

Physical Education Curriculum Maps Key Stage 2



Year 6	Autumn 1 Survival!	Autumn 2 Britten's Got Talent?	Spring 1 Heroes and Villains	Spring 2 Super Sleuth	Summer 1 Oh! I Do Like To Be Beside The Seaside	Summer 2 Oh! I Do Like To Be Beside The Seaside
Lesson 1	Invasion games Core task Tag Rugby	Invasion Games Core task Hi 5 Netball	Net / wall Core	Gymnastic Core task	Athletics Core task	Striking / fielding Core task Cricket
Lesson 2	Evolution of Dance	Dance – Collaboration or Individual				

Year 5	Autumn 1 A Kingdom United	Autumn 2 Food, Glorious Food!	Spring 1 Earthlings	Spring 2 Inventors and Inventions	Summer 1 Amazon Adventure	Summer 2 Faster, Higher, Stronger
Lesson 1	Games – Core skills	Gymnastic Core task	Dance	OAA	Athletics Core task	Net / wall Core
Lesson 2	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming

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Year 4	Autumn 1 Sparks Might Fly!	Autumn 2 The Great Plague	Spring 1 Teeth and the digestive system	Spring 2 Passport to Europe	Summer 1 Water, Water Everywhere	Summer 2 Hunted
Lesson 1	Invasion Games "On the Attack"	Gymnastics	Dance	Net / Wall Games	Athletic	OAA
Lesson 2	Gymnastic Activities "Partner Work"	Enrichment Activities				

Year 3	Autumn 1 There's No Place Like Home	Autumn 2 Healthy Humans	Spring 1 Rock and Roll!	Spring 2 The Iron Man	Summer 1 What the Romans Did For Us	Summer 2 How Does Your Garden Grow?
Lesson 1	Dance	Gymnastic	Principles of Attacking	Principles of Defending	Athletics - Gladiator Games	Athletics - Gladiator Games

Physical Education Curriculum Maps Key Stage 1

Year 2	Autumn 1 The Place Where I Live	Autumn 2 Fighting Fit	Spring 1 Explorers	Spring 2 The Farm Shop	Summer 1 Wind in the Willows	Summer 2 Buckets and Spades
Lesson 1	Games Core Task – Piggy in the middle	Dance	Gymnastic activities Core Task	Striking / fielding core task	Athletic	Athletic
Lesson 2	Gymnastic activities Core Task			Games – Net / Wall core task	Games – Net / Wall core task	Striking / fielding core task

Year 1	Autumn 1 Penguins, Possums and Pigs	Autumn 2 Fire! Fire!	Spring 1 Growth and Green Fingers	Spring 2 Family Album	Summer 1 The Great Outdoors	Summer 2 Robots
Lesson 1	Baseline unit – (Lose and found and Ugly Duckling)	Dance	Core Task – Rolling equipment	Core Task – Kicking	Athletic	Core Task – Overarm throw Core Task – Underarm throw
Lesson 2		Gymnastic activities Core Task	Gymnastic activities Core Task	Core Task Catching / bouncing	Outdoor Adventurous Activities – Developing Trails	Athletic

FSU Physical Education Curriculum Maps Key Stage

Reception	Autumn 1 What makes me special	Autumn 2 St James' Bake Off	Spring 1 <i>Let's be Explorers</i>	Spring 2 <i>Once upon a time...</i>	Summer 1 <i>Our beautiful world.</i>	Summer 2 <i>Our beautiful world.</i>
Lesson 1	<i>Getting changes Spatial Awareness (rules, routines, space, simple movements)</i>	Gymnastics	Dance	Games	Gymnastics	Games
Lesson 2	Dance					







St James' Blackburn
CE Primary School


EYFS Physical Education Curriculum Maps Key Stage

FSU	Autumn 1 Ourselves	Autumn 2 Nursery Rhymes/Number Rhymes	Spring 1 Traditional Tales	Spring 2 Journeys	Summer 1 Living things	Summer 2 Living things
Key Learning	Getting changes Spatial Awareness (rules, routines, space, simple movements)	On-going building on previously taught skills	On-going building on previously taught skills	On-going building on previously taught skills	On-going building on previously taught skills	Athletics On-going building on previously taught skills

Physical Development: Moving and Handling

 <p>30-50 months</p> <ul style="list-style-type: none"> • Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. • Mounts stairs, steps or climbing equipment using alternate feet. • Walks downstairs, two feet to each step while carrying a small object. • Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. • Can stand momentarily on one foot when shown. • Can catch a large ball. • Draws lines and circles using gross motor movements. • Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors. • Holds pencil between thumb and two fingers, no longer using whole-hand grasp. • Holds pencil near point between first two fingers and thumb and uses it with good control. • Can copy some letters, e.g. letters from their name. 	<p>A Unique Child: observing what a child is learning</p>  <p>16-26 months</p> <ul style="list-style-type: none"> • Walks upstairs holding hand of adult. • Comes downstairs backwards on knees (crawling). • Beginning to balance blocks to build a small tower. • Makes connections between their movement and the marks they make.
 <p>40-60+ months</p> <ul style="list-style-type: none"> • Experiments with different ways of moving. • Jumps off an object and lands appropriately. • Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. • Travels with confidence and skill around, under, over and through balancing and climbing equipment. • Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. • Uses simple tools to effect changes to materials. • Handles tools, objects, construction and malleable materials safely and with increasing control. • Shows a preference for a dominant hand. • Begins to use anticlockwise movement and retrace vertical lines. • Begins to form recognisable letters. • Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed. <p>Early Learning Goal</p> <p>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.</p>	 <p>22-36 months</p> <ul style="list-style-type: none"> • Runs safely on whole foot. • Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands. • Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment. • Can kick a large ball. • Turns pages in a book, sometimes several at once. • Shows control in holding and using jugs to pour, hammers, books and mark-making tools. • Beginning to use three fingers (tripod grip) to hold writing tools. • Imitates drawing simple shapes such as circles and lines. • Walks upstairs or downstairs holding onto a rail two feet to a step. • May be beginning to show preference for dominant hand.

Physical Development: Health and self-care

 <p>30-50 months</p> <ul style="list-style-type: none"> • Can tell adults when hungry or tired or when they want to rest or play. • Observes the effects of activity on their bodies. • Understands that equipment and tools have to be used safely. • Gains more bowel and bladder control and can attend to toileting needs most of the time themselves. • Can usually manage washing and drying hands. • Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.
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