

Physical Education Curriculum Map (Reception – Year 2)

DEVELOPMENT MATTERS
PHYSICAL DEVELOPMENT: EARLY LEARNING GOALS (ELG)

Moving and Handling

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Health and Self Care

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

	<u>Autumn</u> <u>1</u>	<u>Autumn</u> <u>2</u>	<u>Spring</u> <u>1</u>	<u>Spring</u> <u>2</u>	<u>Summer</u> <u>1</u>	<u>Summer</u> <u>2</u>
Recep tion	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Move freely using suitable spaces and speed.</p> <p>Draw lines and circles.</p> <p>Hold a pen correctly.</p> <p>Understand their own needs hunger/toilet/personal hygiene.</p> <p>Dress with support.</p> <p>Know equipment needs to be used safely.</p> <p>Real PE - Personal I can follow instructions, practise safely and work on simple tasks by myself. I enjoy working on simple tasks with help</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Move freely in a variety of different ways.</p> <p>Use scissors and other tools safely.</p> <p>Show a dominant hand.</p> <p>Make anticlockwise movement.</p> <p>Understand the need for varied and healthy food.</p> <p>Real PE - Social I can work sensibly with others, taking turns and sharing I can play with others and take turns and share with help</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Stand on one foot.</p> <p>Catch a ball.</p> <p>Write some letters and copy their name.</p> <p>Experiment moving in different ways on equipment and jump landing safely.</p> <p>Manage own risk assessment.</p> <p>Help to put away equipment correctly.</p> <p>Real PE - Cognitive I can understand and follow simple rules and can name some things I am good at. I can follow simple instructions</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Demonstrate increasing control over objects.</p> <p>Use tools to change to materials.</p> <p>Move confidently.</p> <p>Use safety measures without direct supervision.</p> <p>REAL PE - Creative I can explore and describe different movements. I can observe and copy others.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Demonstrate good control and co-ordination in large and small movement.</p> <p>Understand the importance for good health of physical exercise, healthy diet and talk about different ways to keep healthy and safe.</p> <p>Real PE - Applying Physical I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together. I can move confidently in different ways.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Participate in Sports day and physical activities that are included within this using a variety of equipment, taking turns and celebrating other's successes.</p> <p>Real PE - Health and Fitness I am aware of why exercise is important for good health. I am aware of the changes to the way I feel when I exercise</p>

National Curriculum: Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: ♣ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities ♣ participate in team games, developing simple tactics for attacking and defending ♣ perform dances using simple movement patterns. **Acquiring and Developing Skills (A&D)** **Selecting and applying skills, tactics and compositional ideas (S&A)** **Evaluating and improving performance (E&I)** **Knowledge and understanding of fitness and health (H&F)**

Year Group	Autumn 1 DANCE	Autumn 2 INVASION GAMES	Spring 1 GYMNASTICS	Spring 2 NET AND WALL GAMES	Summer 1 STRIKING AND FIELDING	Summer 2 MULTI-SKILLS AND ATHLETICS
1	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Learn basic movements relating to feelings. A&D</p> <p>Show that they have a clear starting and finishing position.</p> <p>Respond to different music showing a range of emotions.</p> <p>Perform dance movements and simple routines using simple movement patterns. S&A</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Explore different ways of using a ball.</p> <p>Explore ways to send a ball or other equipment.</p> <p>Retrieve and stop a ball using different parts of the body. A&D</p> <p>Play a variety of running and avoiding games.</p> <p>Practise skills to make them warmer.</p> <p>Explain why they enjoy playing games and physical activities.</p> <p>Talk about what our bodies do during exercise e.g. breathing</p> <p>Participate in team games.</p> <p>Develop simple attacking and defending techniques.</p> <p>Pass and receive a ball in different ways with increased control. H&F</p> <p>Core Task - The aim of the game is to throw bean bags into your opponent's hoop to score points. The game is played 1 v 1.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Respond to instructions and commands.</p> <p>Move between mats and small apparatus and change the speed of movement.</p> <p>Learn a variety of basic gym actions.</p> <p>Be still in different body shapes and balances and combine different ways of travelling. A&D</p> <p>Handle apparatus safely.</p> <p>Recognise how it feels when the body is tense.</p> <p>Discuss how the body changes during exercise.</p> <p>Develop balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction. H&F</p> <p>Core Task - Choose 2 ways of travelling and make short movement phrase. Have a start and finish and what shapes they will be.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Focus on throwing and catching.</p> <p>Play games based on net games (like tennis and badminton). Children have an opportunity to play 1 v 1, 1 v 2, and 1 v 3. A&D</p> <p>Play running and avoiding games.</p> <p>Explain how practicing skills can help you feel warmer and why is it good to play and get out of breath.</p> <p>Participate in team games.</p> <p>Pass and receive a ball in different ways with control and increased accuracy.</p> <p>Perform fielding techniques with increased control and co-ordination. H&F</p> <p>Core Task - The aim of the game is to throw beanbags into your opponents hoop to score points. The game is played 1v1</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Focus on technique on striking a ball with control when shown.</p> <p>Focus on technique on fielding a ball using under and over arm throwing.</p> <p>Able to play simple games in small groups, applying rules and skills that have been taught.</p> <p>(cricket, rounders, baseball, softball, golf)</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Take part in multi-skills festivals. Designed to develop the fundamental movement skills of balance, co-ordination and agility. Activities to include bat and ball relay, throw clap and catch, slalom run, standing long jump etc.</p> <p>Develop balance, agility and co-ordination. A&D/H&F</p> <p>Core Task - Children to take it in turns to run 1 activity in the festival. Children rotate round, staying at 1 station for 2-3 minutes. Teachers to assess balance, coordination and agility</p>

Year Group	Autumn 1 INVASION GAMES	Autumn 2 DANCE	Spring 1 NET AND WALL GAMES	Spring 2 GYMNASTICS	Summer 1 STRIKING AND FIELDING	Summer 2 MULTISKILLS AND ATHLETICS
2	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Recognise the best ways to score points and stop points being scored.</p> <p>Recognise how they work best with their partner.</p> <p>Use different rules and tactics for invasion games.</p> <p>Make it difficult for opponents.</p> <p>Keep the ball and find the best places to score. S&A</p> <p>Watch others accurately.</p> <p>Describe what they see and ask to copy others' ideas, skills, and tactics.</p> <p>Recognise what is successful and how to use this knowledge. (Do they play well when hot or out of breath.)</p> <p>Participate in team games.</p> <p>Understand and develop tactics for attacking and defending.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Evaluate and improve a dance performance by recording and viewing their rehearsals. S&A</p> <p>Use a range of vocabulary to describe moods and how dances make them feel.</p> <p>Remember and repeat simple dance phrases.</p> <p>Perform dances using simple movement patterns. E&I</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Use their skills to play end to end games, games over a barrier and fielding games.</p> <p>Use their ability to solve problems and make decisions. S&A</p> <p>Watch others and describe what is happening.</p> <p>Talk about what they have done and how they did it.</p> <p>Participate in team games.</p> <p>Pass and receive a ball in different ways with control and increased accuracy.</p> <p>Perform fielding techniques with increased control and co-ordination. E&I</p> <p>Core Task - Net type. The aim is to score points by throwing or hitting a ball over a net so that it bounces twice. Play the game on a marked court, 2 v 2. 1 player should have a racket and the other a feeder.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Develop short sequences on their own.</p> <p>Use imagination to find different ways of using apparatus.</p> <p>Form simple sequences of different actions using floor and apparatus.</p> <p>Have a clear start, middle and end. S&A</p> <p>Have a clear focus when watching others perform.</p> <p>Say when a movement or skill is performed well (aesthetic appreciation).</p> <p>Describe what they have done and what they have seen. (Make easier or harder. Use advice to improve.)</p> <p>Develop balance, agility and co-ordination. of travelling, stillness, jumping, timing, changing shape, size, direction E&I</p> <p>Core Task - Create and perform a simple sequence on floor using mats of up to four elements (e.g. balance roll, jump, body shape). Clear starting place and move smoothly between shapes and actions.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Choose, use and vary simple tactics. S&A</p> <p>Recognise good quality in performance.</p> <p>Use information to improve their work.</p> <p>Participate in team games.</p> <p>Pass and receive a ball in different ways with control and increased accuracy.</p> <p>Perform fielding techniques with increased control and co-ordination. E&I</p> <p>Core Task - The aim is for the batter to hit a ball into a field, and then to run as far as possible around a circuit of bases before the fielding team returns the ball to the fielding base. Play the game with 1 batter, one feeder and three fielders.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Take part in multi-skills festivals. Designed to develop the fundamental movement skills of balance, co-ordination and agility. Activities to include bat and ball relay, throw clap and catch, slalom run, standing long jump etc.</p> <p>Develop balance, agility and co-ordination.</p> <p>Explore movement techniques with increased control.</p> <p>How to run, throw and jump and perform these with increased control and co-ordination. S&A/E&I</p> <p>Core Task - Children to take it in turns to run 1 activity in the festival. Children rotate round, staying at 1 station for 2-3 minutes. Teachers to assess balance, coordination and agility.</p>