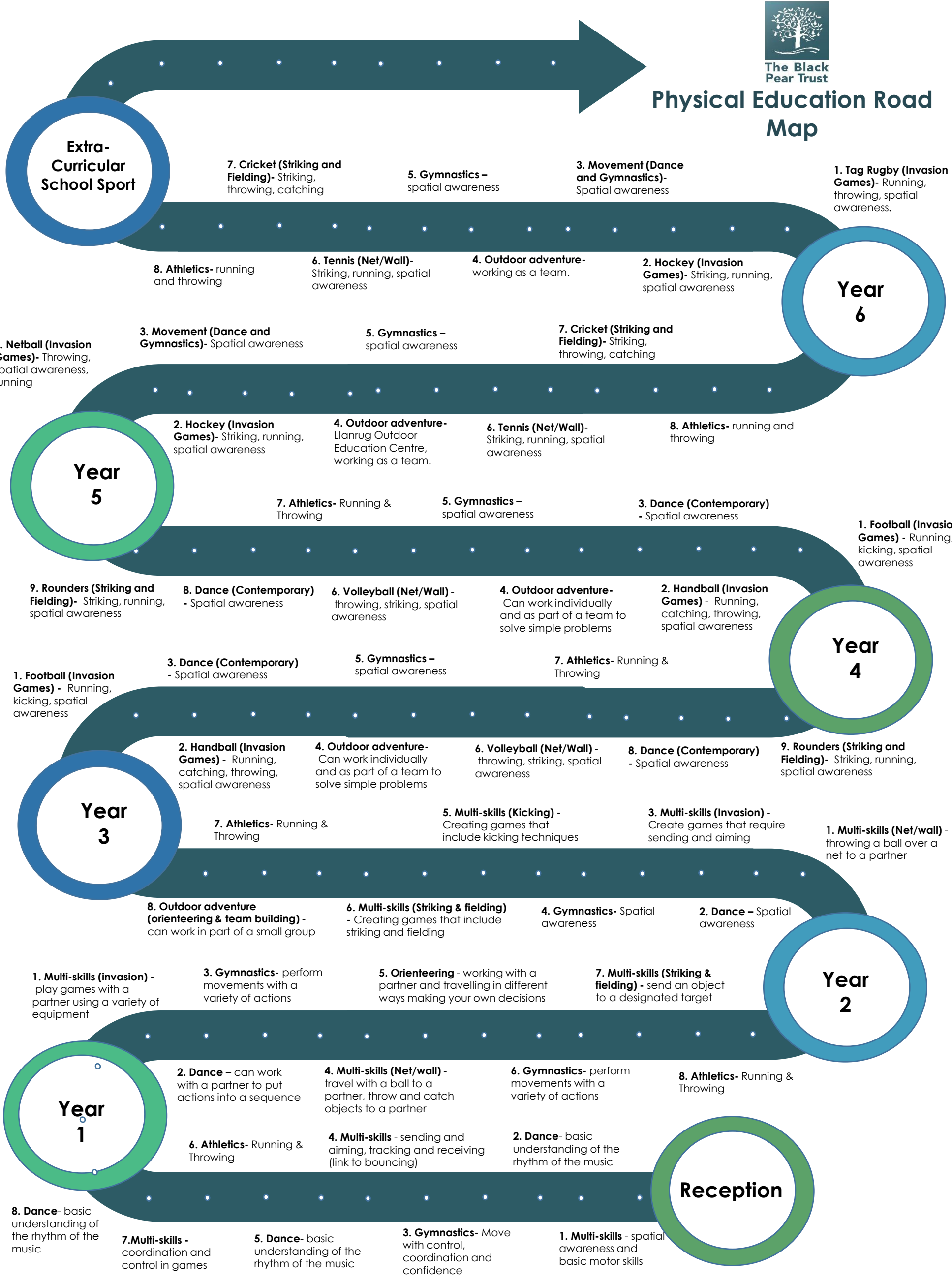


# Physical Education Road Map



**Extra-Curricular School Sport**

**Year 6**

**Year 5**

**Year 4**

**Year 3**

**Year 2**

**Year 1**

**Reception**

**1. Netball (Invasion Games)-** Throwing, spatial awareness, running

**7. Cricket (Striking and Fielding)-** Striking, throwing, catching

**5. Gymnastics –** spatial awareness

**3. Movement (Dance and Gymnastics)-** Spatial awareness

**1. Tag Rugby (Invasion Games)-** Running, throwing, spatial awareness.

**8. Athletics-** running and throwing

**6. Tennis (Net/Wall)-** Striking, running, spatial awareness

**4. Outdoor adventure-** working as a team.

**2. Hockey (Invasion Games)-** Striking, running, spatial awareness

**3. Movement (Dance and Gymnastics)-** Spatial awareness

**5. Gymnastics –** spatial awareness

**7. Cricket (Striking and Fielding)-** Striking, throwing, catching

**2. Hockey (Invasion Games)-** Striking, running, spatial awareness

**4. Outdoor adventure-** Llanrug Outdoor Education Centre, working as a team.

**6. Tennis (Net/Wall)-** Striking, running, spatial awareness

**8. Athletics-** running and throwing

**7. Athletics-** Running & Throwing

**5. Gymnastics –** spatial awareness

**3. Dance (Contemporary) -** Spatial awareness

**1. Football (Invasion Games) -** Running, kicking, spatial awareness

**9. Rounders (Striking and Fielding)-** Striking, running, spatial awareness

**8. Dance (Contemporary) -** Spatial awareness

**6. Volleyball (Net/Wall) -** throwing, striking, spatial awareness

**4. Outdoor adventure-** Can work individually and as part of a team to solve simple problems

**2. Handball (Invasion Games) -** Running, catching, throwing, spatial awareness

**3. Dance (Contemporary) -** Spatial awareness

**5. Gymnastics –** spatial awareness

**7. Athletics-** Running & Throwing

**1. Football (Invasion Games) -** Running, kicking, spatial awareness

**2. Handball (Invasion Games) -** Running, catching, throwing, spatial awareness

**4. Outdoor adventure-** Can work individually and as part of a team to solve simple problems

**6. Volleyball (Net/Wall) -** throwing, striking, spatial awareness

**8. Dance (Contemporary) -** Spatial awareness

**9. Rounders (Striking and Fielding)-** Striking, running, spatial awareness

**7. Athletics-** Running & Throwing

**5. Multi-skills (Kicking) -** Creating games that include kicking techniques

**3. Multi-skills (Invasion) -** Create games that require sending and aiming

**1. Multi-skills (Net/wall) -** throwing a ball over a net to a partner

**8. Outdoor adventure (orienteeing & team building) -** can work in part of a small group

**6. Multi-skills (Striking & fielding) -** Creating games that include striking and fielding

**4. Gymnastics-** Spatial awareness

**2. Dance –** Spatial awareness

**1. Multi-skills (invasion) -** play games with a partner using a variety of equipment

**3. Gymnastics-** perform movements with a variety of actions

**5. Orienteering -** working with a partner and travelling in different ways making your own decisions

**7. Multi-skills (Striking & fielding) -** send an object to a designated target

**2. Dance –** can work with a partner to put actions into a sequence

**4. Multi-skills (Net/wall) -** travel with a ball to a partner, throw and catch objects to a partner

**6. Gymnastics-** perform movements with a variety of actions

**8. Athletics-** Running & Throwing

**6. Athletics-** Running & Throwing

**4. Multi-skills -** sending and aiming, tracking and receiving (link to bouncing)

**2. Dance-** basic understanding of the rhythm of the music

**8. Dance-** basic understanding of the rhythm of the music

**7. Multi-skills -** coordination and control in games

**5. Dance-** basic understanding of the rhythm of the music

**3. Gymnastics-** Move with control, coordination and confidence

**1. Multi-skills -** spatial awareness and basic motor skills