



PE Curriculum Map 21-22

<u>Willow</u>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Games	Gymnastics	Dance	Dance	Games	Athletics
<u>Birch</u>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Games	Gymnastics	Dance	Dance	Games	Athletics
<u>Chestnut</u>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Invasion Games	Gymnastics	Dance	Outdoor and Adventurous	Net/Wall Games	Athletics
<u>Elm and Oak</u>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Invasion Games	Gymnastics	Dance	Outdoor and Adventurous	Striking and Fielding	Athletics

Swimming and Water Safety

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)
- perform safe self-rescue in different water-based situations