

## Hiltingbury Junior School – Existing PE Curriculum Map

### Long Term Map Overview

	Autumn Term		Spring Term		Summer Term	
<b>Year R</b>	Moving fast & slow, stop. FMS	Travel & climb using equipment, control and co-ordinate movements inc jump	Target games Running&throwing  Ball skills -Roll, catch and throw Health – awareness of changes during exercise	Team - Teamwork	Striking – striking, running, fielding	Athletics
<b>Year 1</b>	Target Skills  Dance  Fitness  Yoga	Team Games  Body Movement  Yoga	Striking  Gym balancing  Yoga	Net/wall games  Team games  Yoga	Invasion  Jack and Beanstalk dance  Yoga	Athletics  Summer Games  Yoga
<b>Year 2</b>	Striking and Fielding  Multi-skills	Net Wall  Dance	Invasion  Gymnastics - balancing	Striking and fielding  Invasion Games	Net Wall  Sports Day activities	Athletics  Summer Games
<b>Year 3</b>	Dance – North Wind and Sun  Multi-skills	Gymnastics - jumps  Multi-skills	Gymnastics – balances  Invasion - Netball	Yoga  Strike and Field - Cricket	Target – boccia  Outdoor Adventurous Activities	Dance (Integr8)  Athletics
<b>Year 4</b>	Gymnastics – balances  Net Wall - Tennis	Gymnastics – fantastic forests  Multi-skill games	Net Wall – badminton  Invasion - football	Dance – Beowulf  Strike and Field - rounders	Swimming  Invasion – Tag Rugby	Dance (Integr8)  Athletics

<b>Year 5</b>	Health and Fitness Strike and Field - Cricket	Multi-skill games Invasion - hockey	Gymnastics – jumps, leaps and turns Invasion – ultimate frisbee	Yoga Sports Leader	Outdoor Adventurous Activities Net Wall - Tennis	Dance (Integr8) Athletics
<b>Year 6</b>	Circuits Invasion – Tag Rugby	Gymnastics – shape and balance Invasion - Basketball	Outdoor Adventurous Activities Invasion - Netball	Target – Dodgeball Strike and Field - Cricket	Gymnastics – apparatus Athletics	Swimming Dance (Integr8) Alternative Sports
<b>Year 7</b>	Basketball	Badminton	Cross Country/OAA	Gymnastics	Athletics	Cricket