



P.E

Curriculum Map

Year 3 and 4

2025-2027

Map 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Fundamentals</u></p> <p>Can I develop dribbling skills with hands and feet?</p> <p>Can I develop tracking and catching skills?</p> <p>Can I develop tracking and throwing skills?</p> <p>Can I develop tracking and kicking skills?</p> <p>Can I track a ball that isn't directly sent to me?</p> <p>Can I apply skills in games?</p>	<p><u>Gymnastics</u></p> <p>Can I create interesting balances?</p> <p>Can I develop stepping into shape jumps with control?</p> <p>Can I develop straight, barrel and forward rolls?</p> <p>Can I include rolls in sequence work?</p> <p>Can I transition smoothly into and out of balances?</p>	<p><u>Fitness</u></p> <p>Can I understand how balance helps me in everyday life?</p> <p>Can I understand how co-ordination helps me in everyday life?</p> <p>Can I understand how stamina helps me in everyday life?</p> <p>Can I understand how speed helps me in everyday life?</p> <p>Can I understand how agility helps me in everyday life?</p>	<p><u>Tennis</u></p> <p>Can I develop racket and ball control?</p> <p>Can I explore rallying using a forehand?</p> <p>Can I explore returning the ball using a forehand?</p> <p>Can I explore returning the ball using a backhand?</p> <p>Can I score and use simple rules in a game?</p>	<p><u>OOA</u></p> <p>Can I give and follow instructions?</p> <p>Can I develop my map reading skills?</p> <p>Can I develop trust and teamwork?</p> <p>Can I identify objects, draw and follow a simple map?</p>	<p><u>Athletics</u></p> <p>Can I develop the sprinting technique?</p> <p>Can I develop changeovers in relay events?</p> <p>Can I develop my jumping technique in a range of approaches and take off positions?</p> <p>Can I develop throwing for distance and accuracy?</p> <p>Can I develop throwing for distance in a pull throw?</p>

Map 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p style="text-align: center;"><u>Football</u></p> <p>Can I develop the skill of dribbling?</p> <p>Can I develop changing direction and speed when dribbling?</p> <p>Can I develop passing skills?</p> <p>Can I apply attacking skills when moving to a goal?</p> <p>Can I use defending skills to delay an opponent?</p>	<p style="text-align: center;"><u>Netball</u></p> <p>Can I use simple tactics?</p> <p>Can I learn and apply some of the rules of the game?</p> <p>Can I move into space and communication?</p> <p>Can I defend an opponent and try to win the ball?</p> <p>Can I pass, receive and shoot the ball with control?</p>	<p style="text-align: center;"><u>Hockey</u></p> <p>Can I send and receive with some control?</p> <p>Can I move safely and with control when dribbling?</p> <p>Can I develop my decision making when I am in attack?</p> <p>Can I understand the role of the defender?</p> <p>Can I apply rules, skills and principles in my game play?</p>	<p style="text-align: center;"><u>Dance</u></p> <p>Can I copy and repeat a dance phrase?</p> <p>Can I choreograph simple phrases individually and with others?</p> <p>Can I use counts to keep in time with a partner or group?</p> <p>Can I use dynamic and expressive qualities in relation to an idea?</p> <p>Can I work with a partner and in a small group sharing ideas?</p> <p>Can I use key words to give feedback?</p>	<p style="text-align: center;"><u>Cricket</u></p> <p>Can I bowl a ball towards a target?</p> <p>Can I strike a bowled ball after a bounce?</p> <p>Can I give feedback using key words?</p> <p>Can I use underarm and overarm throwing and catching skills?</p> <p>Can I understand tactics and begin to use them in a game situation?</p>	<p style="text-align: center;"><u>Yoga</u></p> <p>Can I explore poses that challenge my balance?</p> <p>Can I create a flow using poses that challenge my balance?</p> <p>Can I explore poses that challenge my flexibility?</p> <p>Can I create a flow using poses that challenge my flexibility?</p> <p>Can I explore poses that challenge my strength?</p> <p>Can I create a flow using poses that challenge my strength?</p>