

ALP Trust Whole School P.E. Curriculum Map 2021-2022 (Central)

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2						
Skills progression		Ball Skills 1 (Invasion) Tag Rugby/ Netball/ Basketball/ Handball	Ball Skills Hands 2 (Striking and Fielding) Cricket/ Tennis/ Rounders	Games for understanding Hockey	Ball Skills Feet (invasion) Football	Health Related Exercise						
Little Learners	<p>Locomotion: travelling (hang, climb, jump, push, pull, walk forwards, backwards with equipment in their environment) Rolling, crawling, sliding, shuffling. They run skilfully with wheeled toys, turning around obstacles and corners.</p> <p>Games for understanding: Dodge around equipment in the environment</p> <p>Ball Skills Feet: kick a ball gently</p>											
Nursery	Locomotion: Walking	Locomotion: Jumping	Dance Nursery Rhymes	Gymnastics: High, Low, Under, Over (no apparatus)	Team Building	Ball Skills Hands 1						
Reception	Locomotion: Walking and Jumping	Ball Skills Hands 1	Dance: Ourselves	Gymnastics: High, Low, Over, Under (apparatus)	Ball Skills Feet	Team Building						
Year 1	Locomotion: Running	Games For Understanding	Ball Skills Hands 1	Multi Skills	Gymnastics: Body Parts	Dance: Growing	Gymnastics: Wide, Narrow, Curled	Dance: The Zoo	Ball Skills Hands 2	Team Building	Health Related Exercise	Locomotion: Jumping
Year 2	Locomotion: Dodging	Games For Understanding	Ball Skills Hands 1	Multi Skills	Gymnastics: Pathways	Dance: Water	Gymnastics: Linking	Dance: Exploring	Ball Skills Hands 2	Team Building	Health Related Exercise	Locomotion: Jumping

	Autumn Term			Spring Term			Summer Term		
Year 3	Invasion: Tag Rugby	Invasion: Netball	Invasion: Hockey	Multi Skills	Gymnastics Symmetry & Asymmetry	Dance Wild Animals	Striking & Fielding Cricket	Target Curling/ Boccia	Athletics
Year 4	Invasion: Tag Rugby	Invasion: Netball	Invasion: Hockey	Multi Skills	Gymnastics: Bridges	Dance: Weather	Striking & Fielding Cricket	Target Curling/ Boccia	Athletics
Year 5	Invasion: Tag Rugby	Invasion: Netball	Invasion: Hockey	Multi Skills	Gymnastics: Counterbalance and Counter Tension	Dance: Carnival	Striking & Fielding Cricket	Ball Skills Hands 2/ Net and Wall Tennis	Athletics
Year 6	Invasion: Tag Rugby	Invasion: Netball	Invasion: Hockey	Multi Skills	Gymnastics: Matching & Mirroring	Dance: Titanic	Striking & Fielding Cricket	Ball Skills Hands 2/ Net and Wall Tennis	Athletics