Aylward Curriculum Map by Subject - Physical Education (P.E.)

	Autumn1	Autumn2	Spring1	Spring2	Summer1	Summer2
Nursery	•Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. •Mounts stairs, steps or climbing equipment using alternate feet. •Walks downstairs, two feet to each step while carrying a small object. •Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. •Can stand momentarily on one foot when shown. •Can catch a large ball. •Draws lines and circles using gross motor movements. •Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors. •Holds pencil between thumb and two fingers, no longer using whole-hand grasp. •Holds pencil near point between first two fingers and thumb and uses it with good control. •Can copy some letters, e.g. letters from their name.					
Reception	Basic Skills and negotiating space	Gymnastics	Dance	Ball games	Fitness – including Sports Day prep	Moving and running – including Sports Day Prep
Y1 Superstar	Throwing and Catching (Invasion)	Net games - tennis	Ball Control (Invasion) Throwing and kicking	Partner Games (Strike and Field) Teamwork games	Gym- Balance and Agility	Running and Jumping (Athletics)
Y1 Dance	DANCE *unit 1	DANCE *unit 1	DANCE *unit 1	DANCE *unit 2	DANCE *unit 2	DANCE *unit 2
Year 2	Gym – Balance and Co-ordination	Group Games (Strike and Field) Teamwork games	Gym 2D and 3D Shapes	Movements (Athletics)	Orienteering (Outdoor Adventure)	Sending and Receiving (Invasion) Throw and kick
Y2 Dance	DANCE	DANCE	DANCE	DANCE	DANCE	DANCE

Year 3	Over the net (net games) Tennis	Tag Rugby	Gym – Symmetrical shapes	Swimming	Orienteering (Outdoor Adventure)	Being an Athlete (Athletics)
Y3 Superstar	Handball	Football	Badminton focus	Strike and field	Athletics	NFL Flag
Year 4	Swimming	Passing and Moving (Invasion – Netball)	Dance - Charleston	Hockey	Returning (Net Games – Tennis and Volleyball)	Orienteering (Outdoor Adventure)
Y4 Superstar	Passing and moving – basketball	Gym and fitness	Dribbling and movement – football	Handball	Tag Rugby	Athletics
Year 5	Olympic Training (Athletics)	Accuracy and Rallies Badminton and volleyball	Dribbling, movement and teamwork - Hockey and football	Exploring, Striking and Fielding - cricket	Swimming	Basketball
Y5 Dance	Dance	Dance	Dance	Dance	Dance	Dance
Y6 Superstar	Invasion – Netball	Gym – Mountain routine	Invasion to Score (Hockey focus)	NFL flag	Rounders	Orienteering (Outdoor Adventure)
Y6 Dance	Dance *Or Tag Rugby	Dance *Or Tag Rugby	Dance *Or Tag Rugby	Dance *Or Athletics	Dance *Or Athletics	Dance *Or Athletics