

























All Saints P.E. EYS & KS1 Curriculum map 2023-2024

Coaching sessions will cover the **top row** of skills (blue) for the year group. These lessons are part of the MSSP Scheme of Work.

Classroom teachers are expected to cover the **second row** of skills (green) in the extra 1 hour a week of physical activity time.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Settling in no structured PE lessons	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week.	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week	Sports Day Prep Practice the events for sports day, focussing on completing the specific events.	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week
Reception	Settling in no structured PE lessons	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week	Sports Day Prep Practice the events for sports day, focussing on completing the specific events.	MSSP EYS Physical Development Incorporate a mixture of movement, stability, body awareness, and body control activities into one structured lesson a week
Year 1	Games Unit 1  Children develop basic throwing and catching skills.	Hockey  Dribbling, Movement/Coordination.	Football  Dribbling/movement with a ball; Eg in and out of cones	Athletics  Running, throwing, catching, jumping - basic skills.	Basketball  Skills development – dribbling, shooting.	Athletics Unit 2  Running, throwing, catching, balancing and simple competitions.
	Dance UNIT 1  Moving confidently and safely, exploring basic body actions (traveling, jumping, balancing).	KS1 Games Activities  Appendix A - E	Tennis  (LTA folder) Bouncing, throwing, balancing on racket, bouncing on racket, rallies.	Multi-skills  Hula-hooping, balancing bean bags, spot jumping, ball bouncing.	KS1 Games Activities  Appendix F - J	Gymnastics Unit 1  Children investigate movement, stillness, and how to find space safely.
Year 2	Games Unit 1  Ball/movement skills with greater accuracy.	Hockey  Dribbling, Movement/Coordination, Shooting	Football  Ball control – striking and moving.	Athletics  Running, throwing, catching, jumping - basic skills.	Basketball  Skills development – dribbling, shooting.	Athletics Unit 2  Running, throwing, catching, balancing and simple competitions.
	Dance UNIT 1  To explore, remember, repeat and link a range of actions with coordination, control & awareness.	KS1 Games Activities  Appendix F - J	Multi-skills  Hula-hooping, target throwing, spot jumping, ball bouncing, cone flip, obstacle course	Tennis  (LTA folder) Bouncing, throwing, balancing on racket, bouncing on racket, rallies.	KS1 Games Activities  Appendix K-N	Gymnastics Unit 1  Increase confidence in basic gymnastic skills such as rolling, jumping, travelling and balancing.

All Saints P.E. KS2 Curriculum map 2023-2024

Coaching sessions will cover the **top row** of skills (blue) for the year group. These lessons are part of the MSSP Scheme of Work.

Classroom teachers are expected to cover the **second row** of skills (green) in the extra 1 hour a week of physical activity time.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Tag rugby  Passing, catching and evading an attacker	Basketball  Skills development – dribbling, shooting.	Football  Ball control – striking and moving.	Netball  Passing, pivoting, jumping, finding space.	Rounders  Throwing, catching, striking, fielding	Tennis  Bouncing, throwing, bouncing on racket, rallies.
	Cricket  Bowling, batting, wicket keeping, accuracy	Athletics Unit 1  Developing good basic running skills, jumping skills and throwing techniques.	Athletics Unit 2  Sprint relays, middle & long distance running, standing long; triple & vertical jump, shot put	Hockey  Dribbling, Movement/Coordination, Shooting	Dance UNIT 1- Egyptian Dancing  (Ancient Egypt topic link) Focus on creating, adapting & linking a range of actions to develop an awareness of the historical and cultural origins of Egyptian dances.	Dance UNIT 2- Bollywood Dancing  Focus on performing dances focussing on creating, adapting and linking a range of dance actions, while developing an awareness of the historical and cultural origins of Bollywood dances.
Year 4	Tag rugby  Skill development – technique + teamwork	Basketball  Skills development – dribbling, shooting	Football  Developing power, accuracy and teamwork	Netball  Passing, pivoting, jumping, finding space.	Rounders  Bowling, fielding, tactics and technique	Tennis  Developing technique, serving and rallying
	Dance UNIT 1- Tudors Dancing  (Wimbledon Past and Present Topic link) Focus on creating characters and narrative through movements and gestures to develop an awareness of the historical and cultural origins of Tudor dances. St Richard Swimming 2/10-13/10	Cricket  Bowling overarm, fielding, striking. St Frances Swimming 30/10-10/11	Dance UNIT 2- Line Dancing  Focus on creating characters and narrative through movements and gestures to develop an awareness of line dancing. Children work in pairs or groups to develop a dance routine to perform.	Hockey  Learning simple attacking techniques, learn how to defend goals in uneven sided matches.	Athletics Unit 1  Sprint relays, middle & long distance running, standing long; triple & vertical jump, shot put	Athletics Unit 2  Children develop good running, jumping and throwing skills focussing on distance and time.

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Tag rugby  Attacking and defending in a match scenario.	Basketball  Skill development, teamwork and tactics	Football  Skills development – attacking and defending	Netball  Technique, footwork, boundaries + positions	Rounders  To develop a range of skills to help in a game, including bowler, backstop, fielder and batter.	Tennis  Serving, accuracy and tactics in match scenario.
	Sports Leadership Training (MSSP Scheme of work)  Leading, differentiating and organising activities	Cricket  Bowling, batting, wicket keeping, accuracy Both classes top up Swimming 11/12-15/12	Dance UNIT 1- Environment Dancing  (Extreme Earth Topic link) Focus on different styles of dancing and dancing with other people.	Hockey  To develop skilful attacking and team play. Learning how to work as a team when attacking and defending.	Athletics Unit 1  Sprint relays, middle & long distance running, standing long; triple & vertical jump, shot put	Athletics Unit 2  Developing targets and improve performance, focussing on sprinting, relay races, long jump,
Year 6	Tag rugby  Tactics- develop skills and work collaboratively as a team.	Basketball  Focus on skilful attacking and team play. Children learn to play as a team when attacking and explore ways to defend.	Football  Tactics, technique and teamwork.	Netball  Technique, footwork, boundaries + positions.	Rounders  Bowling, fielding, tactics and technique.	Tennis  Serving, volleying and working with a partner.
	Cricket  Bowling, batting, wicket keeping, accuracy	Dance UNIT 1-Brazilain Dancing (Online)  (South American Topic link) Focus on using different visual images to compose, perform and evaluate gestures, to develop an awareness of the historical and cultural origins of Brazilian dances.	Hockey  To improve match play and learn how to play as a team when attacking and defending.	Dance UNIT 2- African Dancing (Online)  (African History Topic link) Focus on using different visual images to compose, perform and evaluate gestures to develop an awareness of the historical and cultural origins of African dances.	Athletics Unit 1/2  Sprint relays, middle & long distance running, standing long; triple & vertical jump, shotput.	House style tournaments of the different sports taught throughout the year.