



PE Curriculum Map

		EYFS	Year 1	Year 2
Autumn 1	Inside	<p>Dance</p> <ul style="list-style-type: none"> • Begin to move when music starts. • Following sequences. 	<p>Dance</p> <ul style="list-style-type: none"> • Copy and repeat a simple dance phrase. • Copy and explore basic movements and body patterns. 	<p>Dance</p> <ul style="list-style-type: none"> • To copy and repeat simple dance phrases with control. • To show ideas, feelings and moods in their dance. • To choose and link actions to make short dance phrases.
	Outside	<p>Games</p> <ul style="list-style-type: none"> • Develop hand eye coordination. • Travel safely when playing running and chasing games. 	<p>Games</p> <ul style="list-style-type: none"> • Develop hand eye coordination. • Kick, roll underarm throw and strike a ball with control and accuracy. 	<p>Games</p> <ul style="list-style-type: none"> • Send and collect equipment in different ways. • Travel safely when playing running and chasing games.
Autumn 2	Inside	<p>Gym</p> <ul style="list-style-type: none"> • Show good control and co-ordination of large movements. • Physically stop the stop command. 	<p>Gym</p> <ul style="list-style-type: none"> • Lift and carry apparatus safely. • Use the space and apparatus safely. • To travel on different parts of the body. • Balance with control. 	<p>Gym</p> <ul style="list-style-type: none"> • Work safely on the floor and apparatus. • Hold still shapes and balances on small and large body parts. • Use equipment in a variety of ways to create a sequence.
	Outside	<p>Games</p> <ul style="list-style-type: none"> • Develop hand eye coordination. • Play simple games on their own and with a partner. 	<p>Games</p> <ul style="list-style-type: none"> • Play simple games on their own and with a partner, • Send the ball in the direction of their partner or another team player. 	<p>Games</p> <ul style="list-style-type: none"> • To hit a ball using a bat or racket when it is thrown towards them.

Spring 1	Inside	<p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> • Begin to move when music starts. • Following sequences. • Copy and create patterns. 	<p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> • Make their own movements from a starting idea given to them by the teacher. • Remember simple movements and dance steps. 	<p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> • To vary levels and speed. • To vary the size of body shapes. • To use space well.
	Outside	<p style="text-align: center;"><u>Games</u></p> <ul style="list-style-type: none"> • To catch a large ball. 	<p style="text-align: center;"><u>Games</u></p> <ul style="list-style-type: none"> • Traveling safely in different directions and at different speeds when playing a game or moving around others. 	<p style="text-align: center;"><u>Games</u></p> <ul style="list-style-type: none"> • Move forwards backwards and sideways at different speeds. • Travel safely when dribbling or carrying a ball.
Spring 2	Inside	<p style="text-align: center;"><u>Gym</u></p> <ul style="list-style-type: none"> • Show good control and co-ordination of large and small movements. • Link actions in a sequence. • Travel with confidence and skill. 	<p style="text-align: center;"><u>Gym</u></p> <ul style="list-style-type: none"> • Copy and repeat sequences with three movements. • Describe their actions and say what others are doing. • Perform different body shapes. 	<p style="text-align: center;"><u>Gym</u></p> <ul style="list-style-type: none"> • Show a clear beginning, middle and end in their sequences. • Link movements together. • Explore and create different pathways and patterns. • Plan, remember and repeat a sequence with three movements.
	Outside	<p style="text-align: center;"><u>Games</u></p> <ul style="list-style-type: none"> • Strike/ throw a ball with some success towards a stationary target. 	<p style="text-align: center;"><u>Games</u></p> <ul style="list-style-type: none"> • To hit the ball using their hands. • To know that my breathing changes when I do exercise. 	<p style="text-align: center;"><u>Health and Fitness</u></p> <ul style="list-style-type: none"> • To know where their heart is and understand why it beats faster during exercise. • Discuss changes in temperature, breathing and heart rate during exercise. • Describe the effects exercise has on the body.
Summer 1	Inside	<p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> • Begin to move when music starts. 	<p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> • Change their movements when the music changes. 	<p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> • To add and change the direction to a sequence.

		<ul style="list-style-type: none"> • Following sequences. • Copy and create patterns. • Create sequences. 	<ul style="list-style-type: none"> • Watch other people dance and talk about their performance. 	<ul style="list-style-type: none"> • To respond imaginatively to stimuli. • To describe dance phrases and say what they like and dislike about them.
	Outside	<p><u>Health and fitness</u></p> <ul style="list-style-type: none"> • To know the importance of physical exercise. • Discuss ways to keep healthy and safe. • Recognise the changes that happen to their body when they are active. 	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> • To recognise changes in their body during exercise • Explain the importance of exercise and a healthy lifestyle. • Understand the need to warm up and warm down for an activity. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • Begin to develop an understanding of attacking and defending. • Develop simple tactics and use them appropriately. Understand the importance of rules in a game.
Summer 2	Inside	<p><u>Gym</u></p> <ul style="list-style-type: none"> • Climb under and over equipment. • Jump off an object and land appropriately. 	<p><u>Gym</u></p> <ul style="list-style-type: none"> • Perform a 2 footed jump. • Perform at different levels. 	<p><u>Gym</u></p> <ul style="list-style-type: none"> • Perform with a partner side-by-side or “follow the leader” • Describe the differences between their own and others’ work.
	Outside	<p><u>Games</u></p> <ul style="list-style-type: none"> • Reach a hand or foot to intercept a moving ball. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • Copy and describe skills and team work that they see and say what they like and why. • Aim and hit a large target. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • Begin to develop an understanding of attacking and defending. • Develop simple tactics and use them appropriately. • Understand the importance of rules in a game. • Play by the rules of a game and keep score.