

PE Curriculum Map 2022-2023

	Nursery	Reception	Year 1	Year 2
Autumn	<p>Nursery Rhymes / Celebrations</p> <p>Ring games (ring a ring a roses, farmers in his den etc)</p> <p>Parachute and team games</p> <p>Making large spider webs using wool.</p> <p>Spider game 'Catch the fly'</p> <p>Jumping rockets</p> <p>Playdough ladybirds</p> <p>Using bats and balls – Throwing, catching, rolling balls and beanbags with small and large apparatus.</p> <p>Using scarves and ribbons to be ladybirds.</p> <p>Jumping along number tiles – like fireworks</p> <p>Different ways to moving around the garden (jumping, hopping etc using small and large apparatus)</p> <p>Wrapping different sized Christmas presents.</p> <p>Daily exercises to promote fine and gross motor skills.</p>	<p>Three Little Pigs</p> <p>Moving and Handling:</p> <ul style="list-style-type: none"> · Gross and fine motor skill activities · Brain Gym · Cutting activities · Handling tools effectively and safely · Developing control and coordination in large and fine movements <p>An introduction to PE:</p> <p>Move safely and sensibly in a space with consideration of others.</p> <p>Develop moving safely and stopping with control.</p> <p>Use equipment safely and responsibly.</p> <p>Use different travelling actions whilst following a path.</p> <p>Work with others co-operatively and play as a group.</p> <p>Follow, copy and lead a partner.</p> <p>Fundamental Unit 1</p> <p>Developing balancing whilst stationary and on the move.</p> <p>Develop running and stopping.</p> <p>Develop change direction.</p> <p>Develop jumping and landing.</p> <p>Develop hopping and landing with control.</p> <p>Explore different ways to travel.</p> <p>Games: Introduction to PE Unit 2</p> <p>Move around safely in space.</p> <p>Follow instructions and stop safely.</p>	<p>Ourselves and Our Senses / The Natural World</p> <p>Yoga</p> <p>Explore yoga and mindfulness.</p> <p>Be able to copy and remember poses.</p> <p>Develop flexibility when holding poses.</p> <p>Develop balance whilst holding poses.</p> <p>Create yoga poses using a hoop.</p> <p>Create a yoga flow with a partner.</p> <p>Games: Fundamentals</p> <p>Explore balance, stability and landing safely.</p> <p>Explore how the body moves differently when running at different speeds.</p> <p>Explore changing direction and dodging.</p> <p>Explore jumping, hopping, and skipping actions.</p> <p>Explore co-ordination and combining jumps.</p> <p>Explore combination jumping and skipping in an individual rope.</p> <p>Games: Ball Skills</p> <p>Develop control and co-ordination when dribbling a ball with your hands.</p> <p>Explore accuracy when rolling a ball.</p> <p>Explore throwing with accuracy towards a target.</p> <p>Explore catching with two hands.</p>	<p>Healthy Me / An Island Home</p> <p>Team building</p> <p>Follow instructions and work with others.</p> <p>Co-operate and communicate in a small group to solve challenges.</p> <p>Create a plan with a group to solve the challenges.</p> <p>Communicate effectively and develop trust.</p> <p>Work as a group to solve problems.</p> <p>Work with a group to copy and create a basic map.</p> <p>Games: Fundamentals</p> <p>Develop balance, stability and landing safely.</p> <p>Explore how the body moves differently when running at different speeds.</p> <p>Develop changing direction and dodging.</p> <p>Develop and explore jumping, hopping and skipping actions.</p> <p>Develop co-ordination and combining jumps.</p> <p>Develop combination jumping and skipping in an individual rope.</p> <p>Gymnastics</p> <p>Perform gymnastic shapes and link them together.</p> <p>Be able to use shapes to create balances.</p> <p>Be able to link travelling actions and balances using apparatus.</p>

		<p>Stop safely and develop control when using equipment. Follow instructions and play safely as a group. Follow a path and take turns. Work co-operatively with a partner.</p> <p>Fundamental Unit 2 Develop balancing. Develop running and stopping. Develop changing direction. Develop jumping and landing. Develop hopping Explore different ways to travel using equipment.</p>	<p>Explore control and co-ordination when dribbling a ball with your feet. Explore tracking a ball that is coming towards me.</p> <p>Games: Target Games Develop underarm throwing towards a target. Develop throwing for accuracy. Develop underarm and overarm throwing for accuracy. Develop throwing for accuracy and distance using underarm and overarm. Select the correct technique for the situation. Develop throwing for accuracy and distance.</p>	<p>Demonstrate different shapes, take off and landings when performing jumps. Develop rolling and sequence building. Develop sequence work on apparatus.</p> <p>Games: Ball skills Be able to roll a ball to hit a target. Develop co-ordination and be able to stop a rolling ball. Develop technique and control when dribbling a ball with your feet. Develop control and technique when kicking a ball. Develop co-ordination and technique when throwing and catching. Develop control and co-ordination when dribbling a ball with your hands.</p>
Spring	<p>Jungle Animals / Growing</p> <ul style="list-style-type: none"> ☑ Jungle animal moves ☑ Moving together like a dragon ☑ Parachute games ☑ Ball skills ☑ Ring games <p>Dancing to African music Daily exercises to promote fine motor skills Outdoor activities to promote fine and gross motor skills. Looking at effect exercise has on your body.</p>	<p>The Gingerbread Man</p> <p>Moving and Handling:</p> <ul style="list-style-type: none"> ☑ Brain Gym: Developing control and coordination in large and fine movements. ☑ Daily Mile ☑ Outdoor activities to promote fine and gross motor skills <p>Chinese new year dance</p> <p>Gymnastics: 1 Copy and create shapes with your body. Create shapes whilst on apparatus. Develop balancing and taking weight on different body parts. Develop jumping and landing safely. Develop rocking and rolling.</p>	<p>Houses and Homes / People Who Help Us</p> <p>Team Building Co-operate and communicate with a partner to solve challenges. Explore and develop teamwork skills. Develop communication skills. Use communication skills to lead a partner. Plan with a partner and small group to solve problems. Communicate with a group to solve challenges.</p> <p>Games: Invasion Games Develop dribbling towards a goal. Understand what being 'in possession' means</p>	<p>A Land Far, Far Away (Antarctica and Native Americans)</p> <p>Dance – The land of ice and snow Create and perform a dance motif inspired by a stimulus. Use different movements and body shapes to represent ice melting and freezing. Work with others to dance in different formations to communicate different ideas. Use different movements and body shapes to represent penguins Change levels, rhythm, speed and direction of movement to communicate different ideas.</p>

		<p>Copy and create short sequences linking actions together.</p> <p>Games: Ball Skills 1 Develop rolling a ball to a target. Develop stopping a rolling ball. Develop accuracy when throwing to a target. Develop bouncing and catching a ball. Develop dribbling a ball with your feet. Develop kicking a ball.</p> <p>Gymnastics: 1 Create short sequences using balances, shapes and travelling actions. Develop balancing using apparatus safely. Develop jumping and landing safely from a height. Develop rocking and rolling. Explore travelling around, over and through apparatus.</p> <p>Games: Ball Skills 2 Work safely and develop running and stopping. Develop throwing and learn how to keep score. Be able to play games showing an understanding of the different roles within it. Follow instructions and move safely when playing tagging games. Work co-operatively and learn to take turns. Work with others to play team games.</p>	<p>Develop passing to a teammate with your feet. Understand who to pass to and why when playing against a defender. Develop dribbling a ball with hands. Move towards a goal with the ball. Develop throwing to a teammate. Support a teammate when in possession. Move into space showing an awareness of defenders. Be able to stay with a player when defending.</p> <p>Gymnastics Explore travelling movements using the space around you. Develop quality when performing gymnastic shapes. Develop stability and control when performing balances. Develop technique and control when performing shape jumps. Develop technique in the barrel, straight and forward roll. Link gymnastic actions to create a sequence.</p> <p>Games: Net and Wall games To defend space, using the ready position. To play against an opponent and keep the score. To develop control when handling a racket. To develop racket and ball skills. To develop sending a ball using a racket. To develop hitting over a net.</p>	<p>Create and perform a dance motif inspired by a stimulus.</p> <p>Games: Invasion Games Understand what being in possession means and support a teammate to do this. Use a variety of skills to score goals. Develop stopping goals. Learn how to gain possession of the ball. Develop an understanding of marking an opponent. Learn to apply simple tactics for attacking and defending</p> <p>Yoga –Salute to the Sun Stretch their body up; Follow a sequence of movements; Move between poses; Follow instructions to keep safe; Arch their back up and dip their back down; Adapt yoga poses, with guidance; Flow from one yoga pose to another; Balance, using support; Use and link yoga poses together; Demonstrate the correct form for a yoga pose; Breathe smoothly while standing still.</p> <p>Dance Native American dance workshop</p> <p>Games: Target Games Develop an understanding of target games and consider how much power to apply when aiming at a target. Understand how to score in different target games using overarm throwing. Develop understanding of different target games using the skill of kicking.</p>
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<p>Summer</p>	<p>Sand / Water Activities leading to Games ☑ Making waves ☑ Flapping fish ☑ Walking the plank ☑ Throwing and catching (Splash)—tasks with beanbags and balls throwing them into water.</p> <p>Daily exercises to promote fine motor skills Outdoor activities to promote fine and gross motor skills</p>	<p>The Little Red Hen</p> <p>Moving and Handling: ☑ Rolling and kneading. ☑ Threading pasta/Cheerios. ☑ Picking up pasta and beans with tweezers. ☑ Tray of flour - finding letter/number pebbles.</p> <p>Outdoor activities to promote fine and gross motor skills.</p> <p>Games 1 Work safely and develop running and stopping. Develop throwing and learn how to keep score. Be able to play games showing an understanding of the different roles within it. Follow instructions and move safely when playing tagging games. Work co-operatively and learn to take turns. Work with others to play team games.</p> <p>Dance 1 Use counts of 8 to know when to change action. Explore different body parts and how they move. Explore different body parts and how they move and remember and repeat actions.</p>	<p>Growing and Lifecycles / At the Seaside</p> <p>Dance: Explore travelling actions and use counts of 8 to move in time with the music. Remember and repeat actions and respond imaginatively to a stimulus. Copy, remember and repeat actions that represent the theme. Copy, repeat, create and perform actions that represent the theme. Use expression and create actions that relate to the story. Use a pathway when travelling. Copy, repeat and choose actions that represent the theme. Show changes in expression, level and shape.</p> <p>Games: Striking and Fielding Develop underarm throwing and catching and put this into small sided games. Develop overarm throwing. Develop striking a ball with my hand and equipment. Retrieve a ball when fielding. Understand how to get a batter out. Develop decision making and understand how to score points.</p> <p>Fitness Develop knowledge about how exercise can make you feel.</p>	<p>Nature Detectives (Habitats and Lifecycles)</p> <p>Dance: Repeat, link and choose actions. Create actions and accurately copy other's actions. Copy, remember and repeat actions using facial expressions to show different characters. Perform in unison creating shapes with a partner. Be able to mirror a partner and create ideas. Copy, repeat and create actions in response to a stimulus. Copy, create and perform actions considering dynamics. Create a short dance phrase with a partner showing clear changes of speed.</p> <p>Games: Striking and Fielding Be able to track a rolling ball and collect it. Develop accuracy in underarm throwing and consistency in catching when fielding a ball. Develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score. Develop striking for distance and accuracy. Develop decision making to get a batter out.</p> <p>Gymnastics</p>

		<p>Express and communicate ideas through movement exploring directions and levels. Copy and repeat actions showing confidence and imagination. Move with control and coordination, linking, copying and repeating actions.</p> <p>Games 2 Aim when throwing and practice keeping score. Follow instructions and move safely when playing tag games. Learn to play against a partner. Develop coordination and play by the rules. Explore striking a ball and keeping score. Work cooperatively as a team.</p> <p>Dance 1 Copy, repeat and explore actions in response to a theme. Explore and remember actions considering level, shape and direction. Explore movement using a prop with control and coordination. Move with control and coordination, expressing ideas with movement. Remember and repeat actions moving in time with the music. Explore actions in response to a theme and begin to count.</p> <p>Practising for sports day.</p>	<p>Develop knowledge about how exercise can make you strong and healthy. Develop knowledge about how exercise relates to breathing. Develop my understanding of how exercise helps my brain. Develop my understanding of how exercise helps my muscles. Begin to understand the importance of daily exercise.</p> <p>Games: Athletics Learn to move at different speeds for varying distances. Develop a foundation for balance and stability. Develop agility and co-ordination. Explore hopping, jumping and leaping for distance. Develop throwing for distance. Develop throwing for accuracy.</p>	<p>Different rolls – Teddy bear, log, egg and forward roll Balance in a shape with a partner Copy and create movement sequences with a clear start and finish. Evaluate their own and others work to improve. Move with agility, balance and coordination. Do a support handstand.</p> <p>Games: Athletics Develop the sprinting action Develop jumping for distance. Develop technique when jumping for height. Develop throwing for distance. Develop throwing for accuracy. Develop technique when taking part in an athletics carousel.</p>
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