



Daubeney Primary School

P.E Curriculum Map 2025- 2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Throwing /Catching	Gymnastics	Games	Football	Basketball	Athletics
YR 1	Throwing/Catching	Gymnastics	Games	Football	Basketball	Athletics
YR 2	Throwing/Catching	Gymnastics	Games	Football	Basketball	Athletics
YR 3	Football	Hockey	Gymnastics	Basketball	Multi- Sport	Athletics
YR 4	Football	Hockey	Gymnastics	Basketball	Multi- Sport	Athletics
YR 5	Football	Hockey	Gymnastics	Basketball	Multi- Sport	Athletics
YR 6	Football	Hockey	Gymnastics	Basketball	Multi- Sport	Athletics

Aims

Daubeney Primary School ensure the PE National Curriculum is covered for KS1 and KS2 for both indoor and outdoor PE. The progression is our key aspect for every year across the school, each lesson has been carefully planned and identified to match these. In KS1, the focus of the PE curriculum is on the development of the fundamental skills that will be built upon in KS2 when they are applied in specific sports.

Our aim to develop better physical activity that can reduce obesity in sport and PE lessons across the years. We also aim to improve a mental outlook in the future that help the pupils to develop essential skills like leadership and teamwork. Daubeney Primary School strive to give every child the opportunity to develop skills in PE by a variety of fitness tests, competing/performing on school PE trips and evaluate what the pupils have learned at the end of each PE lesson.

1. Throwing /Catching/KS1

<u>Reception</u>	<u>Year 1</u>	<u>Year2</u>
throw bean bags in different ways. Starting with underarm. Throw bean bags up toward themselves. Catch beans using two hands.	Throw overarm. Catch and bounce a ball. Practice accurate throwing and consistent catching	Throw different types of Sport balls in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throws used.
<u>Travelling With the Ball</u>		
Move a ball in different ways, including bouncing and rolling. Use eye coordination to control a ball.	Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.	Bounce and kick a ball whilst moving. Use dribbling skills in a game.
<u>Passing a Ball</u>		
roll an object at a target.	Pass the ball to another player in a game. Use under throw skills in a game.	Know how to pass the ball in different ways.

2. Football/KS2

<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Demonstrate successful dribbling and striking skills. Develop a range of skills in dribbling. Practice the correct foot technique and use it in a game. dribbling the ball at a longer distance.	Use a larger size football in accuracy and control. Accurately Pass the football. Use at least two different passes in a game situation. Use hand-eye coordination to strike a moving and a stationary football	Use different techniques to hit a ball. Identify and apply techniques for hitting a football. Explore when different shots are best used. Develop a lace technique and use it in a game. Practice techniques in groups.	Hit a lace with football over longer distances. Use good hand-eye coordination to be able to direct a ball when striking or hitting. Understand the rules in order to start a game.
<u>Travelling with the ball</u>			
Move with the ball in a variety of ways with some control. Use two different ways of moving with a ball in a game.	Move with the ball using a range of techniques, showing control and fluency.	Use a variety of ways to dribble in a game with success. Use ball skills in various ways, and begin to link together.	Show confidence in using ball skills in various ways in a game situation, and link these together effectively.
<u>Passing a Ball</u>			
Pass the ball in two different ways in a game situation with some success.	Pass the ball with increasing speed, accuracy and success in a game situation.	Pass a ball with speed and accuracy using appropriate techniques in a game situation.	Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g., passing and receiving the ball on the move.

3. Gymnastics KS1/KS2

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Create a short sequence of movements. Roll in different ways with control. Travel in different ways. Stretch in different ways. Jump in a range of ways from one space to another with control. Begin to balance with control. Move around, under, over, and through different objects and equipment.	Create and perform a movement sequence. Copy actions and movement sequences with a beginning, middle and end. Link two actions to make a sequence. Recognize and copy contrasting actions (small/tall, narrow/wide). Travel in different ways, changing direction and speed. Hold still shapes and simple balances. Carry out simple stretches. Carry out a range of simple jumps, landing safely. Move around, under, over, and through different objects and equipment. Begin to move with control and care.	Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence. Travel in a variety of ways, including rolling. Hold a still shape whilst balancing on different points of the body. Jump in a variety of ways and land with increasing control and balance. Climb onto and jump off the equipment safely. Move with increasing control and care.	Choose ideas to compose a movement sequence independently and with others. Link combinations of actions with increasing confidence, including changes of direction, speed or level. Develop the quality of their actions, shapes and balances. Move with coordination, control and care. Use turns whilst travelling in a variety of ways. Use a range of jumps in their sequences. Begin to use equipment to vault. Create interesting body shapes while holding balances with control and confidence. Begin to show flexibility in movements.	Create a sequence of actions that fit a theme. Use an increasing range of actions, directions and levels in their sequences. Move with clarity, fluency and expression. Show changes of direction, speed and level during a performance. Travel in different ways, including using flight. Improve the placement and alignment of body parts in balances. Use equipment to balance beams in a variety of ways. Carry out balances, recognizing the position of their center of gravity and how this affects the balance. Begin to develop good technique when travelling, balancing and using equipment. Develop strength, technique and flexibility throughout performances	Select ideas to compose specific sequences of movements, shapes and balances. Adapt their sequences to fit new criteria or suggestions. Perform jumps, shapes and balances fluently and with control. Confidently develop the placement of their body parts in balances, recognizing the position of their center of gravity and where it should be in relation to the base of the balance. Confidently use equipment to vault in a variety of ways. Apply skills and techniques consistently. Develop strength, technique and flexibility throughout performances. Combine equipment with move	Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Confidently use equipment to vault and incorporate this into sequences. Apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout performances.

4. Games KS1 Dodgeball, Invasion games

Reception	Year 1	Year 2
Move safely around the space and equipment. Travel in different ways, including sideways and backwards	Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.	Use different ways of travelling at different speeds and following different pathways, directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a game
Attacking /Defending		
Play a range of chasing games.	Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender	Begin to use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully.

5. Hockey KS2

Year 3	Year 4	Year 5	Year 6
Stick control & Dribbling. holding hockey stick correctly with the right technique. Dribbling in a straight line using the strong hands. Understanding basic hockey dribbles at the end of the lessons. Attempt dribbling up to a cone using the dribbles they have learnt.	Demonstrate various of skills for the children to do. For an example, In and Out with the hockey stick with moving, through the legs, dribble the hockey ball in a circle and dribble the hockey ball on the outside of the hockey stick. Put children into a race format for example dribble towards cone quickly and then as they approach cone, control the ball on the way back putting the ball through their legs twice before giving the hockey ball to their team mate.	Perform a short and long-distance pass. Split the children into pairs, each group will have one hockey ball each. Children will pass the hockey ball to their partner, back and forth to get use to the technique of passing while holding a Hockey stick in the correct way	Using short and long-distance pass while moving. Split the. Dribble towards two options cones, one at 15 yard and the other at 30 yards. The first child dribbling towards and around the cones goes around cone and passes back to their partner. Once the pass has been made the first child will run to the back of the line and then next person performs the drill. Progression Children who find the main activity fairly easy can attempt to perform using weak hands also in a game.

6. Ball Skills - KS1 (Spring 2)

<u>Reception</u>	<u>Year 1</u>	<u>Year 2</u>
Hit a ball with a bat or racquet	Use hitting skills in a game. Practice basic striking, sending and receiving.	Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball.

7. Basketball KS2

<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Attempts to serve to partner, in a game. E.g., Bounce Pass; Plays a continuous game using: throwing and catching or some simple blocking; Keeps count/score of a game; Can play within boundaries;	Explores shots on short and long distance with confidence; introduction of Lay- up shot Works with a partner / small groups to return a served ball; Plays competitively with others and against others in modified games;	Plays a range of basic shots on position sides of the court, move feet to have a better control; Plays modified games sending and returning a ball; Plays with others with some flow to the game, keeping track of their own scores; Recognizes where they should stand on the court when playing with others; Applies some control when returning the ball including foot placement, shot selection and aim;	Makes appropriate choices in games about the best shot to use; Starts games with the appropriate serve; Begins to use full scoring systems; Develops a tactics in games effectively; Understand the importance of warming up and cooling down;

8. Multi – Sport Cricket KS2

Year 3	Year 4	Year 5	Year 6
Increase the throwing distance and catch overarm throws. This time the thrower aims for the throw to reach their partner at shoulder or head height.	Understand when to run when the fielders have to pass the ball around their members and back <u>to</u> the wicket keeper who hits the stumps with the ball.	Choose the best tactics for attacking and defending. Shoot in a game. Use fielding skills as a team to prevent the opposition from scoring	Hit a bowled ball over longer distances. Use good hand-eye coordination to be able to direct a ball when striking or hitting. Understand how to serve in order to start a game.

9. Athletics KS1/KS2

Reception	Year 1	Year2	Year 3	Year 4	Year 5	Year 6
Run in different ways for a variety of purposes.	Vary their pace and speed when running. Run with a basic technique over different distances. Show good posture and balance. Jog in a straight line. Change direction when jogging. Sprint in a straight line. Change direction when sprinting. Maintain control as they change direction when jogging or sprinting.	Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Complete an obstacle course. Vary the speed and direction in which they are travelling. Run with basic techniques following a curved line. Be able to maintain and control a run	Identify and demonstrate how different techniques can affect their performance. Focus on their arm and leg action to improve their sprinting technique. Begin to combine running with jumping over hurdles. Focus on trail leg and lead leg action when running	Confidently demonstrate An improved technique for sprinting. Carry out an effective sprint finish. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly.	Accelerate from a variety of starting positions and select their preferred position. Identify their reaction times when performing a sprint start. Continue to practice and refine their technique for sprinting, focusing on an effective sprint start. Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. Identify and demonstrate stamina,	Recap, practice and refine an effective sprinting technique, including reaction time. Build up speed quickly for a sprint finish. Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. Accelerate to pass other competitors. Work as a team to competitively perform a relay. Confidently and independently select the

		over different distance	over hurdles. Understand the importance of adjusting running pace to suit the distance being run		explaining its importance for runners.	most appropriate pace for different distances and different parts of the run. Demonstrate endurance and stamina over longer distances in order to maintain a sustained run
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Health and Fitness – Before the lesson, we explain why it is important to warm up and cool down. Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and well-being. Know ways they can become healthier.