



# 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

YEAR

2

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



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

YEAR

4

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



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



## 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

Introduction and development of basic fundamental skills such as agility, balance and coordination to provide the foundations for skills such as running, jumping, catching and throwing.

## THINKING (Decision Making & Improving Performance)

Choosing how to complete or attempt a task including an awareness of space and other children around them.

## SOCIAL & EMOTIONAL

Listen carefully and follow instructions with a lesson including changing types of movement following an instruction

## HEALTHY ACTIVE LIFESTYLES

Develop some basic understanding of how their bodies work before and during exercise. Knowledge of different types of food that we eat and how to make healthier food choices.



## PHYSICAL COMPETENCE

Consolidate existing movements skill such as running, jumping, throwing, catching and develop additional skills such hopping, skipping, agility, balance and coordination.

## THINKING (Decision Making & Improving Performance)

Improving ability to use skills at the appropriate time and in combination, with good coordination such as running to stop a ball or jumping to catch.

## SOCIAL & EMOTIONAL

Working effectively with different partners to complete a challenge, practice a skill or help each other to improve. Includes good communication skills, encouragement and support.

## HEALTHY ACTIVE LIFESTYLES

Develop knowledge of why it is important to be active everyday, including some of the associated benefits in physical health and wellbeing.



## PHYSICAL COMPETENCE

Mastery of basic movement skills from previous years.

Develop a wider range of skills such as more complex variations of previous basic skills including throwing, catching, jumping and traveling.

## THINKING (Decision Making & Improving Performance)

Making appropriate decisions about how and when to use the range of skills developed, including choosing different variations of skills depending on the task and the equipment available.

## SOCIAL & EMOTIONAL

Work effectively as part of a small group or team in cooperative and competitive activities, including identifying the importance of all members of the team and their strengths.

## HEALTHY ACTIVE LIFESTYLES

Knowledge of why warming up before exercise is important, including understanding of how the body changes with specific focus on the heart.

## **PHYSICAL COMPETENCE**

Adapt physical skills such as agility, throwing, catching and kicking to a range of more specific activities and team games.

Continue to develop variations of different skills to meet the needs of the more specific activities.

## **THINKING (Decision Making & Improving Performance)**

Knowledge and understanding of how and why certain skills are most suited to situations with an activity, task or game. Including jumping and rolling in Gymnastics and throwing techniques in Games.

## **SOCIAL & EMOTIONAL**

Identify what resilience looks like in PE and Sport, including highlighting examples of local and national role models who have demonstrated resilience.

Develop personal resilience through PE lessons and extra curricular activities

## **HEALTHY ACTIVE LIFESTYLES**

Understand how the body changes during and after exercise including heart rate, breathing and temperature.

## **PHYSICAL COMPETENCE**

Use prior knowledge of the body to improve stamina, strength and speed.

Continue to develop more complex skills for use in different activities and situations such as throwing, dribbling, rolling and balancing.

## **THINKING (Decision Making & Improving Performance)**

Use prior knowledge of teaching points to reflect on the success of a personal performance, including some suggestions for how to improve.

## **SOCIAL & EMOTIONAL**

Identify examples of respect from within sport, including from their own experiences and from national and local athletes.

Demonstrate respect for peers within lessons and other activities within school.

## **HEALTHY ACTIVE LIFESTYLES**

Knowledge of the links between nutrition and physical activity including how different sports require energy from a variety of different food groups.

How to make more positive healthy eating choices.



## PHYSICAL COMPETENCE

Refine the technique of previous skills such as throwing, catching, jumping and rolling.  
Identify skills that can be transferred from one activity to another.

## THINKING (Decision Making & Improving Performance)

Accurately reflect on their own performance and the performances of others, using appropriate language to suggest ways in which improvements can be made.

## SOCIAL & EMOTIONAL

Demonstrate effective communication skills when working with a partner, a small group or as part of a team.

This may include positive feedback, encouragement, listening to others and giving clear instructions.

## HEALTHY ACTIVE LIFESTYLES

Develop knowledge of how regular activity can make a positive impact on wellbeing, including demonstrating understanding using examples.



## PHYSICAL COMPETENCE

Swim for at least 25m using front crawl 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 learning to support the improved performance of others through feedback, encouragement and practice.

## SOCIAL & EMOTIONAL

Identify examples of equality and diversity from the world of sport, including well known initiatives such as FA Wildcats, Rainbow Laces, Dynamos Programme.

Increase awareness of others within a lesson or team, including the importance of including all players and supporting the value of each player to or performer to the team or lesson performer to the team or lesson.

## HEALTHY ACTIVE LIFESTYLES

Develop a good understanding of the benefits of being physically active regularly, with particular focus on the impact on their wellbeing and learning.



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

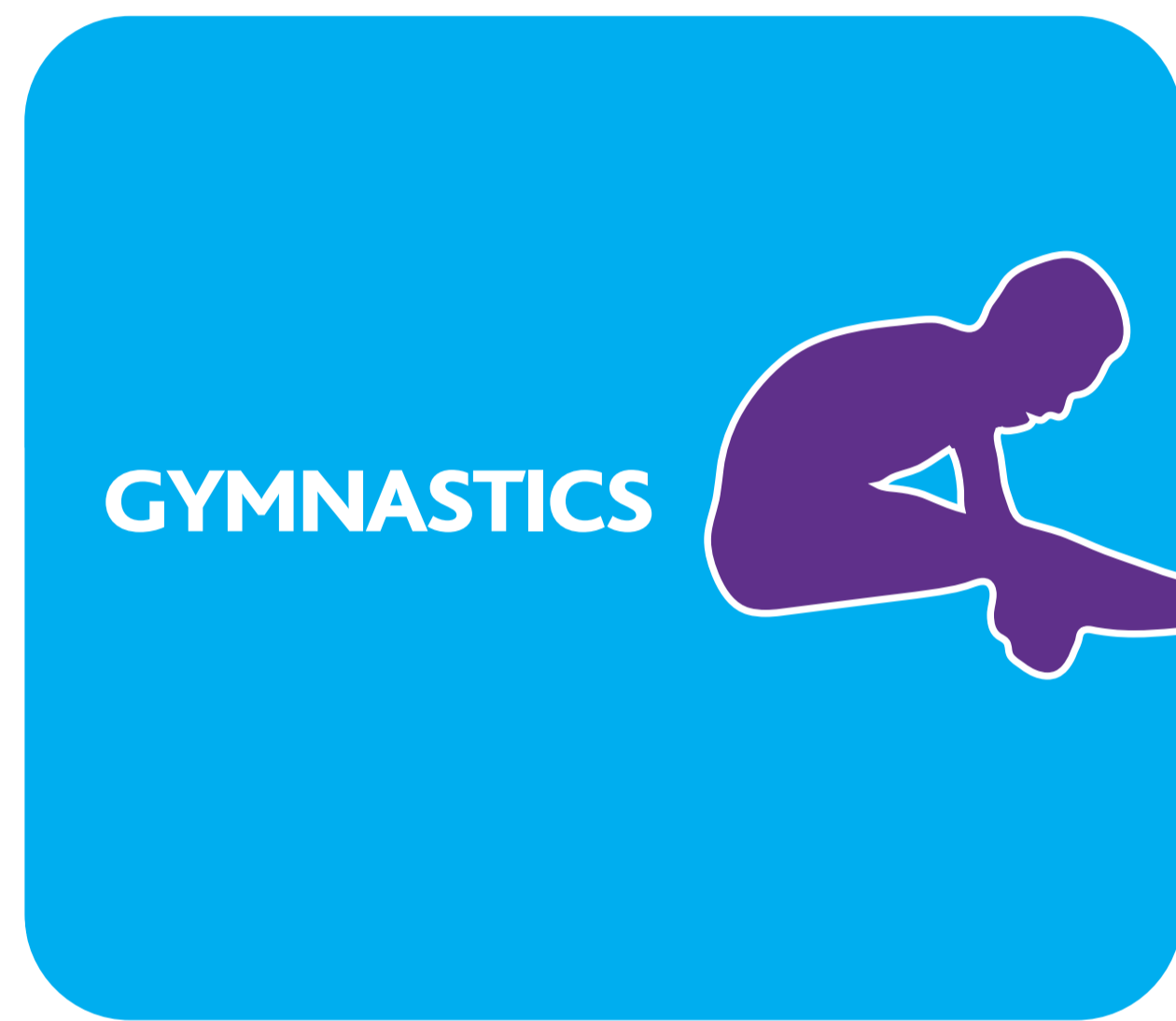


Explore and create actions  
linked to words  
Move in time with  
a simple beat  
Perform with control  
and fluency

FUNDAMENTAL  
SKILLS



Tagging and chasing games  
Cooperative team  
challenges including  
basic invasion type games



Strength and flexibility  
Link different balances and movements.  
Rocking actions  
Rolling



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



Throwing to a partner and at a target  
Catching whilst moving with a partner and in cooperative games  
Using different sized balls with different techniques



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.

**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.

**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

**ATHLETICS** 


Standing long jump  
Running activities focusing on pacing  
Developing sprinting technique  
Over arm throwing for athletics

**TENNIS** 

Getting into the ready position including gripping the racket  
Introduction to forehand and backhand  
Underarm serve

**HOCKEY** 

Ball control and dribbling skills.  
Passing technique and decision making  
Keeping possession

**CRICKET & ROUNDERS** 


Getting into the correct batting position including gripping the bat.  
Introduction to batting.  
Underarm and overarm throwing.

**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

**TENNIS** 

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

**BASKETBALL** 

Ball handling and dribbling  
Develop passing accuracy  
Creating space and avoiding a defender  
Keeping possession of the ball

**ATHLETICS** 

Understand how to develop stamina.  
Perform a standing long jump with control.  
Use a 'push throw with good technique and increasing power.  
Relays.

**TAG RUGBY** 

Catch when moving.  
Understand how creating space can help to maintain possession.  
Explain tactics and skills that can be used within a game.

**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

**CRICKET** 

Throwing, catching and fielding  
Develop basic bowling and batting techniques

**ATHLETICS** 

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

**SWIMMING** 

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

**NETBALL** 

Identify how their team can improve attacking and defending.  
Good control and accuracy for a range of passing techniques.

**HOCKEY** 

Dribble with fluency and control.  
Pass accurately to a stationary and moving target.  
Evaluate a teams defending and suggest improvements.

**OAA** 

Year 5 residential including aspects of OAA

**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 a performance  
Demonstrate how speed can  
be changed to portray a  
different theme or message

**TAG RUGBY** 


Understand how creating  
space can help to maintain  
possession.  
Explain tactics and skills that  
can be used to close space  
when defending.

**OAA** 

Year 6 residential visit  
including aspects of  
OAA

**SWIMMING** 

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

**TENNIS** 

Further develop forehand and  
backhand stroke  
Introduce and refine  
overhead serving  
technique.

**NETBALL** 

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

**ATHLETICS** 

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