



Curriculum Map for Physical Education, Physical Activity and Sport

EYFS

Introduction to fundamental movement skills such as agility balance & coordination.
Awareness of others when moving safely.
Introduction to food + exercise.
Listening skills & following instructions.

Fundamental Skills
Dance
Gymnastics

Consolidate fundamental skills & develop throwing, catching & jumping.
Start to use skills at the appropriate time.
Why it is important to be active everyday.
Working well with a partner

Year 1/2
Cycle A

Year 1/2
Cycle B

Mastery of fundamental skills and develop variations of some skills.
Decide when and how to use skills according to an activity.
Why warming up is important and how the heart works.
Working well as part of a team.

Games
Athletics
Dance
Gymnastics

Games
Athletics
Dance
Gymnastics

Develop further variations of skills such as jumping, throwing and rolling.
Apply skills appropriately in a range of different contexts.
How the body reacts to exercise.
Resilience in Sport

Year 3/4
Cycle A

Year 3/4
Cycle B

Develop stamina and physical fitness.
Reflecting on individual performances.
Links between exercise and nutrition.
Respect in PE and Sport

Dance
Linking Actions
Sending & Receiving
Keeping Possession
Athletics
Gymnastics

Dance
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Identify and transfer skills between different activities.
Support the improved performance of others.
How exercise can help improve wellbeing.
Communicating effectively in PE and Sport.

YEAR 5

YEAR 6

Swim competently including knowledge of water safety
Support the improved performance of others.
Links between regular exercise and improved learning.
Equality and Diversity in Sport

Dance
Linking Actions
Tactics & Strategies
Creating & Closing Space
Swimming
Athletics
Gymnastics

Dance
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OUR CURRICULUM INTENT

When pupils leave our school, we want them to be confident in their own ability and demonstrate enthusiasm for a wide range of new and existing activities. Pupils will be resilient when faced a challenge within both physical education (PE) and everyday life. Our curriculum will provide every child (including those with SEND and those from disadvantaged backgrounds) an opportunity to succeed and engage in PE by also focusing on skills beyond the physical such as resilience, knowledge and understanding of healthy active lifestyles, thinking skills, metacognition, confidence and self-esteem. As a school we value the impact PE and Sport can have on other challenges facing our young people including anxiety and developing positive relationships through respect. For our pupils, the curriculum will place additional focus on physical fitness, teamwork, knowledge and understanding of healthy active lifestyles, water safety and links with local clubs.

EYFS

OUTCOMES

GO
BACK

PHYSICAL COMPETENCE

Develop good control when performing basic gross motor skills such as running, jumping, stopping and throwing.

THINKING (Decision Making & Improving Performance)

Good awareness of the space around them, including in PE and on the playground plus an ability to negotiate space safely using key skills

SOCIAL & EMOTIONAL

Listen carefully and following instructions within a lesson including changing types of movement following an instruction.

HEALTHY ACTIVE LIFESTYLES

Take some responsibility or the safe use of space and equipment both indoors and outside.



PHYSICAL COMPETENCE

Refine, consolidate and further develop key fundamental skills including catching, variations of jumping, balance and agility.

THINKING (Decision Making & Improving Performance)

Develop good thinking and decision making skills leading to physical skills being used and applied in an appropriate way and at the right time.

SOCIAL & EMOTIONAL

Develop self-reflection skills - identifying positive choices, improvements and strengths.
Show a developing ability to resolve problems, such as within a team game.

HEALTHY ACTIVE LIFESTYLES

Explain why being active is important, including reference to impact on their brains for learning, feeling happy and confident and the positive physical benefits for the body.



PHYSICAL COMPETENCE

Refine and further develop variations of key fundamental skills including throwing, catching and jumping in different ways and begin to apply these in a range of activities.

THINKING (Decision Making & Improving Performance)

Use basic tactics for attacking and defending for different types of games: Identify where to run and decide when the best time is to move during games.

SOCIAL & EMOTIONAL

Work effectively as part of a small team, using appropriate communication skills and encouraging team mates.

HEALTHY ACTIVE LIFESTYLES

Knowledge of how to warm up safely and why it important, including what happens to the heart before during and after activity.

PHYSICAL COMPETENCE

Adapt physical skills such as agility, throwing, catching and kicking a range of different contexts including team games.
Fluently perform simple sequences of movements and combinations of actions.

THINKING (Decision Making & Improving Performance)

Apply a range of skills in different contexts, including selecting the appropriate skill for the task, choosing a good time to use skills effectively and recognising how to transfer skills from one activity to another.

SOCIAL & EMOTIONAL

Develop self esteem, including understanding about the importance of recognising personal strengths and the strengths of others and identify activities, games and skills that are performed well.

HEALTHY ACTIVE LIFESTYLES

How the body adapts and changes before, during and after exercise including physical changes and the impact on wellbeing.



PHYSICAL COMPETENCE

Develop physical fitness including stamina in running activities, speed, strength and flexibility.
Use a wide range of actions, fundamental skills and variations of techniques with increased control, accuracy and fluency.

THINKING (Decision Making & Improving Performance)

Reflect on the performance of an individual skill or series of skills and begin to make links for how skills transfer across PE

SOCIAL & EMOTIONAL

Identify what resilience means and discuss how they can become more resilient in PE when faced with tasks they find difficult. Demonstrate improved resilience through team and individual challenges.

HEALTHY ACTIVE LIFESTYLES

Understanding the links between food and exercise and how they both support a healthy active lifestyle.



PHYSICAL COMPETENCE

Refine the techniques of previous skills such as throwing, catching and striking and transfer them effectively to new activities or sports.

THINKING (Decision Making & Improving Performance)

Use knowledge and understanding to reflect and improve their performance, including applying skills in an appropriate way to meet the needs of the task.

SOCIAL & EMOTIONAL

Develop understanding of the word equality and the role it can play in PE and Sport, particularly in working well as part of a team. Develop perseverance in activities, including in new activities.

HEALTHY ACTIVE LIFESTYLES

Discuss the importance of sustainable activity and identify opportunities to take part in activity outside of school, including school led activities and community clubs.

PHYSICAL COMPETENCE

Swim for at least 25m using front crawl and another stroke, and perform a range of self rescue tasks.

Increased levels of physical fitness established through regular opportunities in curriculum, extra curricular and throughout the school day with particular focus on speed and strength.

THINKING (Decision Making & Improving Performance)

Use prior knowledge to apply effective tactics and strategies both individually and when playing as part of a team.

SOCIAL & EMOTIONAL

Communication skills within a game and lesson including, appropriate feedback to others, encouragement for a team mates and positive body language.

HEALTHY ACTIVE LIFESTYLES

Knowledge and understanding of the importance of being physically active allows positive lifestyle choices to be made in relation to sport in and out of school, healthy eating and curriculum PE.

EYFS

ACTIVITIES

Subject areas taught for each Year Group

GO
BACK

GYMNASTICS



Travelling including changing speed & direction Different jumping and landing techniques. A range of balances

DANCE



Explore and create actions linked to words Move in time with a simple beat Perform with control and fluency

FUNDAMENTAL SKILLS



Tagging and chasing games Cooperative team challenges including basic invasion type games Catching with a large ball Partner tasks for throwing, rolling and catching

ATHLETICS



Jumps and lands safely Change direction at speed Shows increasing control when throwing underarm and overarm

GYMNASTICS



Strength and flexibility
Link different balances and movements
Rocking and rolling actions

DANCE



Create movements and actions to resemble a chosen theme
Phrases of movement in time to a beat
Portray a story using changes in speed and level

GAMES



Coordination skills using bats, rackets and feet with different sized balls. Tagging and chasing games.
Throwing (to a partner and at a target).
Catching (in isolation and in cooperative games)

ATHLETICS



Improve running technique when running at different paces, changing speed and changing direction.
Practice throwing underarm with a partner.
Take off, jump and land safely.

HEALTH AND FITNESS

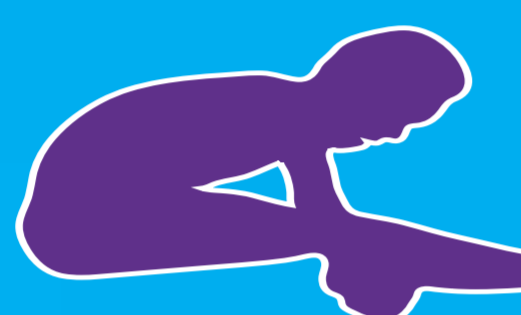


Challenges and tasks to develop stamina, speed, strength, agility.
Learning about how to maintain a healthy lifestyle by remaining active.

FUNDAMENTAL SKILLS



Improve running technique when running.
Development of agility, balance and co-ordination skills in isolation and combination.

GYMNASTICS 

Supporting body weight using hands.
Combine rocking and rolling actions with other movements.
Different jumping and landing techniques, including from height.

DANCE 

Exploration of how actions can link together
Create a variety of movement phrases that represent a theme or topic

GAMES 

Team cooperative and competitive activities
Invasion style games using a range of different skills

ATHLETICS 

Improve running technique when running at different paces, changing speed and changing direction. Practice throwing underarm with a partner.
Take off, jump and land safely.

HEALTH AND FITNESS 

Challenges and tasks to develop stamina, speed, strength, agility.
Learning about how to maintain a healthy lifestyle by remaining active.

FUNDAMENTAL SKILLS 

Improve running technique when running.
Further development of agility, balance and co-ordination skills in isolation and combination.

GYMNASTICS 

Adapting shapes and movements when using apparatus
More advanced rolls and rocking actions
Linking balances together

DANCE 

Perform a routine in Unison
Perform using Canon Create a sequence of movements that involve working with a partner

LINKING ACTIONS 

Pass/ strike a ball with some accuracy.
Introduction to batting/ fielding.
Refine underarm and overarm throwing.

SENDING AND RECEIVING 

Pass/ strike a ball with some accuracy.
Change direction quickly when running.
Make simple tactical decisions.

ATHLETICS 

Standing long jump
Running activities and challenges focusing on pacing and sprinting technique
Over arm throwing for athletics
Working as a team in relays

HEALTH AND FITNESS 

Develop stamina and fitness through challenges and activities.
Improve flexibility and strength through personal challenges.

KEEPING POSSESSION 

Develop ball handling, control and dribbling skills. Developing passing technique and decision-making skills.

GYMNASTICS 

Using support shapes in combinations
Enhance a performance to make it more dynamic including reflecting on what has worked well
Backwards rolls

DANCE 

Create and perform using dynamics and expression to communicate the theme.

LINKING ACTIONS 

Linking movements to pass/ strike/ dribble with fluency and control (in different contexts).
Pass accurately to a stationary and moving target.

SENDING AND RECEIVING 

Develop forehand and backhand stroke.
Practices to increase striking success rate and consistency.

ATHLETICS 

Understand how to develop stamina.
Perform a standing long jump with control.
Using different throws with good technique and increasing power.
Relays.

HEALTH AND FITNESS 

Further develop stamina, flexibility and strength through personal challenges.
Food groups, hydration and links to activity.

KEEPING POSSESSION 

Effective passing/ dribbling used to create space and avoid a defender, leading to keeping possession of the ball.

GYMNASTICS 

Introduce rotations to create more complex jumps
Use larger body parts to perform balances Adapt the starting and finishing positions of movements to add complexity

DANCE 

Create, improve and perform using speed and levels to add complexity
Choreograph a routine as a group

LINKING ACTIONS 

Linking throwing, catching and movement to further develop fielding.
Develop basic bowling and refine batting techniques.

TACTICS AND STRATEGIES 

Identify how a team can improve attacking and defending.
Select the most appropriate passing technique, including the right time to pass.

SWIMMING 

Works towards National Curriculum requirements:
25m unaided.
Use a range of strokes.
Perform safe self-rescue.

ATHLETICS 

Understands pace and how to vary it for different challenges and develops stamina.
Good technique when throwing a javelin.

HEALTH AND FITNESS 

Increased cardiovascular endurance and stamina
The role of different food groups linked to activity
Flexibility and strength

CREATING AND CLOSING SPACE 

Identify how their team can improve attacking and defending.
Select and apply appropriate passing skills to create space.

OAA 

Tasks and challenges to develop map skills, teamwork and communication, and simple orienteering skills.

GYMNASTICS 

Take weight on hands safely. Use large body parts as part of a sequence. Select and use a range of actions and movements.

DANCE 

Use unison and canon to enhance performance. How speed can be changed to portray a theme or message.

LINKING ACTIONS 

Further develop and refine different skills. Successfully apply skills and tactics that can be transferred from a different context.

TACTICS AND STRATEGIES 

Select the most appropriate pass and perform consistently. Evaluate how a team can improve (retain possession and adapt formations/ tactics).

SWIMMING 

Meeting National Curriculum requirements:
25m unaided.
Use a range of strokes. Perform safe self-rescue.

ATHLETICS 

Long and triple jump
Sprint starts
Relays
Throwing - Javelin and shot put techniques

HEALTH AND FITNESS 

Increased cardiovascular endurance, stamina, flexibility and strength.
The role of the circulatory system and food groups, linked to activity.

OAA 

Tasks and challenges to develop map skills, teamwork and communication, and simple orienteering skills.

CREATING AND CLOSING SPACE 

Refine strategies for defending. Consistently select and apply appropriate passing skills to create space.