

Whitehill Junior School – PE Curriculum Map



Year Three

- Introduce symmetry and asymmetry.
- Extend sequences with a partner.
- Apply learning onto apparatus
- Apply throwing into a game.
- Develop dance character.
- Explore running for speed.
- Introduce pass and receiving.
- Explore effective teamwork.
- Introduce passing and creating space.
- Introduce outwitting an opponent.
- Introduce dribbling and keeping control.
- Understand the concept of batting and fielding.

- Explore running for distance.
- Apply learning into 3v3 games.
- Develop dribbling, creating shooting opportunities.
- Develop collaboration and communication.
- Introduce shooting.
- Develop sequences with bridges.
- Introduce bowling and striking the ball.
- Introduce backhand and forehand.
- Creating space to win a point.
- Explore contrasting relationships.
- Develop passing and receiving.

Year Four

Year Five

- Refine passing and receiving.
- Explore different passes
- Introduce leadership.
- Refine racket skills.
- Develop sequences and interlinking.
- Develop fielding tactics.
- Explore running as a team.
- Understand the cardiovascular system.
- Introduce counter tension and counter balances.
- Refine dribbling.
- Refine attacking and defending skills.
- Refine batting, bowling and fielding.
- Create movements using improvisation.

Year Six

- Refine leadership.
- Introduce mirroring and matching.
- Apply tactics to win a point.
- Develop officiating.
- Understand the components of fitness.
- Refine shooting.
- Apply tactics in scenarios.
- Consolidate batting, bowling and fielding.
- Organise and manage team formations.
- Perform with technical control.
- Create and apply attacking tactics.
- Consolidate passing and receiving.