

St Nicolas' PE Curriculum Map

Our Christian values are **respect, honesty, love and friendship, peace, thankfulness and courage**
Jesus said, 'I am the vine and you are the branches.'

PE	Autumn	Spring	Summer
Reception	<ul style="list-style-type: none"> • Yoga sessions to develop core strength, stability, balance, spatial awareness, co-ordination and agility. • Dancing linked to the topic, trying to move in time with music. • During bikes and trikes time, there are a range of wheeled resources for children to balance, sit or ride on, or pull and push. • Gross motor skills development - Moving on to using wall bars and benches, negotiating space and obstacles safely, with consideration for themselves and others. • Ball skills and multi-sport activities linked to Sports Day. • Further develop and refine; throwing, catching, kicking, passing, batting and aiming. 		
Y1	Games (tag rugby theme) Attack, defend, shoot Games (hockey theme) Dance	Games (netball theme) Gymnastics Games (football theme) Hit, Run, Catch	Games (cricket theme) Send and return Athletics Run, jump and throw
Y2	Games (tag rugby theme) Attack, defend, shoot Games (hockey theme) Dance	Games (netball theme) Gymnastics Games (football theme) Hit, Run, Catch	Games (cricket theme) Send and return Athletics Run, jump and throw
Y3	Tag Rugby Gymnastics Hockey Orienteering	Netball Dance Football Tennis	Cricket Basketball Athletics Swimming
Y4	Outdoor learning residential trip including orienteering, hiking, team challenges etc.		
	Tag Rugby Gymnastics Hockey Orienteering Swimming (catch-up)	Netball Dance Football Badminton	Cricket Basketball Athletics Rounders
Y5	Tag Rugby Gymnastics Hockey Orienteering Swimming (catch-up)	Netball Dance Football Tennis	Cricket Basketball Athletics Rounders
Y6	Outdoor adventurous activity residential week at the River Dart, Devon. Rock climbing, caving, kayaking, canoeing, high ropes, orienteering, hiking and team challenges		
	Tag Rugby Gymnastics Hockey Orienteering Swimming (catch-up)	Netball Dance Football Badminton	Cricket Basketball Athletics Rounders

