## Physical Education Curriculum Map

\*NSA = Non-stop Action (external provider)\*



Year Group	Autumn		Spring		Summer	
Pre-school	Running	Balance work	Climbing	Kicking a ball	Sports Day activities	Gross motor skills
Nursery	Gross motor skills	Running	Climbing	Throwing and catching	Sports Day activities	Creative movement
Rec	Indoor: Gross Motor skills "Drawing Lines and Circles" Mark Making Through Movement	Indoor: Gross Motor skills "Drawing Lines and Circles" Mark Making Through Movement (Continuation from Aut1)	Indoor: "Gymnastics: Over, Under, Through" Travelling	Indoor: "Gymnastics: Over, Under, Through" Balance	Indoor: Dance: Dance a story: 'Jungle Book'	Indoor: Dance: Dance a song
	NSA UNIT 1	NSA UNIT 2	NSA UNIT 3	NSA UNIT 4	NSA UNIT 5	NSA UNIT 6
	Links to EYFS Framework ELG - Gross Motor Skills: Negotiate space and obstacles safely with consideration for themselves and others	Links to EYFS Framework  ELG -Gross Motor Skills: •Moves energetically such as running, jumping, hopping ELG -Managing Self: • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge ELG - Building Relationships	Links to EYFS Framework ELG -Gross Motor Skills: •Demonstrate strength, balance and coordination when playing ELG -Managing Self: • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge	Links to EYFS Framework ELG -Gross Motor Skills: • Moves energetically, such as running, jumping, hopping and skipping • Negotiate space and obstacles safely ELG -Managing Self: • Be confident to try new activities and show independence, resilience and	Links to EYFS Framework ELG -Gross Motor Skills: •Moves energetically, such as running, jumping, hopping and skipping • Demonstrate strength, balance and coordination when playing ELG -Managing Self: • Explain the reasons for rules, know right	Links to EYFS Framework ELG -Gross Motor Skills: • Negotiates space with consideration for others • Moves energetically, such as running, jumping, hopping and skipping • Demonstrate strength, balance and coordination when playing ELG -Managing Self:

		• Play cooperatively and take turns with others	ELG - Building Relationships Play cooperatively and take turns with others ELG - Self Regulation: Give focussed attention to what the teacher says, responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas	perseverance in the face of challenge <u>ELG - Building</u> <u>Relationships</u> • Play cooperatively and take turns with others <u>ELG - Self Regulation</u> : • Give focussed attention to what the teacher says, responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas	from wrong and try to behave accordingly • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge ELG - Building Relationships • Play cooperatively and take turns with others ELG - Self Regulation: • Give focussed attention to what the teacher says, responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge ELG - Building Relationships Play cooperatively and take turns with others ELG - Self Regulation: Set and work towards simple goals Give focussed attention to what the teacher says, responding appropriately even when engaged in activity and show an ability to follow instructions involving several ideas
1	Indoor	Indoor	Indoor	Indoor	Indoor	Indoor
T	Gymnastics	Dance	Gymnastics	Dance	Gymnastics:	Dance
	'Travelling'	Winter festivals:	'Taking weight on	Dance book - comic	Transferring weight	'Telling a story
	NC skills =	Diwali	different parts'		from one body part to another	through dance'
	NSA <u>UNIT 1</u>	NSA UNIT 2	NSA UNIT 3	NSA UNIT 4	NSA UNIT 5	NSA UNIT 6
	Fundamental	Exploring Manipulative	Functional Movement	Developing	Movement Concepts	Athletics
	Movement Skills	Skills		Manipulative Skills		Fundamentals
	Through Tag Games	Links to Nice the steel	Links to NC:	Links to NGs Mostos	Links to NC: Master	Links to NG. Annie
	<b>Links to NC</b> : Master	Links to NC: Master basic movements,	Developing co- ordination and balance,	Links to NC: Master basic movements;	basic movements; jumping, develop	Links to NC: Apply running, jumping,
	basic movements.	throwing, co-	participate in team	throwing and catching,	balance, movement	throwing in a range of
	Running, agility,	ordination and balance.	games	participate in team	patterns	competitive activities
	participate in team			games		
	games					

	Indoor	Indoor	Indoor	Indoor	Indoor	Indoor
2	<b>Gymnastics</b>	Dance:	<b>Gymnastics</b> – Parts	Dance	Gymnastics: Jumping	Dance: Learning and
	Balance	Communicating	High and low	Using dynamics to	and Landing	Performing a style of
		different moods,		develop the dance -		dance - Salsa
		feelings and ideas		machines		
		through				
	NSA <u>UNIT 1</u>	NSA UNIT 2	NSA UNIT 3	NSA UNIT 4	NSA UNIT 5	NSA UNIT 6
	Fundamental	Exploring Manipulative	Functional Movement	Developing	Movement Concepts	Athletics
	Movement Skills	Skills		Manipulative Skills	morement concepts	Fundamentals
	Through Tag Games		Links to NC: Master	- Maniparari Commo	Links to NC: Apply	T and anyon are
	······································	Links to NC: Master	basic movements	Links to NC: Master	basic movements in a	Links to NC: Engage
	Links to NC: Master	basic movements	including running,	basic movements	range of activities.	in competitive and co-
	basic movements	including throwing,	jumping, striking, co-	including throwing and	Develop simple tactics	operative physical
	including running.	develop balance and	ordination and agility.	catching. Participate in	for attacking and	activities in a range of
	Develop agility and	coordination. Engage in		team games. Engage in	defending.	increasingly
	speed. Participate in	co-operative physical		co-operative physical		challenging situations.
	team games. Develop	activities		activities.		
	simple tactics for					
	attacking and					
	defending.					
	Indoor	Indoor	Indoor	Indoor	Indoor	Outdoor Teacher:
	Tugool.	Tudool.				
~	Gymnastics: Travellina					
3	Gymnastics: Travelling with a change of	Dance: Unit 1 Linking	Gymnastics:	Dance Unit 2 -	Dance: Myths and	Athletics: Sports Day
3	with a change of	Dance: Unit 1 Linking dance actions - Outer		Dance Unit 2 - Exploring cultural	<b>Dance:</b> Myths and legends – Jason and	
3		Dance: Unit 1 Linking	Gymnastics:	Dance Unit 2 -	Dance: Myths and	Athletics: Sports Day
3	with a change of	Dance: Unit 1 Linking dance actions - Outer	Gymnastics:	Dance Unit 2 - Exploring cultural	<b>Dance:</b> Myths and legends – Jason and	Athletics: Sports Day
3	with a change of direction.	Dance: Unit 1 Linking dance actions - Outer Space	Gymnastics: Stretching and curling.	<b>Dance</b> Unit 2 - Exploring cultural dance.	Dance: Myths and legends – Jason and the Argonauts.	Athletics: Sports Day practise
3	with a change of direction.  NSA NETBALL	Dance: Unit 1 Linking dance actions - Outer Space NSA FOOTBALL	Gymnastics: Stretching and curling.  NSA HOCKEY	Dance Unit 2 - Exploring cultural dance.  NSA TENNIS	Dance: Myths and legends - Jason and the Argonauts.  NSA ATHLETICS	Athletics: Sports Day practise  NSA ROUNDERS
3	with a change of direction.  NSA NETBALL  Links to NC: Use	Dance: Unit 1 Linking dance actions - Outer Space  NSA FOOTBALL  Links to NC: Use	Gymnastics: Stretching and curling.  NSA HOCKEY  Links to NC: Use	Dance Unit 2 - Exploring cultural dance.  NSA TENNIS Links to NC: Use	Dance: Myths and legends - Jason and the Argonauts.  NSA ATHLETICS  Links to NC: Use	Athletics: Sports Day practise  NSA ROUNDERS  Links to NC: Use
3	with a change of direction.  NSA NETBALL  Links to NC: Use running, throwing and	Dance: Unit 1 Linking dance actions - Outer Space  NSA FOOTBALL  Links to NC: Use running, kicking,	Gymnastics: Stretching and curling.  NSA HOCKEY  Links to NC: Use running, dribbling and	Dance Unit 2 - Exploring cultural dance.  NSA TENNIS  Links to NC: Use running, and striking in	Dance: Myths and legends - Jason and the Argonauts.  NSA ATHLETICS  Links to NC: Use running, jumping and	Athletics: Sports Day practise  NSA ROUNDERS  Links to NC: Use running, throwing,
3	with a change of direction.  NSA NETBALL  Links to NC: Use running, throwing and catching in isolation	Dance: Unit 1 Linking dance actions - Outer Space  NSA FOOTBALL  Links to NC: Use running, kicking, jumping in isolation	Gymnastics: Stretching and curling.  NSA HOCKEY  Links to NC: Use running, dribbling and striking in isolation	Dance Unit 2 - Exploring cultural dance.  NSA TENNIS  Links to NC: Use running, and striking in isolation and in combination. Play competitive	Dance: Myths and legends - Jason and the Argonauts.  NSA ATHLETICS  Links to NC: Use running, jumping and throwing in isolation	Athletics: Sports Day practise  NSA ROUNDERS  Links to NC: Use running, throwing, catching and striking
3	with a change of direction.  NSA NETBALL  Links to NC: Use running, throwing and catching in isolation and in combination. Play competitive games, modified where	Dance: Unit 1 Linking dance actions - Outer Space  NSA FOOTBALL  Links to NC: Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where	Gymnastics: Stretching and curling.  NSA HOCKEY  Links to NC: Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where	Dance Unit 2 - Exploring cultural dance.  NSA TENNIS  Links to NC: Use running, and striking in isolation and in combination. Play competitive games, modified where	Dance: Myths and legends - Jason and the Argonauts.  NSA ATHLETICS  Links to NC: Use running, jumping and throwing in isolation and in combination.  Play competitive games, modified where	Athletics: Sports Day practise  NSA ROUNDERS  Links to NC: Use running, throwing, catching and striking in isolation and in combination. Play competitive
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3	with a change of direction.  NSA NETBALL  Links to NC: Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an	Dance: Unit 1 Linking dance actions - Outer Space  NSA FOOTBALL  Links to NC: Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an	Gymnastics: Stretching and curling.  NSA HOCKEY  Links to NC: Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an	Dance Unit 2 - Exploring cultural dance.  NSA TENNIS  Links to NC: Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop	Dance: Myths and legends - Jason and the Argonauts.  NSA ATHLETICS  Links to NC: Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop	Athletics: Sports Day practise  NSA ROUNDERS  Links to NC: Use running, throwing, catching and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each

		Learn how to evaluate and recognise success	Learn how to evaluate and recognise success	how to improve in different sports. Learn how to evaluate and recognise success	understanding of how to improve in different sports. Learn how to evaluate and recognise success	balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success
4	Indoor Gymnastics 'Balance'	Indoor Dance 'Dance - Characters History Focus'	Indoor Gymnastics 'Receiving body weight'	Indoor Dance Dance - Characters Literacy Focus	Indoor Dance Characters - R.E focus Indian Gods incorporating the core task	Outdoor Athletics Sports Day
	Links to NC: Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports.	NSA FOOTBALL  Links to NC: Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success	NSA HOCKEY  Links to NC: Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success	NSA TENNIS  Links to NC: Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, technique and control. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success	NSA ATHLETICS  Links to NC: Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success	NSA ROUNDERS  Links to NC: Use running, throwing, catching and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success
5	Indoor Gymnastics: Flight	Indoor Dance: Formations in historical dance.	Indoor Gymnastics Bridges	Swimming	Swimming	Swimming

	NSA NETBALL	NSA FOOTBALL	NSA HOCKEY	NSA TENNIS	NSA ATHLETICS	NSA ROUNDERS
	Links to NC: Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Apply basic principles for attacking and defending	Links to NC: Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Apply basic principles for attacking and defending	Links to NC: Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Apply basic principles for attacking and defending	Links to NC: Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, technique and control. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement	Links to NC: Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement	Links to NC: Use running, throwing, catching and striking in isolation and in combination.  Play competitive games, modified where appropriate.  Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports.  Learn how to evaluate and recognise success.  Compare performances with previous ones and demonstrate improvement
6	Indoor  Gymnastics  Mirroring and  Matching	Indoor Dance: Visual media	Indoor Gymnastics Counter balance – counter tension	Indoor Dance Putting on a performance.	Teacher: Outdoor: Invasion Games: Attacking Defending Play	Outdoor Athletics (Sports Day)
	NSA NETBALL	NSA FOOTBALL	NSA HOCKEY	NSA TENNIS	NSA ATHLETICS	NSA ROUNDERS
	Links to NC: Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Communicate,	Links to NC: Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where appropriate. Communicate,	Links to NC: Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate,	Links to NC: Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate,	Links to NC: Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate. Communicate,	Links to NC: Use running, throwing, catching and striking in isolation and in combination. Play competitive games, modified where appropriate.

collaborate and compete with each other. Develop an understanding of how to improve in different sports. Apply basic principles for attacking and defending	collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Apply basic principles for attacking and defending	collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Apply basic principles for attacking and defending	collaborate and compete with each other. Develop flexibility, technique and control. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement	collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate	Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and
				improvement	demonstrate improvement