

# PE Curriculum Map

## Gymnastics

### Year 6

- Synchronisation and cannon, holes and barriers.
- Create complex and well-executed sequences using a full range of movements, y5 movements plus travelling, swinging, inversions, rotations, gestures and linking skills.
- Analyse skills and suggest ways to improve the quality of performance.
- Demonstrate safe practice.
- Vary speed, direction, level and body rotation.

### Upper KS2

### Year 5

- Bridges and flight, functional use of limbs/turning and spinning.
- Create complex sequences using a full range of movements. Traveling, balance, springing, flight, bending, stretching and twisting.
- Hold strong, fluent and expressive shapes.
- Vary speed, direction and level.

### Lower KS2

### Year 4

- Rolling and balance, leading to change of face and direction.
- Swing and hang from equipment safely and with control using hands.
- Link ideas, skills and techniques with control, precision and fluency when creating sequences alone and with others.
- Understand compositions by performing more complex sequences.
- Support own body weight.

### Year 2

- High and low, pathways, linking movements: agility, balance and co-ordination, individually and with others.
- Show contrast, roll forwards, backwards and sideways.
- Copy, remember, explore and repeat actions varying speed and levels.
- Begin to select simple actions to construct basic sequences.
- Identify differences between my performance and that of others.

### Year 3

- Symmetry, asymmetry, pathways, travelling with a change of front and direction.
- Show changes of direction, speed and level.
- Travel in a variety of ways, including flight – transferring weight to generate power in movements.
- Control more complex balances creating interesting body shapes for more than 5 seconds.
- Link ideas, skills and techniques.

### KS 1

### Year 1

- Flight, bouncing, jumping and landing. Points and patches, rocking and rolling. Agility, balance, co-ordination with others.
- Jump and land with improving control and balance.
- Hold a position whilst balancing on different parts of the body (3 seconds).
- Move with some control and use space appropriately.
- Climb on and off equipment safely.

### EYFS

### EYFS

- Jumps off an object and lands appropriately.
- Travels with confidence and skill around, under, over and through balancing and climbing equipment.
- Children show good control and co-ordination in large and small movements.
- They move confidently in a range of ways, safely negotiating space.