



# P.E

## Curriculum Map

### Year 5 and 6

### 2025-2027

Map 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p style="text-align: center;"><b><u>Football</u></b></p> <p>Can I develop ways to move with the ball?</p> <p>Can I send and receive under pressure?</p> <p>Can I communicate with my team, move into space and take the ball towards a goal?</p> <p>Can I use defensive techniques to win possession?</p> <p>Can I apply defending tactics as a team?</p>	<p style="text-align: center;"><b><u>Fitness</u></b></p> <p>Can I improve my speed?</p> <p>Can I understand how strength helps me?</p> <p>Can I understand how agility helps me?</p> <p>Can I understand how balance helps me?</p> <p>Can I understand how co-ordination helps me?</p> <p>Can I understand how stamina helps me?</p>	<p style="text-align: center;"><b><u>Tennis</u></b></p> <p>Can I return the ball using a forehand groundstroke under pressure?</p> <p>Can I return the ball using a backhand groundstroke under pressure?</p> <p>Can I use a variety of shots to keep a continuous rally?</p> <p>Can I develop the volley and understand when to use it?</p>	<p style="text-align: center;"><b><u>Gymnastics</u></b></p> <p>Can I perform symmetrical and asymmetrical balances?</p> <p>Can I develop straight, forward, straddle and backwards rolls?</p> <p>Can I use cannon, synchronisation and mirroring?</p> <p>Can I give feedback to improve my work?</p> <p>Can I use strength and flexibility to improve the quality of a performance?</p>	<p style="text-align: center;"><b><u>OOA</u></b></p> <p>Can I develop and negotiate negotiation skills?</p> <p>Can I develop strong communication skills to solve challenges?</p> <p>Can I develop planning and problem solving skills?</p> <p>Can I share ideas and work as a team?</p> <p>Can I develop navigation and map reading?</p> <p>Can I create and follow a key and a route on a map?</p>	<p style="text-align: center;"><b><u>Rounders</u></b></p> <p>Can I successfully strike the ball with the bat?</p> <p>Can I develop my fielding skills and am I beginning to use them under some pressure?</p> <p>Can I work co-operatively with others to manage a game situation?</p> <p>Can I understand the need for tactics and identify when to use them in different situations?</p>
<p><b><u>Swimming</u></b></p> <p>Can I develop gliding, front crawl and backstroke?</p> <p>Can I develop rotation, sculling and treading water?</p> <p>Can I develop front crawl land breathing techniques?</p> <p>Can I develop breaststroke technique?</p> <p>Can I develop basic skills, water safety and floating?</p> <p>Can I develop dolphin kicks?</p> <p>Can I learn personal survival techniques?</p>					

## Map 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b><u>Basketball</u></b></p> <p>Can I develop ways to ways to move the ball and apply them to different situations?</p> <p>Can I develop movement skills to lose a defender in different situations?</p> <p>Can I communicate with my team, move into space and take the ball towards the goal?</p> <p>Can I defend an opponent and know when to try to intercept?</p> <p>Can I develop shooting and explore when to pass, dribble or shoot?</p>	<p><b><u>Swimming</u></b></p> <p>Can I develop gliding, front crawl and backstroke?</p> <p>Can I develop rotation, sculling and treading water?</p> <p>Can I develop front crawl land breathing techniques?</p> <p>Can I develop breaststroke technique?</p> <p>Can I develop basic skills, water safety and floating?</p> <p>Can I develop dolphin kicks?</p> <p>Can I learn personal survival techniques?</p>	<p><b><u>Hockey</u></b></p> <p>Can I use attacking skills to beat a defender?</p> <p>Can I send and receive under pressure?</p> <p>Can I communicate with my team, move into space and take the ball towards the goal?</p> <p>Can I learn defensive techniques to gain possession?</p> <p>Can I use defending tactics to gain possession?</p> <p>Can I apply rules, skills and principles in my game play?</p>	<p><b><u>Yoga</u></b></p> <p>Can I understand how breath can help me hold and move from pose to pose?</p> <p>Can I identify and use balance when exploring poses and creating a flow?</p> <p>Can I identify and use strength when exploring poses and creating flow?</p> <p>Can I create and refine a flow with a partner?</p>	<p><b><u>Dance</u></b></p> <p>Can I copy and repeat choreography?</p> <p>Can I choreograph simple phrases individually and with others?</p> <p>Can I show a good sense of timing?</p> <p>Can I refine the way I use actions, dynamics and space in response to a stimulus?</p> <p>Can I use key terminology to refine my work and others?</p>	<p><b><u>Athletics</u></b></p> <p>Can I understand pace and apply different speeds over varying distances?</p> <p>Can I develop fluency and co-ordination when running for speed?</p> <p>Can I develop technique in relay changeovers?</p> <p>Can I build up power and momentum when jumping?</p> <p>Can I develop throwing with force for greater distance?</p>

<p><b><u>Swimming</u></b></p> <p>Can I develop gliding, front crawl and backstroke?</p> <p>Can I develop rotation, sculling and treading water?</p> <p>Can I develop front crawl land breathing techniques?</p> <p>Can I develop breaststroke technique?</p> <p>Can I develop basic skills, water safety and floating?</p> <p>Can I develop dolphin kicks?</p> <p>Can I learn personal survival techniques?</p>
---