

Eaves Primary School PE Curriculum Map 2022-2023



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	It's good to be me!	Houses and Homes (Home!)	Day and Night The Weather	Growing	Creatures great and small	Journeys
FS1 Physical Development Moving & Handling Health & Self Care	Fundamental Movement Skills Run and stop with some control. Games Throw and roll a variety of beanbags and balls to space. Stop a beanbag or large ball sent to them using hands. Identifying key parts of the body and learning what they are used for. Hand-washing / toileting needs and routines. Take off and hang up coat Support with zip/buttons. Try new foods at snack-time.	Fundamental Movement Skills Throwing larger balls and beanbags into a space. Games Run and stop when instructed. Move around showing limited awareness of others. Mark making, malleable and messy play. Painting. Hand dominance. Supervised tooth brushing. Use large- muscle movements to wave flags and streamers, paint and make marks.	Fundamental Movement Skills Explore skipping as a travelling action. Games Drop and catch with two hands. Move a ball with feet. Kick larger balls to space. Body Management. Create shapes showing a basic level of stillness using different parts of their bodies. Begin to take weight on different body parts. Continue to develop their movement, balancing, riding and ball skills.	Fundamental Movement Skills Jump and hop with bent knees. Games Attempt to stop a large ball sent to them using feet. Hit a ball with hands. Make simple decisions in response to a situation. Body Management. Begin to take weight on different body parts. Show shapes and actions that stretch their bodies. Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.	Fundamental Movement Skills Balance whilst stationary and the move. Games Continuation of previously taught skills. Dance Copy basic body actions and rhythms. Choose and use travelling actions, shapes and balances. Travel in different pathways using space around them. Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.	Fundamental Movement Skills Change direction at a slow pace. Explore moving different body parts together. Games Continuation of previously taught skills. Outdoor adventurous activities. Follow simple instructions. Share their ideas with others. Follow a path. Independently opening straws and juice at lunch / snack time. Independently trying to cut own food and clearing own tray at lunchtime.

Eaves Primary School PE Curriculum Map 2022-2023



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Adventurers & explorers	Family	Our World	A World of Make Believe	Growing & Minibeasts	Animals
FS2 Physical Development Moving & Handling Health & Self Care	Fundamental Movement Skills Attempt to run at different speeds, developing technique. Begin to link running and jumping movements with some control. Jump, leap, hop and choose which allows them to jump the furthest. Throw towards a target.	Fundamental Movement Skills Show some control and balance when travelling at different speeds. Begin to show balance and co-ordination when changing direction. Use co-ordination with and without equipment.	Dance and Gymnastics Dance Copy, remember and repeat actions. Choose actions for an idea. Body Management Perform balances, including making their body tense, stretched and curled. Take body weight on hands for short periods of time.	Dance and Gymnastics Dance Use changes of direction, speed and levels with guidance. Show some sense of dynamic and expressive qualities. Begin to use counts. Body Management Demonstrate poses and movements that challenge their flexibility. Remember, repeat and link simple actions together.	Fundamental Movement Skills Object Control Drop and catch a ball after one bounce on the move. Move a ball using different parts of the foot. Throw and roll towards a target with some varying techniques. Run, stop and change direction with some balance and control.	Fundamental Movement Skills Object Control Kick towards a stationary target. Catch a medium sized ball. Attempt to track balls and other equipment sent to them. Recognise space in relation to others. Begin to use simple tactics with guidance.

Eaves Primary School PE Curriculum Map 2022-2023



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	General
Year 1	FMS - Locomotor (run, jump, balance) Children will: - run in a straight line, using opposite arms and legs - jump with knees bent on take off and landing - take-off and land on both feet - balance with support leg still, arms extended to assist balance	Dance Children will: - copy a range of movements and actions - move in time to music	Gymnastics Children will: - make different shapes with their body (pencil, tuck, star) - balance on large and small parts of their body - perform a pencil and egg roll - jump and land correctly and safely - create a short sequence independently FMS - Locomotor (hop, skip, side step) Children will: - keep non-hopping leg bent behind - take off and land on balls of feet when hopping and skipping - skip using alternate legs on landing - side step with one leading foot, bringing the other to meet it	Gymnastics See Spring 1 FMS - Locomotor (hop, skip, side step) See Spring 1	FMS - Object Control (roll, underarm, overarm) Children will: - roll a ball smoothly along the floor with opposite arm pointing to target - throw underarm , aiming towards a target with opposite foot forwards - throw overarm standing side on to target, arm in 'L' shape	FMS - Object Control (catch, kick, strike) Children will: - catch a ball with eyes remaining focused on the ball, hands making a target - kick a ball with knee of kicking leg bent, keeping eyes focused on the ball - strike a ball standing sideways on, bat swinging horizontally	
Year 2	FMS - Locomotor (run, jump, balance) In addition to Y1 statements, children will: - run with eyes focused straight ahead, lifting both feet briefly off the floor	FMS - Locomotor (hop, skip, side step) In addition to Y1 statements, children will: - remain balanced and stable when hopping , swinging arms in line with movement	Dance Children will: - move in time to music and in unison with others - create a short sequence of movement and actions Gymnastics	Gymnastics See Spring 1 Dance See Spring 1	FMS - Object Control (roll, underarm, overarm) In addition to Y1 statements, children will: - roll with their opposite foot forwards, arm following through to target	FMS - Object Control (catch, kick, strike) In addition to Y1 statements, children will: - move towards the ball, and grip with their fingers when catching	

Eaves Primary School PE Curriculum Map 2022-2023



	<ul style="list-style-type: none"> - swing arms behind them and forwards on take-off when jumping - remain still for 5 seconds when balancing 	<ul style="list-style-type: none"> - lift their knees when skipping, swinging opposite arm to leg - side step facing forwards, taking off and landing on balls of feet 	<p>In addition to Y1 statements, children will:</p> <ul style="list-style-type: none"> - create and copy balances with a partner - jump using different shapes - create and perform a sequence fluently 		<ul style="list-style-type: none"> - swing throwing arm and release object accurately when throwing underarm - extend arm, releasing object forwards and upwards when throwing overarm 	<ul style="list-style-type: none"> - keep non-kicking foot next to ball and make contact with their shoelaces when kicking - track trajectory of the ball and move towards it when striking 	
Year 3	<p>Invasion Games</p> <p>Children will:</p> <ul style="list-style-type: none"> - explore different ways to pass with accuracy (chest pass, bounce pass etc) - apply throwing and catching skills within a game, selecting the appropriate pass to a team mate in space 	<p>Gymnastics</p> <p>Children will:</p> <ul style="list-style-type: none"> - perform pike and straddle shapes with balance and control - travel using leaps (1 to 1, 1 to 2) - perform mirrored and linked balances with a partner - perform a half turn when jumping - perform a side roll - create and perform a sequence to include 5 elements with a group <p>Dance</p> <p>Children will:</p> <ul style="list-style-type: none"> - copy and use a range of dynamics within a sequence (pathways, levels, speeds) 	<p>Target Games</p> <p>Children will:</p> <ul style="list-style-type: none"> - explore different ways to send equipment towards a range of targets with accuracy and control - use simple tactics to outwit the opposition <p>Athletics</p> <p>Children will:</p> <ul style="list-style-type: none"> - explore different throwing techniques (pull – javelin, push – shot putt) - accelerate over a short distance - run over obstacles safely - perform a pull throw from standing using the correct technique 	<p>Gymnastics See Autumn 2</p> <p>Invasion Games See Autumn 1</p>	<p>Striking and Fielding</p> <p>Children will:</p> <ul style="list-style-type: none"> - select the correct type of throw when fielding - strike a moving ball (from underarm bowl) - explore different ways to bowl <p>Dance See Autumn 2</p>	<p>Athletics See Spring 1</p> <p>OAA</p> <p>Children will:</p> <ul style="list-style-type: none"> - use different methods of communication to find solutions to problems - use a diagram/pictures to navigate a simple course <p>As a result, children will:</p> <ul style="list-style-type: none"> - work safely in an adventurous environment 	<p>Children will:</p> <ul style="list-style-type: none"> - select and apply simple tactics for attacking and defending <p>As a result, children will:</p> <ul style="list-style-type: none"> - compete fairly
Year 4	<p>Target Games</p> <p>Children will:</p> <ul style="list-style-type: none"> - use a range of techniques to send an object towards a target, selecting the best method depending on distance, angle, tactics within the game (underarm, overarm, roll, kick) 	<p>Invasion Games</p> <p>Children will:</p> <ul style="list-style-type: none"> - dribble a ball with control - take a defensive position in a game to mark an opponent and intercept passes - select, apply and explain individual and team tactics 	<p>Dance</p> <p>Children will:</p> <ul style="list-style-type: none"> - perform in canon with others - incorporate 5 dance actions into a routine (jump, turn, travel, stillness, gesture) <p>Athletics</p> <p>Children will:</p>	<p>Gymnastics See Autumn 2</p> <p>Invasion Games See Autumn 2</p>	<p>Striking and Fielding</p> <p>Children will:</p> <ul style="list-style-type: none"> - strike a ball into a space to gain an advantage over fielders - explore different ways to bowl accurately towards a target - make decisions when to run and when to stay after hitting a ball 	<p>Athletics See Spring 1</p> <p>OAA</p> <p>Children will:</p> <ul style="list-style-type: none"> - give clear instructions for a partner to follow - use and follow a simple map - read and design map symbols 	<p>Children will:</p> <ul style="list-style-type: none"> - catch with one hand <p>- be able to suggest and explore different ways to improve their performance</p>

Eaves Primary School PE Curriculum Map 2022-2023



	<ul style="list-style-type: none"> - use aim, correct power and weight judgement to reach a target 	Gymnastics Children will: <ul style="list-style-type: none"> - travel using different combinations of movements - perform a shoulder stand - jump using different shapes and perform a half turn - perform a teddy bear roll - create and perform a sequence in unison with a group fluently 	<ul style="list-style-type: none"> - pass a baton correctly in a relay - perform a triple jump from standing - perform a push throw from standing using the correct technique 		Dance See Spring 1	As result children will be able to: <ul style="list-style-type: none"> - work sensibly with, and trust others 	
Year 5	Swimming Dance Children will: <ul style="list-style-type: none"> - create and perform a sequence of movement with a partner - include and move between different levels and formations fluently in a sequence 	Swimming Target Games Children will: <ul style="list-style-type: none"> - throw accurately towards static and moving targets - move efficiently to dodge a ball 	Swimming Gymnastics Children will: <ul style="list-style-type: none"> - create and perform counter balances and tension balances with a partner/group - jump and turn using 5 different shapes and land balanced and correctly from equipment - perform a forward roll - create and perform a sequence using equipment 	Swimming Invasion Games Children will: <ul style="list-style-type: none"> - use the correct technique for passing, dribbling and shooting consistently - make appropriate decisions within a game e.g. when and where to pass/shoot/dribble 	Swimming Striking and Fielding Children will: <ul style="list-style-type: none"> - bowl with accuracy and control using the correct technique - strike a bowled ball with power, accuracy and control - find an appropriate place to stand when fielding 	Swimming Athletics <ul style="list-style-type: none"> - perform a sprint start using the correct technique - perform a long jump from a run up with balance and control - transfer weight when throwing to gain extra power and distance OAA Children will: <ul style="list-style-type: none"> - follow a map and keep it set around a course - plan a route for them self/their group to follow 	Children will: <ul style="list-style-type: none"> - quickly select and apply tactics in a game - contribute ideas to their team/group when discussing tactics/strategies
Year 6	Fitness Target Games Children will: <ul style="list-style-type: none"> - use a range of throwing techniques to hit moving targets 	Dance Children will: <ul style="list-style-type: none"> - create and perform a sequence of movement to be part of a group routine - perform in unison and canon with others and 	Athletics Children will: <ul style="list-style-type: none"> - manage pace and show stamina over long distances - use the correct technique over hurdles 	Gymnastics See Autumn 2 Dance See Autumn 2	Striking and Fielding Children will: <ul style="list-style-type: none"> - retrieve a ball and decide where to throw it next quickly - use team tactics to outwit the opposition 	Athletics See Spring 1 OAA Children will: <ul style="list-style-type: none"> - take a leading role when working with others 	Children will: <ul style="list-style-type: none"> - lead others in a game situation - umpire a game - be able to identify and suggest ways to improve their own and others' performance

Eaves Primary School PE Curriculum Map 2022-2023



	<ul style="list-style-type: none"> - make appropriate decisions and react quickly during a game (e.g. whether to dodge or catch a ball) 	<p>change formation smoothly within a routine</p> <p>As a result, children will:</p> <ul style="list-style-type: none"> - show confidence in their performance <p>Gymnastics</p> <p>Children will:</p> <ul style="list-style-type: none"> - perform weight support balances safely with control - perform a forward roll to a standing position - jump and perform a full turn - combine all gymnastic skills in a sequence (balance, jump, roll, travel) and perform them with control and fluency 	<ul style="list-style-type: none"> - perform a triple jump from a run up with balance and control <p>Invasion Games</p> <p>Children will:</p> <ul style="list-style-type: none"> - adopt different roles and positions within a game (attacking and defensive) - anticipate opponents' movements and respond appropriately - select and apply tactics individually and as a team to outwit opponents 		<p>when batting and fielding</p> <p>Invasion Games</p> <p>See Spring 1</p>	<ul style="list-style-type: none"> - plan a route for someone else to follow - evaluate their own and team performance and suggest ways to improve 	
--	--	---	---	--	---	--	--

**Years 1 to 6 received 6 sessions of teaching from a Martial Arts instructor in Autumn 1. The sessions covered general fitness, strength and discipline.