Balance (With a Partner)	**Cricket** • 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	**Real PE** **Unit 5 - Physical Cog** **Learning Behaviour** • Sewuence movements and skills **Fundamental Movement Skills** • Coordination - Sending and Receiving • Agility – Reaction/Response
	Real Gym – Gymnastics **Unit 1 – Personal Cog** **Learning Behaviour** • Keep Trying **Gymnastics Skills** • Flight and Rotation	**Real PE** **Unit 1 - Personal Cog** **Learning Behaviour** • Keep Trying **Fundamental Movement Skills** • Coordination - Footwork • Static Balance (One Leg)	**Tennis** • 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	**Real PE** **Unit 3 – Cognitive Cog** Learning Behaviour • Understand performance **Fundamental Movement Skills** • Dynamic Balance on a line • Static Balance (Stance)	**Athletics** Developing Balance & Coordination • Agility, Running , Jumping for Height and Timed Runs Developing Coordination • Agility, Jumping (varied), Rolling/Underarm Throw and Timed Runs Developing Coordination & Agility • Agility, Jumping for Height and Relays	**Real PE** **Unit 6 - Health & Fitness Cog** **Learning Behaviour** • Practise Safely **Fundamental Movement Skills** • Agility - Ball Chasing • Static Balance (Floor Work)

	Autumn		Spring		Summer	
Year 3/4 A	**Tag Rugby** **Introduction to Tag Rugby** • To throw and catch a rugby ball • To run with the ball with two hands **Passing and Moving** • To throw and catch to themselves • To throw and catch with a partner • To be able to pass backwards to another player **Tagging** • To know how to tag another player **Defending/Attacking** • To be able to beat a defender	**Real PE** **Unit 2 - Social Cog** **Learning Behaviour** • Share Ideas **Fundamental Movement Skills** • Dynamic Balance to Agility - Jumping and Landing • Static Balance (Seated)	**Real Dance** **Unit 1 – Creative Cog** **Learning Behaviour** • Respond Differently **Dance Skills** • Artistry • Partnering • Circles • Shapes	**Real PE** **Unit 4 - Creative Cog** **Learning Behaviour** • Respond Differently **Fundamental Movement Skills** • Coordination - Ball Skills • Counter Balance (With a Partner)	**Cricket** • 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	**Real PE** **Unit 5 - Physical Cog** **Learning Behaviour** • Perform and Repeat **Fundamental Movement Skills** • Agility – Reaction/ Response • Static Balance – Floorwork
	Real Gym - Gymnastics **Unit 1 – Personal Cog** **Learning Behaviour** • Know where I am in my learning **Gymnastics Skills** • Travel • Rotation • Mapping Pathways (Hand Apparatus) • Rotation Sequences (Partner Work)	**Real PE** **Unit 1 - Personal Cog** **Learning Behaviour** • Know where I am in my learning **Fundamental Movement Skills** • Coordination - Footwork • Static Balance (One Leg)	**Tennis** • 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	**Real PE** **Unit 3 – Cognitive Cog** Learning Behaviour • Recognise Success **Fundamental Movement Skills** • Dynamic Balance on a line • Static Balance (Stance)	**Athletics** <u>Running for Speed and Jumping for Height</u> • Agility, Changing Pace, Shuttle Runs, Jumping Styles and Timed Runs <u>Running for Speed and Push Throw</u> • Agility, Running Tall, Push Throw and Relays <u>Jumping for Height</u> • Vertical Jump, Push Throw and Safety when Throwing and Collecting	**Real PE** **Unit 6 - Health & Fitness Cog** **Learning Behaviour** • Know How and Why the Body Changes **Fundamental Movement Skills** • Agility – Ball Chasing • Static Balance – Stance

	Autumn		Spring		Summer	
Year 3/4 B	**Tag Rugby** **To throw and catch a rugby ball** • 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 **To execute a successful pass of a rugby ball while on the move** • 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 **To move with the ball into space** • 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	**Real PE** **Unit 2 - Social Cog** **Learning Behaviour** • Support Others **Fundamental Movement Skills** • Dynamic Balance to Agility • Jumping and Landing • Static Balance (Seated)	**Real Dance** **Unit 1 - Creative** **Learning Behaviour** • Recognise and Respond **Dance Skills** • Artistry • Partnering • Circles • Shapes	**Real PE** **Unit 4 - Creative Cog** **Learning Behaviour** • Recognise and Respond **Fundamental Movement Skills** • Coordination: Sending and Receiving • Counter Balance (With a Partner)	**Cricket** • 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	**Real PE** **Unit 5 - Physical Cog** **Learning Behaviour** • Select and Apply **Fundamental Movement Skills** • Agility: Reaction Response • Static Balance: Floorwork
	Real Gym – Gymnastics **Unit 1 – Personal Cog** **Learning Behaviour** • Accept Challenge **Gymnastics Skills** • Balance//Rotation/ Acrobatic Sequences/ Rotation Sequences (Partner work)	**Real PE** **Unit 1 - Personal Cog** **Learning Behaviour** • Accept Challenge **Fundamental Movement Skills** • Coordination: Footwork • Static Balance (One Leg)	**Tennis** • 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	**Real PE** **Unit 3 – Cognitive Cog** Learning Behaviour • Identify Areas to Improve **Fundamental Movement Skills** • Dynamic Balance on a line • Coordination: Ball Skills	**Athletics** Running for Speed and Jumping for Height • Agility, Changing Pace, Shuttle Runs, Jumping Styles and Timed Runs Running for Speed and Push Throw • Agility, Running Tall, Push Throw and Relays Jumping for Height • Vertical Jump, Push Throw and Safety when Throwing and Collecting	**Real PE** **Unit 6 - Health & Fitness Cog** **Learning Behaviour** • Prepare for Activity **Fundamental Movement Skills** • Agility: Ball Chasing • Static Balance: Stance

	Autumn		Spring		Summer	
Year 5/6 A	**Tag Rugby** **To throw and catch a rugby ball** • 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 **To execute a successful pass of a rugby ball while on the move** • 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 **To move with the ball into space** • 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	**Real PE** **Unit 2 - Social Cog** **Learning Behaviour** • Organise and Guide Others **Fundamental Movement Skills** • Dynamic Balance on a line • Counter Balance with a Partner	**Real Dance** **Unit 1 - Creative** **Learning Behaviour** • Express Ideas **Dance Skills** • Artistry • Partnering • Circles • Shapes	**Real PE** **Unit 4 - Creative Cog** **Learning Behaviour** • Adapt/Change Activities **Fundamental Movement Skills** • Static Balance – Seated • Static Balance - Floorwork	**Cricket** • 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	**Real PE** **Unit 5 - Physical Cog** **Learning Behaviour** • Link Actions to Flow **Fundamental Movement Skills** • Dynamic Balance to Agility – Jumping and Landing • Static Balance – One Leg
	Real Gym – Gymnastics **Unit 1 – Personal Cog** **Learning Behaviour** • React Positively to Challenge **Gymnastics Skills** • Hand apparatus/Low Apparatus/Rhythmic Sequences/Bench Sequences	**Real PE** **Unit 1 - Personal Cog** **Learning Behaviour** • Consistently Try to Improve **Fundamental Movement Skills** • Coordination ball skills • Agility Reaction/Response	**Netball** • 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 • React to receive the ball for a centre pass	**Real PE** **Unit 3 – Cognitive Cog** **Learning Behaviour** • Make Good Decisions **Fundamental Movement Skills** • Static Balance – Stance • Static Balance – Coordination Footwork	**Athletics** Running for Speed and Jumping for Distance • Agility, Starting, Changing Pace, Jumping for distance and Timed Runs Running for Speed and Pull Throw • Agility, Starting, Changing Pace, Running Tall, Pull Throw and Relays Push Throw and Jumping for Distance Single and Double arm Push Throw, jumping for Distance and Relays	**Real PE** **Unit 6 - Health & Fitness Cog** **Learning Behaviour** • Monitor Activity **Fundamental Movement Skills** • Coordination – Sending and Receiving • Agility - Ball Chasing

Year 5/6 B	**Tag Rugby** **To throw and catch a rugby ball** • 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 **To execute a successful pass of a rugby ball while on the move** • 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 **To move with the ball into space** • 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	**Real PE** **Unit 2 - Social Cog** **Learning Behaviour** • Provide Helpful Feedback **Fundamental Movement Skills** • Dynamic Balance on a line • Counter Balance with a Partner	**Real Dance** **Unit 1 - Creative** **Learning Behaviour** • Express Ideas **Dance Skills** • Artistry • Partnering • Circles • Shapes	**Real PE** **Unit 4 - Creative Cog** **Learning Behaviour** • Express Ideas **Fundamental Movement Skills** • Static Balance – Seated • Static Balance - Floorwork	**Cricket** • 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	**Real PE** **Unit 5 - Physical Cog** **Learning Behaviour** • Combining Specific Skills in Context **Fundamental Movement Skills** • Dynamic Balance to Agility – Jumping and Landing • Static Balance – One Leg
	Real Gym – Gymnastics **Unit 1 – Personal Cog** **Learning Behaviour** • React Positively to Challenge **Gymnastics Skills** • Hand apparatus/Low Apparatus/Rhythmic Sequences/Bench Sequences	**Real PE** **Unit 1 - Personal Cog** **Learning Behaviour** • React Positively to Challenge **Fundamental Movement Skills** • Coordination ball skills • Agility Reaction/Response	**Netball** • 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 shooting • React and keep on toes • Sometimes react to catch the ball in a 'toss-up'	**Real PE** **Unit 3 – Cognitive Cog** **Learning Behaviour** • Judge Performance **Fundamental Movement Skills** • Static Balance – Stance • Static Balance – Coordination Footwork	**Athletics** Running for Speed and Jumping for Distance • Agility, Starting, Changing Pace, Jumping for distance and Timed Runs Running for Speed and Pull Throw • Agility, Starting, Changing Pace, Running Tall, Pull Throw and Relays Push Throw and Jumping for Distance • Single and Double arm Push Throw, jumping for Distance and Relays	**Real PE** **Unit 6 - Health & Fitness Cog** **Learning Behaviour** • Describe Basic Fitness Components **Fundamental Movement Skills** • Coordination – Sending and Receiving • Agility - Ball Chasing

	KS2 Swimming - Summer
Pupils will be taught to: • Swim competently, confidently and proficiently over a distance of at least 25 metres. • Use a range of stroked effective e.g front crawl, backstoke and breast stroke. • Perform safe self-rescue in different water-based situation.	

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