

PE Curriculum Map



	0 – 3 Preschool	3 – 4 EYFS 1	Reception EYFS 2	Links to KS1 Curriculum
EYFS area of Learning	Physical Development: Gross-motor Skills			
Development Matters Statements		<p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p> <p>Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</p> <p>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks</p>	<p>Revise and refine the fundamental movement skills they have already acquired: -rolling -crawling -walking -jumping -running -hopping -skipping –climbing</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p>	<p>Master basic movements (run, jump, catch, throw).</p> <p>To become increasingly competent and confident in their body strength, co-ordination, balance and agility skills.</p> <p>Apply these skills through other physical disciplines including invasion games and field games.</p> <p>To move in different ways, showing clear transitions between movements and direction.</p> <p>Keep balance travelling in a range of ways.</p> <p>Perform dances using simple patterns.</p> <p>To link combinations of movements and shapes with control.</p> <p>Climb safely, showing some shapes and balances when climbing.</p> <p>Participate in team games and master basic sending and receiving skills within ball skills.</p>
Early Learning Goal	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>			

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	Autumn 1 (0.1)	Autumn 2 (0.2)	Spring 1 (0.3)	Spring 2 (0.4)	Summer 1 (0.5)	Summer 2 (0.6)
Year R	Beanbag Skills (Invasion)	Gym- Balance	Dance- Fictional Characters- Julia Donaldson	Ball Skills at the Zoo (Invasion)	Bats & Balls at the Circus (Net Games)	Fun with Quoits & Cones (Athletics)
Fundamental Movement Skills	Locomotor- Running, Walking Body Control- Balancing, Turning, Bending, Twisting Object Control- Throwing, Catching, Kicking	Locomotor- Crawling, Walking, Leaping, Jumping (Height and Distance) Body Control- Balancing, Turning, Bending, Landing, Stopping, Twisting Object Control- Control	Locomotor- Crawling, Walking, Leaping, Jumping (Height and Distance), Galloping, Twisting Body Control- Balancing, Turning, Bending, Landing, Stopping, Twisting, Swinging Object Control- Control	Locomotor- Running, Walking Body Control- Balancing, Turning, Bending, Twisting Object Control- Throwing, Catching, Kicking, Rolling	Locomotor- Running, Walking Body Control- Balancing, Turning, Bending, Twisting Object Control- Throwing, Catching, Rolling, Striking	Locomotor- Running, Walking, Jumping (Height and Distance) Body Control- Balancing, Turning, Bending, Landing, Stopping Object Control- Throwing, Catching, Rolling
Learning Tasks	Pupils will continue to develop understanding of communication and co-operation, taking part in partner-based activities, as well as feeding back to others about their movements/ actions.	Pupils will be introduced to some specialist Gymnastics equipment- understanding safety and basic use of the equipment. Pupils will explore how to balance and move around/ on the equipment under control	Pupils should be taught to perform dances using simple movement patterns- pupils will begin to develop a sense of character and emotion through simple movements and sequences	Pupils will continue to develop communication and cooperation skills with partners and within small groups- beginning to discuss feelings, skills etc.	Pupils will be encouraged to explore different striking apparatus and attempt to hit a ball towards a given direction.	Pupils should be introduced to fundamental movement skills associated to athletics- developing confidence in how to move and control their bodies.
Entitlement Vocabulary	Balance, Throw, Kick, Catch, Control, Balance, Listen, Still, Support, Count, Step, Sequence, Space, Levels, Rhythm, Character, Expression, Hit, Strike, Aim, Run, Sprint, Fast, Jump, Height					

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	Autumn 1 (1.1)	Autumn 2 (1.2)	Spring 1 (1.3)	Spring 2 (1.4)	Summer 1 (1.5)	Summer 2 (1.6)
Year 1	Throwing & Catching (Invasion)	Gym- Balance & Agility	Gym- 2D & 3D Shapes	Striking for Accuracy (Net Games)	Athletics- FUNdamentals	Partner Games (Striking & Fielding)
Fundamental Movement Skills	Locomotor- Running, Walking, Hopping, Dodging, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Rolling, Stopping, Bending, Twisting Object Control- Throwing, Catching, Bouncing, Rolling	Locomotor- Running, Walking, Hopping, Dodging, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Climbing Object Control- Control	Locomotor- Running, Walking, Hopping, Jumping (height & distance), Skipping, Dodging, Galloping Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Twisting Object Control- Control	Locomotor- Running, Walking, Hopping, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Twisting Object Control- Control, Striking	Locomotor- Running, Walking, Hopping, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending Object Control- Control, Throwing	Locomotor- Running, Walking, Hopping, Dodging, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Rolling, Stopping, Bending, Twisting Object Control- Throwing, Catching, Bouncing, Rolling
Learning Tasks	Pupils should be taught to master basic movements including throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Pupils should be taught to develop balance, agility and co-ordination, and begin to apply these when using a range of Gymnastics apparatus	Pupils should be taught to develop balance, agility and co-ordination- continuing to work with a partner/ small group to develop small sequences, building on knowledge of balances and transitions	Pupils should be shown how to strike a ball or object using a racket, using techniques encouraged to develop balance, control & accuracy.	Pupils will have the opportunity to cover foundation and fundamental skills linked to running, throwing, and jumping disciplines- through fun and creative activities.	Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. Pupils should begin to understand the importance of working well within a pair and a small group in order to achieve targets.
Entitlement Vocabulary	Throw, Catch, Control, Distance, Underarm, Aim, Balance, Agility, Movement, Stable, Creative, Link, Sequence, Hold, Tension, Striking, Space, Follow Through, Target, Stroke, Power, Flight, Position, Forearm/ Bump, Run, Jump, Speed, Accelerate, Height, Accuracy, Technique, Field, Position, Communication, Co-operation					

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	Autumn 1 (2.1)	Autumn 2 (2.2)	Spring 1 (2.3)	Spring 2 (2.4)	Summer 1 (2.5)	Summer 2 (2.6)
Year 2	Sending & Receiving (Invasion)	Kicking & Dribbling (Invasion- Hockey & Football)	Gym- Balance & Co-ordination	Striking for Accuracy (Net Games)	Movement (Athletics)	Group Games (Strike & Field)
Fundamental Movement Skills	Locomotor- Running, Walking, Hopping, Dodging, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Climbing Object Control- Control	Locomotor- Running, Walking, Hopping, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Twisting Object Control- Control, Throwing, Kicking, Dribbling	Locomotor- Running, Walking, Hopping, Jumping (height & distance), Skipping, Dodging, Galloping Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Twisting Object Control- Control	Locomotor- Running, Walking, Hopping, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Twisting Object Control- Control, Striking	Locomotor- Running, Walking, Hopping, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending Object Control- Control, Throwing	Locomotor- Running, Walking, Hopping, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Twisting Object Control- Control, Throwing, Rolling, Kicking, Bouncing, Catching, Striking
Learning Tasks	Pupils should be taught to: master basic movements including passing and receiving, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Pupils should be taught to: master basic movements including kicking and dribbling, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Pupils should be taught to develop balance, agility and co-ordination, and begin to apply these in a range of activities- building on a range of balances, transitions and understanding to create sequences	Pupils should be shown how to strike a ball or object using a racket, using techniques encouraged to develop balance, control & accuracy.	Pupils will continue to develop basic Athletics-based skills and techniques- developed through previous years, in order to explore distance/ weight/ height in different disciplines	Pupils should be taught to: master basic movements including passing and receiving, as well as developing balance, agility and co-ordination, and begin to apply these in a range of group based activities.
Entitlement Vocabulary	Aim, Accuracy, Distance, Target, Catch, Follow Through, Technique, Space, Aware, Kicking, Striking, Sidefoot, Control, Dribble, Stroke, Power, Flight, Position, Forearm/ Bump, Height, Weight, Throw, Jump, Co-ordination, Communication, Group/ Teamwork					

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	Autumn 1 (3.1)	Autumn 2 (3.2)	Spring 1 (3.3)	Spring 2 (3.4)	Summer 1 (3.5)	Summer 2 (3.6)
Year 3	Passing for Possession (Invasion- Basketball & Football)	Dribbling to Invade (Invasion- Hockey & Football)	Gym (Symmetrical Shapes)	Over the Net (Net Games)	Being an Athlete (Athletics)	Striking & Exploring (Strike & Field)
Fundamental Movement Skills	Locomotor- Running, Walking, Hopping, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Twisting Object Control- Control, Throwing, Kicking, Dribbling	Locomotor- Running, Walking, Hopping, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Twisting Object Control- Control, Throwing, Kicking, Striking, Bouncing, Rolling	Locomotor- Running, Walking, Hopping, Jumping (height & distance), Leaping Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Twisting Object Control- Control	Locomotor- Running, Walking, Hopping, Jumping (height & distance), Leaping Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Twisting Object Control- Control, Striking, Bouncing	Locomotor- Running, Walking, Hopping, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Twisting Object Control- Control, Throwing	Locomotor- Running, Walking, Hopping, Jumping (height & distance) Body Control- Landing, Stretching, Balancing, Turning, Stopping, Bending, Twisting Object Control- Control, Throwing, Striking, Catching
Learning Tasks	Pupils should be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate.	Pupils should be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate. Pupils should also be taught the concept behind team invasion and how dribbling	Pupils should be taught to develop flexibility, strength, technique, control and balance through gymnastics with a focus on creating and copying shapes and body positions- introducing greater amount of body awareness.	Pupils should be given the opportunity to explore a variety of different strokes as well as begin to identify specific rules that govern games- developing independence, communication skills and decision making skills.	Pupils should be taught to: use running (long & short distance), jumping and throwing in isolation and in combination as well as play competitive games, modified where appropriate. Pupils will continue to develop technique across all athletics disciplines in an	Pupils should be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate. Pupils will develop consistency and accuracy when striking a ball, understanding the importance of attacking

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		correctly can aid a team's success.			attempt to achieve personal best scores/ times/ distances.	space, and reducing space in the field.
Entitlement Vocabulary	Kicking, Accuracy, Striking, Sidefoot, Control, Space, Dribble, Bounce, Movement, Possession, Pressing, Overload, Attack, Defence, Close Control, Inside/ Outside, Deceive, Press, Shadow, Man-Marking, Symmetry, Identical, Strength, Power, Tension, Counterbalance, Direction, Shape, Enter, Exit, Apparatus, Transition, Rules, Fair Play, Sportsmanship, Gamesmanship, Respect, Underarm, Serve, Forearm/ Forehand, Approach, Positioning, Alert, Power, "Clean Palm, Dirty Neck", "Toe-Knee-Chin", Accuracy, Momentum, Distance, Javelin, Grip, Baton, Accelerate, Decelerate, Change-over, Fluency, Speed, Fielding, Trapping					