



Lytham C of E Whole School Curriculum Map

British Values  Golden Threads 	Democracy Rule of Law Respect Tolerance Individual Liberty At Lytham C of E Primary our PE curriculum provides meaningful opportunities for pupils to develop the British Values through teamwork, leadership, competition, co-operation and personal challenge. Children learn to make positive choices, respect others, play fairly and take responsibility for their own actions preparing them for becoming active and responsible members of society.					
	Christian Values Locality Diversity Vocabulary Resilience Our Golden Threads are integral to the design of our PE curriculum and are purposefully woven throughout teaching and learning. They ensure that pupils develop the physical competence, knowledge, character and understanding needed to flourish as confident, active, responsible members of our school community and beyond.					
Nursery	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	One in a Million	Traditional Stories with number 3	People Who Help Us	Down on the Farm	From a Tiny Seed	Dinosaurs
Overall Aim	Develop fine and gross motor skills supported by the '5 Under 5' FMS resource and 'Development Matters'					
FMS Physical Development Focus	Children will perform the 5 FMS and take part in different challenges. The baseline unit will focus on the pre-school age nursery children. The assessments will help to form the basis for what is delivered in the FMS units across the year as well as the planning for the use of the outdoor area and the larger playground. This half term will also be an opportunity for further practise of the FMS based on these assessments. All children in the nursery will benefit from this focus.	To move safely in space. To show different types of travel showing good timing and use of levels. To listen carefully to nursery rhymes and be creative with movement. To be creative in use of travel movements. To work well in pairs showing good listening. To understand what a good performance is.	To jump and land appropriately. To experiment with different ways of travelling including running, jumping and hopping. To climb under, over and through equipment.	To move safely in space. To show different types of travel showing good timing and use of levels. To listen carefully to nursery rhymes and be creative with movement. To be creative in use of travel movements. To work well in pairs showing good listening. To understand what a good performance is.	To perform the basic skill of jumping. To travel in a variety of ways low to the ground. To travel over, under and through balancing and climbing equipment. To balance on a range of body parts. To throw underarm. To roll in a variety of ways.	End of year assessment of pre-school children



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	EYFS – FMS Unit	Dance – Nursery Rhymes	EYFS – FMS - Rosie's Walk	Dance - Toys	EYFS – FMS – The Hungry Caterpillar	EYFS – FMS Unit
At the end of each unit	To revise the FMS covered.					

Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	Marvellous Me	Come and Join the Celebration	Winter Wonderland	Come Outside	Let's Go Wild	Oh, I Do Like to be Beside the Seaside
Overall Aim	To develop fine and gross motor skills supported by the '5 Under 5' FMS resource and 'Development Matters'. These 5 skills along with opportunities to develop a wider range of physical skills in the continuous provision in both indoor/outdoor areas and the playground, will ensure the children are ready for KS1 PE.					
FMS Physical Development Focus	Children will perform the 5 FMS and take part in different challenges. The baseline unit will help to form the basis for what is delivered in the FMS units across the year as well as the planning for the use of the outdoor area and larger playground. This half term will also be an opportunity for further practise of the FMS based on these assessments.	To balance on small and large body parts. To send a ball/throwing equipment with increased accuracy. To jump and land appropriately. To climb under, over and through climbing equipment. To practise throwing overarm.	To move safely in space. To show different types of travel showing good timing and use of levels. To be creative in our use of travelling movements and actions. To show use of different levels in our travelling movements. To work well in pairs showing good listening. To understand what a good performance is To give useful feedback to our partner.	To perform the basic skill of jumping. To travel under, over and through equipment. To balance on apparatus. To catch a large ball with increasing accuracy. To roll in a variety of ways.	To move safely in space. To show different types of travel showing good timing and use of levels. To be creative in our use of travelling movements and actions. To show use of different levels in our travelling movements. To work well in pairs showing good listening. To understand what a good performance is To give useful feedback to our partner. Sports Day Practise – a focus on all FMS.	Children will perform the 5 FMS and take part in different challenges. This will also be an opportunity for further practise of the FMS based on the ongoing assessments throughout this half term.
Unit	EYFS – FMS Unit – Baseline Assessment	EYFS – FMS – How to Catch a Star	Dance - Seasons	EYFS – FMS - Minibeasts	Dance - Jungle	EYFS – FMS Unit



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						End of Year Assessment
At the end of each unit	To revise the FMS covered.					

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Aim of the Unit	Children will be assessed on and develop the 10 basic FMS. The baseline unit will be the basis for what is delivered in the FMS units across the year.	Children learn how to perform the FMS throwing a ball underarm with some accuracy. They will also learn to use a simple tactic in game.	Children learn how to perform the FMS of bouncing and catching a ball with some accuracy. They will also learn to use a simple tactic in game.	Children learn how to perform the FMS overarm throw. They will also learn to use a simple tactic in game.	Children will explore running, jumping and throwing activities and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping.	Children learn how to perform the FMS of kicking a ball. They will also learn to use a simple tactic in game.
Lesson 1	Baseline Unit – Lost and Found - FMS	FMS – Underarm Throw Core Task: Ten Point Hoop Skills: Side gallop; underarm throw; running	FMS – Bouncing and Catching a Ball Core Task Competitive Pairs Skills: Bouncing/catching a ball; running	FMS – Overarm Throw Core Task Treasure Chest Skills: Overarm throw; running	Athletics Core Task Honey Pot Skills: Running; hopping; rolling a ball; underhand throw; jumping	FMS – Kicking a Ball Core Task 2 Skills: Kicking/rolling a ball; running
Aim of the Unit	Children learn how to perform the FMS of rolling a ball underarm with some accuracy. They will also learn to use a simple tactic in game.	Children will explore basic body actions for example jumping and turning and use different parts of their body to create and repeat short dances.	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create short movement phrases of 'like' linked actions for example two jumps or two rolls.	Children will explore basic body actions for example jumping and turning and use different parts of their body to create and repeat short dances.	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create short movement phrases of 'like' linked actions for example two jumps or two rolls.	Children will apply the FMS learnt over the course of the year to games and challenges.



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Lesson 2	FMS – Rolling a Ball Core Task Rolling a Ball Skills: Rolling a ball; running; jumping	Dance Travel Skills: Travel; turn; jump; gesture; stillness	Gymnastics Core Task 1 Skills: Roll; balance; jump; travel	Dance Under the Sea Skills: Travel; turn; jump; gesture; stillness	Gymnastics Core Task 2 Skills: Roll; balance; jump; travel	FMS – Tri Throff Core Task Ten Point Hoop Skills: Side gallop; underarm throw; running
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Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Aim of the Unit	Children will focus on increasing their range of basic gymnastic skills. They will create simple sequences of ‘unlike’ actions on the floor, e.g., a roll, jump and a shape. They then transfer what they learn on the floor to the apparatus.	Children will focus on creating and performing short dances that communicate different moods, feelings and ideas.	Children will focus on increasing their range of basic gymnastic skills. They will create simple sequences of ‘unlike’ actions on the floor, e.g., a roll, jump and a shape. They then transfer what they learn on the floor to the apparatus.	Children will focus on creating and performing short dances that communicate different moods, feelings and ideas.	Children will improve and apply their basic FMS in striking and fielding games. They play games that demand simple choices and decisions. They will continue to practise and refine their FMS and techniques to outwit others.	Children will perform the 10 FMS and take part in different challenges. This will also be an opportunity for further practise of FMS based on the ongoing assessments throughout this half term.
Lesson 1	Gymnastics Core Task Families of Action Skills: Roll; balance; jump; travel	Dance Animals Skills: Travel; turn; jump; gesture; stillness	Gymnastics Core Task Families of Actions Skills: Roll; balance; jump; travel	Dance Explorers Skills: Travel; turn; jump; gesture; stillness	Games Striking and Fielding Core Task Striking and Fielding Skills: Overarm throw; strike; catch	FMS – End of KS1 Assessment
Aim of the Unit	Children will improve and apply their basic FMS in games. They will play games that demand simple choices and decisions. They will continue to practise and refine their FMS and techniques, using them to outwit others.	Children will learn to bounce a ball whilst moving with some control and accuracy. They will learn to bounce, pass and move during a simple game. They will learn to throw a ball at a target. They will learn how to use a simple tactic to outwit an opponent.	Children will improve and apply their basic FMS in net/wall games. They play games that demand simple choices and decisions. They will continue to practise and refine their FMS and techniques to outwit others.	Children will focus on applying their FMS to games.	Children will explore running, jumping and throwing activities and take part in simple challenges and competitions. They will experiment with different ways of travelling, throwing and jumping.	Children will perform the 10 FMS and take part in different challenges. This will also be an opportunity for further practise of FMS based on the ongoing assessments throughout this half term.



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Year 2	Games Core Task Piggy in the Middle Skills: Underarm throw; catching a ball; running; dodging	FMS Bounce Ball Core Task Bounce Ball Skills: Bouncing a ball; running	Games Net/Wall Core Task Net/Wall Skills: Throw; catch; strike; side gallop; running	FMS Playground Games in the 20th Century Core Task Competitive Fours 2 Skills: Dodging; hopping; catching, underarm throw; side gallop; striking	Athletics Core Task Colour Match Skills: Running; push throw; under/overarm throw; jumping for distance	FMS – End of KS1 Assessment
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Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Aim of the Unit	Children will learn to throw a ball at a target using a one-handed throw with some accuracy in a game situation.	Children perform dances focusing on creating, adapting and linking a range of dance actions.	Children will learn how to play the Paralympic sport 'Boccia'. Children will learn to send a ball towards a target in an attempt to get the highest score possible. The children will focus on accuracy and control. They will learn to apply tactics in a target game.	Children will develop the skills they need for net/wall games and how to use these skills to make the game more difficult for their opponent.	Children will learn how to strike a ball into spaces so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' score down.	Children continue to learn simple attacking tactics using a range of equipment and sport specific skills. Children will develop attacking skills in a 4v2 invasion game.
Lesson 1	Target Games Dodgeball Core Task Through the Hoop Skills: One-handed throw; dodging; running	Dance Superheroes Skills: Perform expressively; perform more complex dance phrases; communicate character and narrative; perform to an audience	Target Games Boccia Core Task Boccia 12s Skills: Propelling a ball; rolling a ball; underarm throw	Net and Wall Tennis Core Task 1 Skills: Ready position; under/overarm throw; hold a racket; strike a ball with a racket	Striking and Fielding Rounders Core Task Run the Loop Skills: Bowl underarm; strike a ball off a tee; catch a ball; field a ball and return it quickly	Invasion Games On the Attack Core Task On the Attack Skills: Running; dodging; one-handed pass; one handed bounce pass; catching a ball; shooting
Aim of the Unit	Children will focus on improving the quality of their movement. They will learn how to plan and perform actions and sequences and develop flow by linking actions smoothly.	Children will learn to perform a chest and bounce pass in an invasion game. They will learn to apply a simple tactic to outwit an opponent.	Children perform dances focusing on creating, adapting and linking a range of dance actions.	Children will focus on improving the quality of their movement. They will learn how to plan and perform actions and sequences and develop flow by linking actions smoothly.	Children will focus on developing good basic running, jumping and throwing techniques. They will be set challenges for distance and time that involves using different styles and combinations of running, jumping and throwing.	Children take part in simple trust and orientation activities using maps and diagrams. Working on their own and in small groups, children will learn to use simple maps and follow simple trails.
Lesson 2	Gymnastics	Invasion Games	Dance	Gymnastics	Athletics	OAA



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	Core Task The Balancing Act Skills: Travel; balance; jump; roll	Netball Core Task Three Touch Ball Skills: Running; dodging; chest pass; bounce pass; catching a ball	Dance Around the World Skills: Perform expressively; perform more complex dance phrases; communicate character and narrative; perform to an audience	Core Task The Balancing Act Skills: Travel; balance; jump; roll	Core Task Furthest Five, Take Aim, Pass the Baton Skills: Throwing; hop/step/jump; combination of jumping actions	Trust and Trails Skills: Orientate a map; use a control card; navigate a course safely
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Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Aim of the Unit	Children will focus on creating characters and narrative through movement and gesture. They will gain inspiration through a range of subjects. They will work in pairs and small groups. Children will concentrate on combining and linking phrases of movement fluently and with control.	Children will learn how games work by creating their own tag and target games. Children will improve their FMS and start to understand how to design their own game.	Children will learn to enjoy being in the water and become more water confident. They learn how to stay afloat and move in the water, meet challenges and breathe when swimming. At first, they will use swimming aids and support moving on to swimming independently.	Children will learn to enjoy being in the water and become more water confident. They learn how to stay afloat and move in the water, meet challenges and breathe when swimming. At first, they will use swimming aids and support moving on to swimming independently.	Children will learn how to strike a ball into spaces so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' score down. When fielding, they try to prevent runs or points being scored.	Children continue to learn simple attacking tactics. They will play in small uneven sided games and work on tactics to outwit the opposition. They will enter the opponent's territory with the ball and try to get into good positions for shooting. Children will learn to move into space to receive the ball and how to disguise passes.
Lesson 1	Dance Sparks Might Fly Skills: Perform expressively; perform more complex dance phrases; communicate character and narrative; perform to an audience	Creative Games Tag and Target Skills: Dodging; throwing/rolling a ball; send an object with accuracy in a target game	Swimming	Swimming	Striking and Fielding Cricket Core Task Run the Loop Skills: Bowl underarm; perform a straight drive; catch a ball; field a ball and return it quickly	Invasion Games Basket Ball Core Task On the Attack Skills: Running; chest pass; bounce pass; dribbling a ball
Aim of the Unit	Children learn simple attacking techniques which they will apply in small uneven sided games. They will learn techniques to outwit opponents. They will focus on the skills of running, dodging and one-handed passes.	Children will develop their skills with control and precision. They will combine these skills to create a sequence for competition. They will extend their range of actions, balances, body shapes and agilities, working on more difficult combinations.	Children will develop their skills with control and precision. They will combine these skills to create a sequence for competition. They will extend their range of actions, balances, body shapes and agilities, working on more difficult combinations.	Children will develop the skills they need for net/wall games and how to use these skills to make the game more difficult for their opponent.	Children will focus on developing good basic running, jumping and throwing techniques. They will be set challenges for distance and time that involves using different styles and combinations of running, jumping and throwing.	Children will take part in a range of problem-solving activities. The tasks they tackle will require teamwork with clearly defined roles and responsibilities.



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Year 2	Invasion Games Handball Core Task On the Attack Skills: Running; dodging; one-handed pass; one handed bounce pass; catching a ball; shooting	Gymnastics Core Task Creating a sequence for competition Skills: Travel; balance; jump; roll	Gymnastics Core Task Partner Work Skills: Travel; balance; jump; roll	Net and Wall Badminton Core Task 2 Skills: Ready position; under/overarm throw; hold a racket; strike a ball with a racket	Athletics Core Task Furthest Five, Take Aim, Pass the Baton Skills: Throwing; hop/step/jump; combination of jumping actions	OAA Team Work and Problem Solving Skills: Travel and balance safely when carrying out challenges; demonstrate teamwork skills
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Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Aim of the Unit	Children will learn how to work well as a team when attacking and explore a range of ways to defend. The children will learn to beat the opposition by scoring more goals. The children will initially play 5v3 then 5v4.	Children learn different styles of dance and focus on dancing with other people. They create, perform and watch dances in a range of styles working with partners and groups. They will be encouraged to become more adventurous.	Children learn different styles of dance and focus on dancing with other people. They create, perform and watch dances in a range of styles working with partners and groups. They will be encouraged to become more adventurous.	Children will learn to develop the range and quality of their skills using rackets. They will learn specific tactics and skills in order to play Tennis.	Children will focus on swimming more fluently, improving their swimming strokes and learning personal survival techniques.	Children will focus on swimming more fluently, improving their swimming strokes and learning personal survival techniques.
Lesson 1	Invasion Games – Netball Core Task Netball Skills: Running; dodging; chest pass; bounce pass; catching; shoulder pass; shooting	Dance Robin Hood Skills: Perform expressively; perform more complex dance phrases; communicate character and narrative; perform to an audience	Dance Heroes and Villains Skills: Perform expressively; perform more complex dance phrases; communicate character and narrative; perform to an audience	Net/Wall – Tennis Core Task 1 Skills: Throwing a ball; fore/backhand; volley; underhand serve	Swimming	Swimming
Aim of the Unit	Children will develop a wider range of actions and use their skills and agility individually and in sequence with a partner with the aim of showing as much control and precision as possible.	Children will learn how to work well as a team when attacking and explore a range of ways to defend. The children will learn to beat the opposition by scoring more goals. The children will initially play 5v3 then 5v4.	Children will develop a wider range of actions and use their skills and agility individually and in sequence with a partner with the aim of showing as much control and precision as possible.	Children will develop the range and quality of their skills and understanding. They will learn how to play the different roles of bowler, wicket keeper, batter and fielder.	Children will focus on developing their technical understanding of athletic activity. They learn how to set targets and improve their performance in a range of running, jumping and throwing activities.	Children will develop their orienteering and problem-solving skills in familiar and unfamiliar situations and environments.
Lesson 2	Gymnastics Core Task	Invasion Games Rugby	Gymnastics Core Task	Striking and Fielding Cricket	Athletics Core Task	OAA



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	Acrobatic Gymnastics Skills: Travel; balance; jump; roll	Core Task Rugby Skills: Running; dodging; swing pass; catching/kicking a ball	Acrobatic Gymnastics Skills: Travel; balance; jump; roll	Core Task Level 1 Competition Skills: Bowl overarm; strike a bowled ball; field a ball and throw back overarm	Three run, jump and throw Skills: Throwing; jump and lading in different ways; running for short/long distances; passing a baton in a relay	Team Work and Problem Solving 1 Skills: Keep a map orientated/set; 8 points of a compass; work with a control marker
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Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Aim of the Unit	Children will learn how to work well as a team and apply attacking and defending skills through modified versions of 4v4 or 5v5 invasion games. Children will learn football specific techniques.	Children apply their knowledge and understanding of invasion games from year 5 and create their own game which follows invasion games principles.	Children will learn how to work well as a team and apply attacking and defending skills through modified versions of 4v4 or 5v5 invasion games. Children will learn rugby specific techniques.	Children will learn to develop the range and quality of their skills using rackets. They will learn specific tactics and skills in order to play Badminton.	Children will develop the range and quality of their skills and understanding. They will learn how to play the different roles of bowler, backstop, fielder and batter.	Children will focus on using different starting points for composing, performing and watching dance. They will extend the range of movements they use and develop new skills in working with a partner including taking weight, supporting, leaning, balancing and lifting.
Lesson 1	Invasion Games Football Core Task 1 Skills: Dribble/travel with a ball; shooting/sending skills	Creative Games Core Task Calling the Shots Skills: Range of sending and receiving skills	Invasion Games Rugby 2 Core Task 2 Skills: Running; dodging; swing pass; catching/kicking a ball	Net/Wall Badminton Core Task 2 Skills: Throwing a ball; fore/backhand; volley; underhand serve	Striking and Fielding Rounders Core Task Level 1 Competition Skills: Bowl underarm; strike a ball off a tee/bowled ball; field a ball and throw back overarm	Dance The Haka Skills: Perform expressively; perform more complex dance phrases; communicate character and narrative; perform to an audience
Aim of the Unit	Children will focus on using different starting points for composing, performing and watching dance. They will extend the range of movements they use and develop new skills in working with a partner including taking weight, supporting, leaning, balancing and lifting.	Children will learn how to work well as a team and apply attacking and defending skills through modified versions of 4v4 or 5v5 invasion games. Children will learn hockey specific techniques.	Children use their knowledge of compositional principles to develop sequences that show an awareness of their audience. Children will plan and perform a sequence with a partner.	Children use their knowledge of compositional principles to develop sequences that show an awareness of their audience. Children will plan and perform a sequence with a partner.	Children will focus on developing their technical understanding of athletic activity. They learn how to set targets and improve their performance in a range of running, jumping and throwing activities.	Children will take part in more complex orienteering events and teamwork challenges. They will learn to read maps more accurately and adapt their skills to meet challenges set in new environments.
Lesson 2	Dance	Invasion Games	Gymnastics	Gymnastics	Athletics	OAA



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	Dance through the Ages Skills: Perform expressively; perform more complex dance phrases; communicate character and narrative; perform to an audience	Hockey Core Task 2 Skills: Running; push pass; dribbling; receiving a pass; shooting	Core Task Group Dynamics Skills: Travel; balance; jump; roll	Core Task Group Dynamics Skills: Travel; balance; jump; roll	Core Task Three run, jump and throw Skills: Throwing; jump and lading in different ways; running for short/long distances; passing a baton in a relay	Teamwork and Problem Solving 2 Skills: Set a map using a compass; set a direction of travel using map and compass; follow instructions to complete the course
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