

PE – Concept Map

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|  | 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 |  |  |  |