



Palfrey Junior School

PE Curriculum Map

Palfrey Junior School PE Overview		NC Programme of Study
Autumn 1	Year 3- Gymnastics	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	Year 3 Swimming	<ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and • breaststroke] • perform safe self-rescue in different water-based situations.
	Year 4- Invader (football)	<ul style="list-style-type: none"> • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • take part in outdoor and adventurous activity challenges both individually and within a team • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and • breaststroke] • perform safe self-rescue in different water-based situations. • compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	Year 4 -Swimming	<ul style="list-style-type: none"> • use a range of strokes effectively [for example, front crawl, backstroke and • breaststroke] • perform safe self-rescue in different water-based situations. • compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	Year 5- Gymnastics	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal

		best.
	Year 6- Invader (Tag Rugby)	<ul style="list-style-type: none"> • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • take part in outdoor and adventurous activity challenges both individually and within a team
Autumn 2	Year 3- African Dance	<ul style="list-style-type: none"> • perform dances using a range of movement patterns • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and • breaststroke] • perform safe self-rescue in different water-based situations.
	Year 3 Swimming	
	Year 4- Gymnastics	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and • breaststroke] • perform safe self-rescue in different water-based situations.
	Year 4 Swimming	
	Year 5- Dynamic Dance (Bollywood)	<ul style="list-style-type: none"> • perform dances using a range of movement patterns • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	Year 6- Groovy Gymnastics	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Spring 1	Year 3- Multi Skills	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	Year 3 Swimming	<ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and • breaststroke] • perform safe self-rescue in different water-based situations.
	Year 4- Dynamic Dance (line dancing)	<ul style="list-style-type: none"> • perform dances using a range of movement patterns • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	Year 4 Swimming	<ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and • breaststroke] • perform safe self-rescue in different water-based situations.
	Year 5- Invader (Netball)	<ul style="list-style-type: none"> • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • take part in outdoor and adventurous activity challenges both individually and within a team.
	Year 6- Dynamic Dance	<ul style="list-style-type: none"> • perform dances using a range of movement patterns

	(Street Dancing)	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Spring 2	Year 3- Brilliant Ball Skills (Invasion)	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • take part in outdoor and adventurous activity challenges both individually and within a team • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and • breaststroke] • perform safe self-rescue in different water-based situations.
	Year 3 Swimming	<p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <ul style="list-style-type: none"> • use a range of strokes effectively [for example, front crawl, backstroke and • breaststroke] • perform safe self-rescue in different water-based situations.
	Year 4- Nimble Nets (tennis)	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • take part in outdoor and adventurous activity challenges both individually and within a team • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front
	Year 4 Swimming	

		<ul style="list-style-type: none"> crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.
	Year 5- Striking and Fielding (cricket)	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. take part in outdoor and adventurous activity challenges both individually and within a team.
	Year 6- Nimble Nets (Badminton)	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Summer 1	Year 3- Throwing and catching (Fielding) Year 3 Swimming	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best. take part in outdoor and adventurous activity challenges both individually and within a team swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.

	<p>Year 4- Striking and fielding</p> <p>Year 4 Swimming</p>	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • take part in outdoor and adventurous activity challenges both individually and within a team • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and • breaststroke] • perform safe self-rescue in different water-based situations.
	<p>Year 5- Nimble Nets (tennis)</p>	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • take part in outdoor and adventurous activity challenges both individually and within a team
	<p>Year 6- striking and fielding (Rounders)</p>	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
<p>Summer 2</p>	<p>Year 3- Active Athletics</p> <p>Year3 Swimming</p>	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front

		<p>crawl, backstroke and</p> <ul style="list-style-type: none"> • breaststroke] • perform safe self-rescue in different water-based situations.
	<p>Year 4-Young Olympians</p> <p>Year 4 Swimming</p>	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and • breaststroke] • perform safe self-rescue in different water-based situations.
	<p>Year 5- Young Olympians</p>	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	<p>Year 6- Young Olympians</p>	<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best.