

# Shoreditch Park Primary School Curriculum Map 2023-24



	A1	A2	Sp1	Sp2	Su1	Su2
Reception			<b>Body Management</b> <ul style="list-style-type: none"> <li>Balance beanbags</li> <li>Move through hoops in different ways</li> <li>Reach and stretch to get equipment</li> <li>Make bridges and tunnels with our bodies</li> <li>Travel over and under apparatus</li> <li>Make shapes with our bodies</li> </ul>	<b>Manipulation and coordination</b> <ul style="list-style-type: none"> <li>Handle a balloon</li> <li>Handle a ball</li> <li>Kick a ball</li> <li>To hop, jump and step</li> <li>To send a ball or beanbag</li> <li>To send and stop in a game</li> </ul>	<b>Speed Agility Travel</b> <ul style="list-style-type: none"> <li>To move in different directions</li> <li>To keep our bodies safe in running games</li> <li>To jump in different directions</li> <li>To stop safely</li> <li>To move at slow and fast speeds</li> <li>To stop safely in different ways</li> </ul>	<b>Cooperate and Solve Problems</b> <ul style="list-style-type: none"> <li>To match colours and symbols</li> <li>To work as a team to complete a task</li> <li>Use our bodies to make number shapes</li> <li>To follow a trail</li> <li>To work with others to make patterns</li> <li>Work with a partner to complete challenges</li> </ul>
Year 1 - Grey	<b>Attack Defend Shoot</b> <ul style="list-style-type: none"> <li>Hit a target</li> <li>Defend a target</li> <li>Roll and slide balls and beanbags</li> <li>Shoot in a game to get points</li> <li>Work with a partner to score points</li> <li>Use attacking and defending skills in a game</li> </ul>	<b>Hit Catch Run</b> <ul style="list-style-type: none"> <li>Select a space to throw or roll a ball into</li> <li>Track and collect a rolling ball</li> <li>Catch a ball to stop an opponent from scoring</li> <li>Use our hands to hit a ball</li> <li>Run between bases to score points</li> <li>Work as a team to score points</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>Show moods and feelings you would experience in the jungle</li> <li>Create and perform movements that show friendship</li> <li>Perform leading and following movements</li> <li>Perform a short dance with a clear start, middle and end</li> <li>Use repeated actions</li> </ul>	<b>Send and Return</b> <ul style="list-style-type: none"> <li>Slide a beanbag to a target</li> <li>Hit a ball in different ways with our hands</li> <li>Move towards a ball to return it</li> <li>Work with a partner to stop and return a beanbag</li> <li>Learn what a rally is</li> <li>Send a ball into space to make it harder for an opponent</li> </ul>	<b>Run Jump Throw</b> <ul style="list-style-type: none"> <li>Start and stop moving at speed</li> <li>Use arms when running at different speeds</li> <li>Take off on two feet to jump for distance</li> <li>Use the correct technique to throw different objects for distance</li> <li>Show improvement in throwing</li> <li>Apply running, throwing and jumping skills in competition</li> </ul>	<b>Attack Defend Shoot Unit 2</b> <ul style="list-style-type: none"> <li>Kick ball over long and short distances</li> <li>Stop a ball with comfort using the foot</li> <li>Work as a team to keep the ball</li> <li>Bounce a ball with my partner</li> <li>Bounce the ball while moving</li> <li>Pass the ball forward in a game</li> </ul>
Year 1 - Deacon	<b>Attack Defend Shoot</b> <ul style="list-style-type: none"> <li>Hit a target</li> <li>Defend a target</li> <li>Roll and slide balls and beanbags</li> <li>Shoot in a game to get points</li> <li>Work with a partner to score points</li> <li>Use attacking and defending skills in a game</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>Show moods and feelings you would experience in the jungle</li> <li>Create and perform movements that show friendship</li> <li>Perform leading and following movements</li> <li>Perform a short dance with a clear start, middle and end</li> </ul>	<b>Hit Catch Run</b> <ul style="list-style-type: none"> <li>Select a space to throw or roll a ball into</li> <li>Track and collect a rolling ball</li> <li>Catch a ball to stop an opponent from scoring</li> <li>Use our hands to hit a ball</li> <li>Run between bases to score points</li> <li>Work as a team to score points</li> </ul>	<b>Send and Return</b> <b>Send and Return</b> <ul style="list-style-type: none"> <li>Slide a beanbag to a target</li> <li>Hit a ball in different ways with our hands</li> <li>Move towards a ball to return it</li> <li>Work with a partner to stop and return a beanbag</li> <li>Learn what a rally is</li> <li>Send a ball into space to make</li> </ul>	<b>Run Jump Throw</b> <ul style="list-style-type: none"> <li>Start and stop moving at speed</li> <li>Use arms when running at different speeds</li> <li>Take off on two feet to jump for distance</li> <li>Use the correct technique to throw different objects for distance</li> <li>Show improvement in throwing</li> <li>Apply running, throwing and</li> </ul>	<b>Attack Defend Shoot Unit 2</b> <ul style="list-style-type: none"> <li>Kick ball over long and short distances</li> <li>Stop a ball with comfort using the foot</li> <li>Work as a team to keep the ball</li> <li>Bounce a ball with my partner</li> <li>Bounce the ball while moving</li> <li>Pass the ball forward in a game</li> </ul>

		<ul style="list-style-type: none"> <li>Use repeated actions</li> </ul>		it harder for an opponent	jumping skills in competition	
Year 2 – Hoffman and Jeffers	<b>Attack Defend Shoot</b> <ul style="list-style-type: none"> <li>Kick the ball over long and short distances</li> <li>Stop a ball with control using the foot</li> <li>Work as a team to keep the ball</li> <li>Bounce a ball with a partner</li> <li>Bounce the ball whole moving</li> <li>Pass the ball forward in a game</li> </ul>	<b>Hit Catch Run</b> <ul style="list-style-type: none"> <li>Hit a ball and score points running to cones</li> <li>Defend a target by kicking</li> <li>Bowl underarm with control</li> <li>Hit a ball using different bats and techniques</li> <li>Throw accurately to a base</li> <li>Hit a ball into space away from fielders</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>Use penguin images to inspire our dance</li> <li>Show feelings of abandonment through dance</li> <li>Create movements that show friendship between two characters</li> <li>Create a solo dance with changes of direction and speed</li> <li>Match our movements to music</li> <li>Choose a formation for our dance and explain our choice</li> </ul>	<b>Send and Return</b> <ul style="list-style-type: none"> <li>Stay on our toes to move quickly to the ball</li> <li>Identify which hand is dominant in a game</li> <li>Know the basic rules of serving to a partner</li> <li>Develop agility and use it in a game</li> <li>Use the correct grip to hit a self-fed ball</li> <li>Use the ready position in a rally</li> </ul>	<b>Run Jump Throw</b> <ul style="list-style-type: none"> <li>Move quickly whilst being aware of others around</li> <li>Create power with our legs to turn at speed</li> <li>Move through an obstacle course with speed and control</li> <li>Choose the best throw for different situations</li> <li>Use quick feel whilst sprinting</li> <li>Perform static and dynamic balances</li> </ul>	<b>Attack Defend Shoot Unit 2</b> <ul style="list-style-type: none"> <li>Throw different types of equipment</li> <li>Move to space after passing the ball</li> <li>Pass and move forwards to a target with a partner</li> <li>How to position as a goalkeeper</li> <li>Intercept a ball from a person on the other team</li> <li>Use the above skills in a competition</li> </ul>
Year 3 – King-Smith	<b>Swimming</b> <ul style="list-style-type: none"> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> </ul>	<b>Hockey</b> <ul style="list-style-type: none"> <li>Keep close control using the flat side of the stick</li> <li>Control the ball and pass into space</li> <li>Use a defensive body position</li> <li>To consistently stop a moving ball</li> <li>Improve agility and apply it in a game situation</li> <li>Avoid feet contacting the ball</li> </ul>	<b>Swimming</b> <ul style="list-style-type: none"> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>To perform a jazz square and use it on a dance</li> <li>To perform a dance using two contrasting characters</li> <li>To develop movements using improvisation</li> <li>Use props in a dance sequence</li> <li>Use facial expression to bring life and emotion to a dance</li> <li>To take on the role of director to help others improve their dance</li> </ul>	<b>Swimming</b> <ul style="list-style-type: none"> <li>perform safe self-rescue in different water-based situations</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>Jumping and hopping sequences</li> <li>To run at different speeds</li> <li>To approach and jump hurdles</li> <li>To throw a javelin using the pull-throw technique</li> <li>A variety of skipping techniques</li> <li>Keep score accurately over a range of events</li> </ul>

Year 3 - Briggs	<p>Hockey</p> <ul style="list-style-type: none"> <li>Keep close control using the flat side of the stick</li> <li>Control the ball and pass into space</li> <li>Use a defensive body position</li> <li>To consistently stop a moving ball</li> <li>Improve agility and apply it in a game situation</li> <li>Avoid feet contacting the ball</li> </ul>	<p>Swimming</p> <ul style="list-style-type: none"> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> </ul>	<p>Dance</p> <ul style="list-style-type: none"> <li>To perform a jazz square and use it on a dance</li> <li>To perform a dance using two contrasting characters</li> <li>To develop movements using improvisation</li> <li>Use props in a dance sequence</li> <li>Use facial expression to bring life and emotion to a dance</li> <li>To take on the role of director to help others improve their dance</li> </ul>	<p>Swimming</p> <ul style="list-style-type: none"> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> </ul>	<p>Athletics</p> <ul style="list-style-type: none"> <li>Jumping and hopping sequences</li> <li>To run at different speeds</li> <li>To approach and jump hurdles</li> <li>To throw a javelin using the pull-throw technique</li> <li>A variety of skipping techniques</li> <li>Keep score accurately over a range of events</li> </ul>	<p>Swimming</p> <ul style="list-style-type: none"> <li>perform safe self-rescue in different water-based situations</li> </ul>
Year 4 – Almond and Morpurgo	<p>Hockey</p> <ul style="list-style-type: none"> <li>Perform a push pass with accuracy</li> <li>Perform a straight dribble to maintain possession</li> <li>Use reverse-stick to control a ball on the far side of our body</li> <li>Use a slap pass to send the ball over longer distances</li> <li>Turn to keep the ball under control and move into space</li> <li>Develop new skills in competitive situations and look to improve</li> </ul>	<p>Football</p> <ul style="list-style-type: none"> <li>Coming toward the ball to receive a pass</li> <li>Exploring two types of marking</li> <li>Defensive tackling</li> <li>Dribbling in different directions</li> <li>Passing over distance</li> </ul>	<p>Dance</p> <ul style="list-style-type: none"> <li>Use freeze frame in our dances</li> <li>Perform a slide and roll confidently</li> <li>Use a variety of formations when performing</li> <li>Extend our 'mission dance' phrases using canon</li> <li>Sequence our dance actions to show good flow</li> <li>Create a 5-action dance routing showing good 'stage' entry</li> </ul>	<p>Handball</p> <ul style="list-style-type: none"> <li>Protect the ball from our opponent after catching it</li> <li>Basic overarm shooting technique</li> <li>Build an attack using 3-person weave</li> <li>Perform turns on the move to get back and defend</li> <li>Perform a 7-metre throw with power and accuracy</li> <li>To use a throw-off to restart a game</li> </ul>	<p>Athletics</p> <ul style="list-style-type: none"> <li>To challenge ourselves running, jumping and throwing tasks</li> <li>To accelerate over short distances</li> <li>To run and jump using one-footed take off</li> <li>To use sling action to throw a discus</li> <li>To run on a curve and exchange a baton in our team</li> <li>Apply skills we have developed in a competitive way</li> </ul>	<p>Cricket</p> <ul style="list-style-type: none"> <li>To hit the ball in different directions</li> <li>To anticipate when to run to score singles</li> <li>To intercept a moving ball with one hand</li> <li>To bowl overarm</li> <li>Attempt a pull short</li> <li>To field a bouncing ball effectively</li> </ul>

Year 5 – Tan	<p>Hockey</p> <ul style="list-style-type: none"> <li>Perform a block tackle to dispossess an attacker</li> <li>To use fast, accurate passes in the D to create scoring opportunities</li> <li>Mark an attacker closely to stop them from receiving the ball</li> <li>Perform a sweep hit to send the ball ‘first time’</li> <li>Move the ball quickly from left to right to outwit a defender</li> <li>Use a variety of techniques to keep possession in a game</li> </ul>	<p>Football</p> <ul style="list-style-type: none"> <li>Turning with the ball</li> <li>Running with the ball quickly and effectively</li> <li>Passing on the move</li> <li>Create space by playing in a formation</li> <li>Perform a stepover to beat a defender</li> <li>Control a bouncing ball, keeping it close to the body</li> </ul>	<p>Dance</p> <ul style="list-style-type: none"> <li>Know what non-locomotor means in a dance context</li> <li>Know what makes Bollywood</li> <li>Know the reasons you would use a floor pattern</li> <li>Know what line dancing is</li> <li>Know and perform steps in line dancing</li> <li>Perform a wall pattern</li> </ul>	<p>Handball</p> <ul style="list-style-type: none"> <li>The jump shot</li> <li>Keep goal by closing off angles to attackers</li> <li>Master the double fault rule and understand how it applies to dribbling</li> <li>Perform a pivot to create space to pass or shoot</li> <li>Practice set piece routines</li> <li>Apply new skills in a competitive situation</li> </ul>	<p>Athletics</p> <ul style="list-style-type: none"> <li>Run for speed and distance on our own and as part of a team</li> <li>Pacing our run over longer distances</li> <li>Different jumping styles and exploring which one we can jump further with</li> <li>Use the push-throw technique</li> <li>Exchange a baton within a restricted area</li> <li>Design a throwing, running and jumping activity for others</li> </ul>	<p>Cricket</p> <ul style="list-style-type: none"> <li>Work with a partner to score runs</li> <li>Throw accurately over short distances to claim a wicket</li> <li>Follow the path of the ball to catch when wicket-keeping</li> <li>Overarm bowl with accuracy whilst using a run-up</li> <li>Play a forward defensive shot</li> <li>To effectively set up a field to restrict runs</li> </ul>
Year 5 - Dahl	<p>Hockey</p> <ul style="list-style-type: none"> <li>Perform a block tackle to dispossess an attacker</li> <li>To use fast, accurate passes in the D to create scoring opportunities</li> <li>Mark an attacker closely to stop them from receiving the ball</li> <li>Perform a sweep hit to send the ball ‘first time’</li> <li>Move the ball quickly from left to right to outwit a defender</li> <li>Use a variety of techniques to keep possession in a game</li> </ul>	<p>Football</p> <ul style="list-style-type: none"> <li>Turning with the ball</li> <li>Running with the ball</li> <li>Passing on the move</li> <li>Maintain space</li> <li>Performing a step over</li> </ul>	<p>Handball</p> <ul style="list-style-type: none"> <li>The jump shot</li> <li>Keep goal by closing off angles to attackers</li> <li>Master the double fault rule and understand how it applies to dribbling</li> <li>Perform a pivot to create space to pass or shoot</li> <li>Practice set piece routines</li> <li>Apply new skills in a competitive situation</li> </ul>	<p>Dance</p> <ul style="list-style-type: none"> <li>Know what non-locomotor means in a dance context</li> <li>Know what makes Bollywood</li> <li>Know the reasons you would use a floor pattern</li> <li>Know what line dancing is</li> <li>Know and perform steps in line dancing</li> <li>Perform a wall pattern</li> </ul>	<p>Athletics</p> <ul style="list-style-type: none"> <li>Run for speed and distance on our own and as part of a team</li> <li>Pacing our run over longer distances</li> <li>Different jumping styles and exploring which one we can jump further with</li> <li>Use the push-throw technique</li> <li>Exchange abaton within a restricted area</li> <li>Design a throwing, running and jumping activity for others</li> </ul>	<p>Cricket</p> <ul style="list-style-type: none"> <li>Work with a partner to score runs</li> <li>Throw accurately over short distances to claim a wicket</li> <li>Follow the path of the ball to catch when wicket-keeping</li> <li>Overarm bowl with accuracy whilst using a run-up</li> <li>Play a forward defensive shot</li> <li>To effectively set up a field to restrict runs</li> </ul>
Year 6 – Zephaniah and Milligan	<p>Hockey</p> <ul style="list-style-type: none"> <li>Shoot under pressure from close range</li> <li>Perform long corner routines as part of a team</li> <li>Use goal side marking to prevent an attacker getting closer to the goal</li> <li>Use a banana run to force an attacker out wide</li> </ul>	<p>Football</p> <ul style="list-style-type: none"> <li>Set teammate up to shoot</li> <li>Deny space to attackers by marking in pairs</li> <li>To perform a penalty kick with power and accuracy</li> <li>To attack and shoot as a pair</li> <li>To perform the role as cover</li> </ul>	<p>Dance</p> <ul style="list-style-type: none"> <li>Learn the technique of stag leap and rebound jump</li> <li>Explore relationships through dance and perform partner power lifts</li> <li>Compose a dance phrase</li> </ul>	<p>Handball</p> <ul style="list-style-type: none"> <li>To play in a game without double dribbling</li> <li>To screen an opponent in a competitive environment</li> <li>To work on finding effective shooting positions around the D</li> </ul>	<p>Athletics</p> <ul style="list-style-type: none"> <li>Sprint start technique to increase running speed</li> <li>Three phases of the triple jump</li> <li>Heave throw technique and what it is used for</li> <li>Apply fartlek training in a parlauff race</li> </ul>	<p>Cricket</p> <ul style="list-style-type: none"> <li>Create pressure on a batter by using a ring field</li> <li>Track and catch a high ball consistently</li> <li>Perform a short-pitched bowl</li> <li>To work in pairs to field efficiently</li> <li>To play an on-drive</li> <li>To set an attacking field</li> </ul>

	<ul style="list-style-type: none"> <li>• Use a hit out to successfully restart a game</li> <li>• Apply new skills in a competitive environment</li> </ul>	<p>defender to stop the opposition attack</p> <ul style="list-style-type: none"> <li>• Use close control under pressure to keep the ball</li> </ul>	<p>based on the Hakka</p> <ul style="list-style-type: none"> <li>• Choose and use suitable dynamics for the Hakka</li> <li>• Link freeze frames to street dance style to create a short movement phrase</li> <li>• Perform a top rock and slide step and perform confidently with a partner</li> </ul>	<ul style="list-style-type: none"> <li>• To show control of the ball when dribbling under pressure</li> <li>• To counterattack into space with speed</li> <li>• Develop decision-making skills in game situations</li> </ul>	<ul style="list-style-type: none"> <li>• The scissor jump technique and when it would be used in athletics</li> <li>• Record results and improve on them in a range of track and field events</li> </ul>	
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