

 PE – Concept Map

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Early Years | Year 1&2 | Year 3&4 | Year 5&6 |
| Athletics | * Children learn techniques for running, how to run in a lane,dip and carry a baton.
* Jumping from a short run.
* Throwing with accuracy and power.
 |  |  |  |
| Fine Motor Skills | * Building on fine motor skills and combining locomotion skills with fine motor activities.
 |  |  |  |
| Gymnastics | * Knowing high and low.
* Travelling, stopping and making shapes.
* Using the body to rock and roll.
* Learn to travel, balance, spin, jump and use basic apparatus.
* How to transfer floor skills to small apparatus.
* Starting and finishing routines.
 |  |  |  |
| Invasion Games and Skills | * How to send and receive.
* Bounce, dribble, dodge and evade.
 |  |  |  |
| Net and Wall Game skills | * Sending a ball with some accuracy.
* Striking a ball with one hand.
* Showing some control over objects when throwing and catching.
 |  |  |  |
| Object Manipulation | * Building confidence at moving objects in different ways.
 |  |  |  |
| Striking and Fielding games skills | * Learning basic batting, fielding and bowling skills.
* To run between wickets and learn some basic rules.
* Working together through good communication
 |  |  |  |
| Target Games | * How to send an object with accuracy
* Using both hands and feet.
 |  |  |  |
| Yoga  | * Learning several yoga poses.
* Learning how to breath effectively when completing yoga poses
* Using arms to aid balance
 |  |  |  |