

Shoreditch Park Primary School Curriculum Map 2026-27



	A1	A2	Sp1	Sp2	Su1	Su2
Reception			Body Management - Balance beanbags - Move through hoops in different ways - Reach and stretch to get equipment - Make bridges and tunnels with our bodies - Travel over and under apparatus - Make shapes with our bodies	Manipulation and coordination - Handle a balloon - Handle a ball - Kick a ball - To hop, jump and step - To send a ball or beanbag - To send and stop in a game	Speed Agility Travel - To move in different directions - To keep our bodies safe in running games - To jump in different directions - To stop safely - To move at slow and fast speeds - To stop safely in different ways	Cooperate and Solve Problems - To match colours and symbols - To work as a team to complete a task - Use our bodies to make number shapes - To follow a trail - To work with others to make patterns - Work with a partner to complete challenges
Year 1 - Grey	Attack Defend Shoot - Hit a target - Defend a target - Roll and slide balls and beanbags - Shoot in a game to get points - Work with a partner to score points - Use attacking and defending skills in a game	Hit Catch Run - Select a space to throw or roll a ball into - Track and collect a rolling ball - Catch a ball to stop an opponent from scoring - Use our hands to hit a ball - Run between bases to score points - Work as a team to score points	Dance - Show moods and feelings you would experience in the jungle - Create and perform movements that show friendship - Perform leading and following movements - Perform a short dance with a clear start, middle and end	Send and Return - Slide a beanbag to a target - Hit a ball in different ways with our hands - Move towards a ball to return it - Work with a partner to stop and return a beanbag - Learn what a rally is - Send a ball into space to make it harder for an opponent	Run Jump Throw - Start and stop moving at speed - Use arms when running at different speeds - Take off on two feet to jump for distance - Use the correct technique to throw different objects for distance - Show improvement in throwing - Apply running, throwing and	Attack Defend Shoot Unit 2 - Kick ball over long and short distances - Stop a ball with comfort using the foot - Work as a team to keep the ball - Bounce a ball with my partner - Bounce the ball while moving - Pass the ball forward in a game

			Use repeated actions		jumping skills in competition	
Year 1 - Deacon	Attack Defend Shoot - Hit a target - Defend a target - Roll and slide balls and beanbags - Shoot in a game to get points - Work with a partner to score points - Use attacking and defending skills in a game	Hit Catch Run - Select a space to throw or roll a ball into - Track and collect a rolling ball - Catch a ball to stop an opponent from scoring - Use our hands to hit a ball - Run between bases to score points - Work as a team to score points	Dance - Show moods and feelings you would experience in the jungle - Create and perform movements that show friendship - Perform leading and following movements - Perform a short dance with a clear start, middle and end - Use repeated actions	Send and Return Send and Return - Slide a beanbag to a target - Hit a ball in different ways with our hands - Move towards a ball to return it - Work with a partner to stop and return a beanbag - Learn what a rally is - Send a ball into space to make it harder for an opponent	Run Jump Throw - Start and stop moving at speed - Use arms when running at different speeds - Take off on two feet to jump for distance - Use the correct technique to throw different objects for distance - Show improvement in throwing - Apply running, throwing and jumping skills in competition	Attack Defend Shoot Unit 2 - Kick ball over long and short distances - Stop a ball with comfort using the foot - Work as a team to keep the ball - Bounce a ball with my partner - Bounce the ball while moving - Pass the ball forward in a game
Year 2 – Hoffman and Jeffers	Attack Defend Shoot - Kick the ball over long and short distances - Stop a ball with control using the foot - Work as a team to keep the ball	Hit Catch Run - Hit a ball and score points running to cones - Defend a target by kicking - Bowl underarm with control	Dance - Use penguin images to inspire our dance - Show feelings of abandonment through dance	Send and Return - Stay on our toes to move quickly to the ball - Identify which hand is dominant in a game	Run Jump Throw - Move quickly whilst being aware of others around - Create power with our legs to turn at speed - Move through an obstacle course	Attack Defend Shoot Unit 2 - Throw different types of equipment - Move to space after passing the ball - Pass and move forwards to a target with a partner

	- Bounce a ball with a partner - Bounce the ball whole moving - Pass the ball forward in a game	- Hit a ball using different bats and techniques - Throw accurately to a base - Hit a ball into space away from fielders	- Create movements that show friendship between two characters - Create a solo dance with changes of direction and speed - Match our movements to music - Choose a formation for our dance and explain our choice	- Know the basic rules of serving to a partner - Develop agility and use it in a game - Use the correct grip to hit a self-fed ball - Use the ready position in a rally	with speed and control - Choose the best throw for different situations - Use quick feel whilst sprinting - Perform static and dynamic balances	- How to position as a goalkeeper - Intercept a ball from a person on the other team - Use the above skills in a competition
Year 3 – Briggs	Swimming swim competently, confidently and proficiently over a distance of at least 25 metres	Dance - To perform a jazz square and use it on a dance - To perform a dance using two contrasting characters - To develop movements using improvisation - Use props in a dance sequence - Use facial expression to bring life and emotion to a dance	Swimming use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	Hockey - Keep close control using the flat side of the stick - Control the ball and pass into space - Use a defensive body position - To consistently stop a moving ball - Improve agility and apply it in a game situation - Avoid feet contacting the ball	Swimming perform safe self-rescue in different water-based situations	Athletics - Jumping and hopping sequences - To run at different speeds - To approach and jump hurdles - To throw a javelin using the pull-throw technique - A variety of skipping techniques - Keep score accurately over a range of events

		To take on the role of director to help others improve their dance				
Year 3 – King-Smith	Hockey - Keep close control using the flat side of the stick - Control the ball and pass into space - Use a defensive body position - To consistently stop a moving ball - Improve agility and apply it in a game situation - Avoid feet contacting the ball	Swimming swim competently, confidently and proficiently over a distance of at least 25 metres	Athletics - Jumping and hopping sequences - To run at different speeds - To approach and jump hurdles - To throw a javelin using the pull-throw technique - A variety of skipping techniques - Keep score accurately over a range of events	Swimming use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	- Dance - To perform a jazz square and use it on a dance - To perform a dance using two contrasting characters - To develop movements using improvisation - Use props in a dance sequence - Use facial expression to bring life and emotion to a dance - To take on the role of director to help others improve their dance	Swimming perform safe self-rescue in different water-based situations
Year 4 – Morpurgo	Hockey - Perform a push pass with accuracy - Perform a straight dribble to maintain possession - Use reverse-stick to control a ball on the far side of our body	Netball - to protect the ball once we have caught it. - to use basic shooting techniques in a game. - one-to-one marking.	Dance - Use freeze frame in our dances - Perform a slide and roll confidently - Use a variety of formations	Handball - Protect the ball from our opponent after catching it - Basic overarm shooting technique	Athletics - To challenge ourselves running, jumping and throwing tasks - To accelerate over short distances - To run and jump using one-footed take off	Cricket - To hit the ball in different directions - To anticipate when to run to score singles - To intercept a moving ball with one hand - To bowl overarm - Attempt a pull short

	• Use a slap pass to send the ball over longer distances • Turn to keep the ball under control and move into space • Develop new skills in competitive situations and look to improve	• to pivot once we have caught the ball. • to use quick feet. • to use preliminary moves. •	• when performing • Extend our 'mission dance' phrases using canon • Sequence our dance actions to show good flow • Create a 5-action dance routing showing good 'stage' entry	• Build an attack using 3-person weave • Perform turns on the move to get back and defend • Perform a 7-metre throw with power and accuracy • To use a throw-off to restart a game	• To use sling action to throw a discus • To run on a curve and exchange a baton in our team • Apply skills we have developed in a competitive way	• To field a bouncing ball effectively
Year 4 Almond	Hockey • Perform a push pass with accuracy • Perform a straight dribble to maintain possession • Use reverse-stick to control a ball on the far side of our body • Use a slap pass to send the ball over longer distances • Turn to keep the ball under control and move into space Develop new skills in competitive situations and look to improve	Dance • Use freeze frame in our dances • Perform a slide and roll confidently • Use a variety of formations when performing • Extend our 'mission dance' phrases using canon • Sequence our dance actions to show good flow Create a 5-action dance routing showing good 'stage' entry	Netball • to protect the ball once we have caught it. • to use basic shooting techniques in a game. • one-to-one marking. • to pivot once we have caught the ball. • to use quick feet. • to use preliminary moves.	Handball • Protect the ball from our opponent after catching it • Basic overarm shooting technique • Build an attack using 3-person weave • Perform turns on the move to get back and defend • Perform a 7-metre throw with power and accuracy To use a throw-off to restart a game	Athletics • To challenge ourselves running, jumping and throwing tasks • To accelerate over short distances • To run and jump using one-footed take off • To use sling action to throw a discus • To run on a curve and exchange a baton in our team Apply skills we have developed in a competitive way	Cricket • To hit the ball in different directions • To anticipate when to run to score singles • To intercept a moving ball with one hand • To bowl overarm • Attempt a pull short To field a bouncing ball effectively

Year 5 – Tan	Hockey - Perform a block tackle to dispossess an attacker - To use fast, accurate passes in the D to create scoring opportunities - Mark an attacker closely to stop them from receiving the ball - Perform a sweep hit to send the ball ‘first time’ - Move the ball quickly from left to right to outwit a defender - Use a variety of techniques to keep possession in a game	Dance - Know what non-locomotor means in a dance context - Know what makes Bollywood - Know the reasons you would use a floor pattern - Know what line dancing is - Know and perform steps in line dancing Perform a wall pattern	Netball - to choose the appropriate pass for different scenarios. - to find space to receive in a game. - to use different dodging techniques to outwit a defender and get free. - to practice and perform pivoting and quick turns. - to get into closer shooting positions. - to react and move quickly in isolation and in games.	Handball - The jump shot - Keep goal by closing off angles to attackers - Master the double fault rule and understand how it applies to dribbling - Perform a pivot to create space to pass or shoot - Practice set piece routines - Apply new skills in a competitive situation	Athletics - Run for speed and distance on our own and as part of a team - Pacing our run over longer distances - Different jumping styles and exploring which one we can jump further with - Use the push-throw technique - Exchange a baton within a restricted area - Design a throwing, running and jumping activity for others	Cricket - Work with a partner to score runs - Throw accurately over short distances to claim a wicket - Follow the path of the ball to catch when wicket-keeping - Overarm bowl with accuracy whilst using a run-up - Play a forward defensive shot - To effectively set up a field to restrict runs
Year 5 - Dahl	Hockey - Perform a block tackle to dispossess an attacker - To use fast, accurate passes in the D to create scoring opportunities - Mark an attacker closely to stop	Dance - Know what non-locomotor means in a dance context - Know what makes Bollywood - Know the reasons you would use a floor pattern	Netball - to choose the appropriate pass for different scenarios. - to find space to receive in a game. - to use different dodging	Handball - The jump shot - Keep goal by closing off angles to attackers - Master the double fault rule and understand how it applies to dribbling	Athletics - Run for speed and distance on our own and as part of a team - Pacing our run over longer distances - Different jumping styles and exploring which one we can jump further with	Cricket - Work with a partner to score runs - Throw accurately over short distances to claim a wicket - Follow the path of the ball to catch when wicket-keeping - Overarm bowl with accuracy whilst using a run-up

	them from receiving the ball • Perform a sweep hit to send the ball 'first time' • Move the ball quickly from left to right to outwit a defender • Use a variety of techniques to keep possession in a game	• Know what line dancing is • Know and perform steps in line dancing Perform a wall pattern	techniques to outwit a defender and get free. • to practice and perform pivoting and quick turns. • to get into closer shooting positions. • to react and move quickly in isolation and in games.	• Perform a pivot to create space to pass or shoot • Practice set piece routines • Apply new skills in a competitive situation	• Use the push-throw technique • Exchange a baton within a restricted area • Design a throwing, running and jumping activity for others	• Play a forward defensive shot • To effectively set up a field to restrict runs
Year 6 – Zephaniah	Hockey • Shoot under pressure from close range • Perform long corner routines as part of a team • Use goal side marking to prevent an attacker getting closer to the goal • Use a banana run to force an attacker out wide • Use a hit out to successfully restart a game • Apply new skills in a competitive environment	Netball • to choose the appropriate pass for different scenarios. • to find space to receive in a game. • to use different dodging techniques to outwit a defender and get free. • to practice and perform pivoting and quick turns. • to get into closer shooting positions.	Dance • Learn the technique of stag leap and rebound jump • Explore relationships through dance and perform partner power lifts • Compose a dance phrase based on the Hakka • Choose and use suitable dynamics for the Hakka • Link freeze frames to street dance style to create a short	Handball • To play in a game without double dribbling • To screen an opponent in a competitive environment • To work on finding effective shooting positions around the D • To show control of the ball when dribbling under pressure • To counterattack into space with speed • Develop decision-	Athletics • Sprint start technique to increase running speed • Three phases of the triple jump • Heave throw technique and what it is used for • Apply fartlek training in a parlauff race • The scissor jump technique and when it would be used in athletics • Record results and improve on them in a range of track and field events	Cricket • Create pressure on a batter by using a ring field • Track and catch a high ball consistently • Perform a short-pitched bowl • To work in pairs to field efficiently • To play an on-drive • To set an attacking field

		- to react and move quickly in isolation and in games.	movement phrase Perform a top rock and slide step and perform confidently with a partner	making skills in game situations		
Year 6 Milligan	Hockey - Shoot under pressure from close range - Perform long corner routines as part of a team - Use goal side marking to prevent an attacker getting closer to the goal - Use a banana run to force an attacker out wide - Use a hit out to successfully restart a game Apply new skills in a competitive environment	Netball - to choose the appropriate pass for different scenarios. - to find space to receive in a game. - to use different dodging techniques to outwit a defender and get free. - to practice and perform pivoting and quick turns. - to get into closer shooting positions. - to react and move quickly in isolation and in games.	Dance - Learn the technique of stag leap and rebound jump - Explore relationships through dance and perform partner power lifts - Compose a dance phrase based on the Hakka - Choose and use suitable dynamics for the Hakka - Link freeze frames to street dance style to create a short movement phrase Perform a top rock and slide step and perform confidently with a partner	Handball - To play in a game without double dribbling - To screen an opponent in a competitive environment - To work on finding effective shooting positions around the D - To show control of the ball when dribbling under pressure - To counterattack into space with speed Develop decision-making skills in game situations	Athletics - Sprint start technique to increase running speed - Three phases of the triple jump - Heave throw technique and what it is used for - Apply fartlek training in a parlauf race - The scissor jump technique and when it would be used in athletics Record results and improve on them in a range of track and field events	Cricket - Create pressure on a batter by using a ring field - Track and catch a high ball consistently - Perform a short-pitched bowl - To work in pairs to field efficiently - To play an on-drive To set an attacking field