

## Physical Education Curriculum Map

### Preschool

Preschool <u>Physical Development</u>	Autumn 1 Citizenship	Autumn 2 Leadership	Spring 1 Exploration	Spring 2 Expression	Summer 1 Flourishing	Summer 2 Citizenship
	<p>I can use large muscle movements</p> <p>I can match physicals to activities.</p> <p>I am developing my independence, helping with getting dressed and undressed etc.</p> <p>I can use one handed tools and equipment</p>	<p>I am developing my physical skills such as jump, hop, and standing on one leg.</p> <p>I am developing my independence, helping with getting dressed and undressed etc.</p> <p>I can use one handed tools and equipment</p>	<p>Continue to develop their movement, balancing and riding.(scooters, bikes and trikes)</p> <p>I can use and remember sequences and patterns of movement related to music(large movements with streamers)</p> <p>I can collaborate with others to manage large items such as long planks and wooden blocks safely.</p> <p>I can begin to independently help with dressing and putting on coats(zips)</p>	<p>I can choose the right resources to carry out my own plan eg digging with a spade/trowel.</p> <p>I can use one handed tools and equipment.</p> <p>I can use a comfortable grip when holding pens and pencils</p>	<p>Continuing to develop balancing and ball skills</p> <p>Use large muscle movements to make marks</p> <p>Uses one handed tools and equipment for example making snips in paper</p> <p>Uses comfortable grip when using pens and pencils.</p> <p>Shows preference for dominant hand</p>	<p>Start taking part in some group activities(teams)</p> <p>Uses one handed tools and equipment to make snips in paper</p> <p>Uses comfortable grip when using pens and pencils</p> <p>Shows a preference for dominant hand</p> <p>Skip, hop, stand on one leg - Sports day</p>

## Reception

Reception <u>Physical Development</u>	Autumn 1 Citizenship	Autumn 2 Leadership	Spring 1 Exploration	Spring 2 Expression	Summer 1 Flourishing	Summer 2 Citizenship
	I can start and stop  I can run fast and slow I can draw freely  I know how to hold a paint brush  I can move and rotate my lower arms and wrists independently	I know the importance of holding my pencil correctly.  I know how to run and change direction  I know how to run in a straight line  I can move and use my hands and fingers without moving my shoulders.	I can show some control of apparatus  I can make a simple throw  I can attempt a catch  I can use a pencil effectively to form letters  I know how to hold a pair of scissors  I can jump in different ways	I know how to take off and land when jumping  I know how to roll, jump and perform a simple balance  I know how to move in time to a piece of music  I can use scissors effectively.	I can attempt a catch.  I can make a throw.  I know how to throw something with a bent arm  I know how to speed up my movements or slow down  I know how to start a race  I know to bend my knees when I land from a jump  I know how to take off and land when jumping.  I can use a range of small tools	I know how to hold a knife and fork  I can perform simple dance moves  I know how to throw with some accuracy by aiming at a target.  I know how to use a variety of equipment to play games  I know how to speed up my movements or slow down

Reception	Autumn 1 Citizenship	Autumn 2 Leadership	Spring 1 Exploration	Spring 2 Expression	Summer 1 Flourishing	Summer 2 Citizenship
Indoors	Dance	Gymnastics	Dance	Gymnastics	Competitive Games Football	Competitive Games Tennis
Concepts Covered	Fitness Performance	Fitness Performance	Fitness Performance	Fitness Performance	Sportsmanship Fitness	Sportsmanship Fitness
Outdoors	Competitive Games Ball skills	Competitive Games Ball skills	Competitive Games Hand/Eye Coordination	Competitive Games Hand/Eye Coordination	Athletics	Athletics

Concepts Covered	Sportsmanship Fitness	Sportsmanship Fitness	Sportsmanship Fitness	Sportsmanship Fitness	Fitness Performance	Fitness Performance
After School Club					Multi Skills	Multi Skills

**Year 1 and 2**

Year 1 and 2 Year A		Autumn 1Citizenship - Drive	Autumn 2 Leadership - Determination	Spring 1 Explorers - Aspiration	Spring 2 Expression - Confidence	Summer 1 Flourishing - Responsibility	Summer 2 Citizenship- Compassion
Indoors		Dance	Gymnastics	Dance	Gymnastics	Competitive Games Cricket	Competitive Games Football
Concepts Covered		Fitness Performance	Fitness Performance	Fitness Performance	Fitness Performance	Sportsmanship Fitness	Sportsmanship Fitness
Outdoors		Competitive Games Basketball	Competitive Games Tag Rugby	Competitive Games Tennis	Competitive Games Netball	Athletics	Athletics
Concepts Covered		Sportsmanship Fitness	Sportsmanship Fitness	Sportsmanship Fitness	Sportsmanship Fitness	Fitness Performance	Fitness Performance
After School Clubs		Football	Football				
Year 1 and 2 Year B		Autumn 1Citizenship - Drive	Autumn 2 Leadership - Integrity	Spring 1 Exploration- Resilience	Spring 2 Expression- Honesty	Summer 1 Flourishing- Courage	Summer 2 Citizenship- Compassion
Year B	Indoors	Gymnastics	Dance	Gymnastics	Dance	Competitive Games Tennis	Competitive Games Rounders
	Concepts Covered	Fitness Performance	Fitness Performance	Fitness Performance	Fitness Performance	Sportsmanship Fitness	Sportsmanship Fitness

	Outdoors	Competitive Games Handball	Competitive Games Hockey	Competitive Games Netball	Competitive Games Football	Athletics	Athletics
	Concepts Covered	Sportsmanship Fitness	Sportsmanship Fitness	Sportsmanship Fitness	Sportsmanship Fitness	Fitness Performance	Fitness Performance
After School Clubs		Football	Football				

## Year 3 and 4

Year 3 and 4 Year A		Autumn 1 Citizenship - Drive	Autumn 2 Leadership - Determination	Spring 1 Explorers - Aspiration	Spring 2 Expression - Confidence	Summer 1 Flourishing - Responsibility	Summer 2 Citizenship- Compassion
Indoors		Dance	Gymnastics	Dance	Gymnastics	Competitive Games  Cricket	Athletics
Concepts Covered		Fitness Performance	Fitness Performance	Fitness Performance	Fitness Performance	Sportsmanship Fitness	Fitness Performance
Outdoors		Competitive Games  Basketball	Competitive Games  Tag Rugby	Swimming/  Competitive Games Tennis	Swimming/  Athletics	Athletics	Outdoor/ Adventurous  Orienteering
Concepts Covered		Sportsmanship Fitness	Sportsmanship Fitness	Fitness Performance	Fitness Performance	Fitness Performance	Fitness
After School Clubs		Football	Football				
Year 3 and 4 Year B		Autumn 1 Citizenship - Drive	Autumn 2 Leadership - Integrity	Spring 1 Exploration- Resilience	Spring 2 Expression- Honesty	Summer 1 Flourishing- Courage	Summer 2 Citizenship- Compassion
Year B	Indoors	Gymnastics	Dance	Gymnastics	Dance	Athletics	Competitive Games Rounders
	Concepts Covered	Fitness Performance	Fitness Performance	Fitness Performance	Fitness Performance	Fitness Performance	Sportsmanship Fitness
	Outdoors	Competitive Games  Handball	Competitive Games  Hockey	Swimming/  Competitive Games Netball	Swimming/  Athletics	Outdoor/ Adventurous  Orienteering	Athletics

	Concepts Covered	Sportsmanship Fitness	Sportsmanship Fitness	Fitness Performance	Fitness Performance	Fitness	Fitness Performance
After School Clubs		Football	Football				

### Year 5 and 6

Year 5 and 6 Year A		Autumn 1 Citizenship - Drive	Autumn 2 Leadership - Determination	Spring 1 Explorers - Aspiration	Spring 2 Expression - Confidence	Summer 1 Flourishing - Responsibility	Summer 2 Citizenship- Compassion
Indoors		Dance	Gymnastics	Dance	Gymnastics	Athletics	Swimming (1 week Year 6 intensive) Athletics
Concepts Covered		Fitness Performance	Fitness Performance	Fitness Performance	Fitness Performance	Fitness	Fitness
Outdoors		Competitive Games Basketball	Competitive Games Tag Rugby	Competitive Games Tennis	Athletics	Competitive Games Cricket	Outdoor/ Adventurous Orienteering
Concepts Covered		Sportsmanship Fitness	Sportsmanship Fitness	Sportsmanship Fitness	Fitness Performance	Sportsmanship Fitness	Fitness
After School Clubs		Football	Football				
Year 5 and 6 Year B		Autumn 1 Citizenship - Drive	Autumn 2 Leadership - Integrity	Spring 1 Exploration- Resilience	Spring 2 Expression- Honesty	Summer 1 Flourishing- Courage	Summer 2 Citizenship- Compassion
Year B	Indoors	Gymnastics	Dance	Gymnastics	Dance	Competitive Games Rounders	Swimming (1 week Year 6 intensive) Athletics
	Concepts Covered	Fitness Performance	Fitness Performance	Fitness Performance	Fitness Performance	Sportsmanship Fitness	Fitness

	Outdoors	Competitive Games Handball	Competitive Games Hockey	Competitive Games Netball	Athletics	Athletics	Outdoor/ Adventurous Orienteering
	Concepts Covered	Sportsmanship Fitness	Sportsmanship Fitness	Sportsmanship Fitness	Fitness Performance	Fitness Performance	Fitness
After School Clubs		Football	Football				