



# Stepgates Community School Curriculum Mapping: Physical Education 2022-2023

Areas of Learning	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Physical	Moving safely, running jumping, throwing, catching, following a path, rolling, balancing, changing directions, hopping, travelling, galloping, sliding, skipping, shapes, rocking, rolling, barrel roll, straight roll, progressions of a forward roll, copying and performing actions, co-ordination, rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball, tracking a ball, striking a ball.	<u>Previous skills plus:</u>  sprinting; dodging; travelling actions using shape; underarm throwing; overarm throwing; aim; hand eye co-ordination; running at varying speeds; agility; jumping; hopping and leaping in combination and for distance	<u>Previous skills plus:</u>  shape jumps; travelling; movements; forward roll using dynamics; pathway, expression and speed; bowling; batting; throwing and catching; jumping for distance; throwing for distance	<u>Previous skills plus:</u>  using canon, unison, formation control individual point and patch balances; tuck jump; star jump; rhythmic gymnastics; forehand; backhand; ready position; push and pull; throwing for distance; flexibility; strength	<u>Previous skills plus:</u>  performing a variety of dance actions; character, structure, space; technique in dance; individual and partner balances; jumps using rotation; straddle roll; bridge; shoulder stand; intercepting; shooting; fielding and retrieving a ball; pacing; sprinting technique	<u>Previous skills plus:</u>  stamina; matching; mirroring; transitions in dance; symmetric and asymmetrical - balances; cartwheel; backward roll; tackling; scoring; relay changeovers	<u>Previous skills plus:</u>  counter balance; counter tension; handstand; vault; power; fling throwing for distance
Social	Sharing, leadership, taking turns, encouraging and supporting others, responsibility,	<u>Previous skills plus:</u>  coming to decisions with a partner	<u>Previous skills plus:</u>  inclusion; decision making with others	<u>Previous skills plus:</u>  managing games	<u>Previous skills plus:</u>  consideration; responsibility	As per previous skills	<u>Previous skills plus:</u>  negotiating

# Stepgates Community School Curriculum Mapping: Physical Education 2022-2023

	working together, helping others, working safely, cooperation, communication, respect.						
Emotional	Perseverance, confidence, honesty and fair play, challenging myself, determination, managing emotions, working independently.	<u>Previous skills plus:</u> acceptance; be happy to succeed; honesty and playing to the rules	<u>Previous skills plus:</u> trust; independence; controlling emotions	<u>Previous skills plus:</u> calmness; focus	<u>Previous skills plus:</u> empathy; confident to take risks	As per previous skills	As per previous skills
Thinking	Decision making, selecting and applying actions, understanding and using rules, using tactics, selecting and applying skills, creating sequences, counting, observing and providing feedback,	<u>Previous skills plus:</u> identifying strengths; listening and following instructions; counting; transferring skills; exploring ideas	<u>Previous skills plus:</u> planning; problem solving; creating	<u>Previous skills plus:</u> map reading; evaluating and improving; selecting actions	<u>Previous skills plus:</u> evaluating and improving sequences	<u>Previous skills plus:</u> using feedback to improve	<u>Previous skills plus:</u> analysing scores