

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 Links to EYFS Framework <u>ELG - Gross Motor Skills</u> : • Negotiate space and obstacles safely with consideration for themselves and others	NSA UNIT 2 Links to EYFS Framework <u>ELG -Gross Motor Skills</u> : • Moves energetically such as running, jumping, hopping <u>ELG -Managing Self</u> : • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge <u>ELG - Building Relationships</u>	NSA UNIT 3 Links to EYFS Framework <u>ELG -Gross Motor Skills</u> : • Demonstrate strength, balance and coordination when playing <u>ELG -Managing Self</u> : • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge	NSA UNIT 4 Links to EYFS Framework <u>ELG -Gross Motor Skills</u> : • Moves energetically, such as running, jumping, hopping and skipping • Negotiate space and obstacles safely <u>ELG -Managing Self</u> : • Be confident to try new activities and show independence, resilience and	NSA UNIT 5 Links to EYFS Framework <u>ELG -Gross Motor Skills</u> : • Moves energetically, such as running, jumping, hopping and skipping • Demonstrate strength, balance and coordination when playing <u>ELG -Managing Self</u> : • Explain the reasons for rules, know right	NSA UNIT 6 Links to EYFS Framework <u>ELG -Gross Motor Skills</u> : • Negotiates space with consideration for others • Moves energetically, such as running, jumping, hopping and skipping • Demonstrate strength, balance and coordination when playing <u>ELG -Managing Self</u> :

		<ul style="list-style-type: none"> • Play cooperatively and take turns with others 	<p><u>ELG - Building Relationships</u></p> <ul style="list-style-type: none"> • Play cooperatively and take turns with others <p><u>ELG - Self Regulation:</u></p> <ul style="list-style-type: none"> • 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 	<p>perseverance in the face of challenge</p> <p><u>ELG - Building Relationships</u></p> <ul style="list-style-type: none"> • Play cooperatively and take turns with others <p><u>ELG - Self Regulation:</u></p> <ul style="list-style-type: none"> • 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 	<p>from wrong and try to behave accordingly</p> <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge <p><u>ELG - Building Relationships</u></p> <ul style="list-style-type: none"> • Play cooperatively and take turns with others <p><u>ELG - Self Regulation:</u></p> <ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge <p><u>ELG - Building Relationships</u></p> <ul style="list-style-type: none"> • Play cooperatively and take turns with others <p><u>ELG - Self Regulation:</u></p> <ul style="list-style-type: none"> • 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	<p>Indoor Gymnastics 'Travelling' NC skills =</p>	<p>Indoor Dance Winter festivals: Diwali</p>	<p>Indoor Gymnastics 'Taking weight on different parts'</p>	<p>Indoor Dance Dance book - comic</p>	<p>Indoor Gymnastics: Transferring weight from one body part to another</p>	<p>Indoor Dance 'Telling a story through dance'</p>
	<p>NSA UNIT 1 Fundamental Movement Skills Through Tag Games</p> <p><i>Links to NC: Master basic movements. Running, agility, participate in team games</i></p>	<p>NSA UNIT 2 Exploring Manipulative Skills</p> <p><i>Links to NC: Master basic movements, throwing, co-ordination and balance.</i></p>	<p>NSA UNIT 3 Functional Movement</p> <p><i>Links to NC: Developing co-ordination and balance, participate in team games</i></p>	<p>NSA UNIT 4 Developing Manipulative Skills</p> <p><i>Links to NC: Master basic movements; throwing and catching, participate in team games</i></p>	<p>NSA UNIT 5 Movement Concepts</p> <p><i>Links to NC: Master basic movements; jumping, develop balance, movement patterns</i></p>	<p>NSA UNIT 6 Athletics Fundamentals</p> <p><i>Links to NC: Apply running, jumping, throwing in a range of competitive activities</i></p>

2	<p>Indoor Gymnastics Balance</p>	<p>Indoor Dance: Communicating different moods, feelings and ideas through</p>	<p>Indoor Gymnastics – Parts High and low</p>	<p>Indoor Dance Using dynamics to develop the dance - machines</p>	<p>Indoor Gymnastics: Jumping and Landing</p>	<p>Indoor Dance: Learning and Performing a style of dance - Salsa</p>
	<p>NSA UNIT 1 Fundamental Movement Skills Through Tag Games</p> <p><i>Links to NC: Master basic movements including running. Develop agility and speed. Participate in team games. Develop simple tactics for attacking and defending.</i></p>	<p>NSA UNIT 2 Exploring Manipulative Skills</p> <p><i>Links to NC: Master basic movements including throwing, develop balance and coordination. Engage in co-operative physical activities</i></p>	<p>NSA UNIT 3 Functional Movement</p> <p><i>Links to NC: Master basic movements including running, jumping, striking, co-ordination and agility.</i></p>	<p>NSA UNIT 4 Developing Manipulative Skills</p> <p><i>Links to NC: Master basic movements including throwing and catching. Participate in team games. Engage in co-operative physical activities.</i></p>	<p>NSA UNIT 5 Movement Concepts</p> <p><i>Links to NC: Apply basic movements in a range of activities. Develop simple tactics for attacking and defending.</i></p>	<p>NSA UNIT 6 Athletics Fundamentals</p> <p><i>Links to NC: Engage in competitive and co-operative physical activities in a range of increasingly challenging situations.</i></p>
3	<p>Indoor Gymnastics: Travelling with a change of direction.</p>	<p>Indoor Dance: Unit 1 Linking dance actions - Outer Space</p>	<p>Indoor Gymnastics: Stretching and curling.</p>	<p>Indoor Dance Unit 2 - Exploring cultural dance.</p>	<p>Indoor Dance: Myths and legends - Jason and the Argonauts.</p>	<p>Outdoor Teacher: Athletics: Sports Day practise</p>
	<p>NSA NETBALL</p> <p><i>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.</i></p>	<p>NSA FOOTBALL</p> <p><i>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.</i></p>	<p>NSA HOCKEY</p> <p><i>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.</i></p>	<p>NSA TENNIS</p> <p><i>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</i></p>	<p>NSA ATHLETICS</p> <p><i>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</i></p>	<p>NSA ROUNDERS</p> <p><i>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</i></p>

		<i>Learn how to evaluate and recognise success</i>	<i>Learn how to evaluate and recognise success</i>	<i>how to improve in different sports. Learn how to evaluate and recognise success</i>	<i>understanding of how to improve in different sports. Learn how to evaluate and recognise success</i>	<i>balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success</i>
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
	NSA NETBALL <i>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.</i>	NSA FOOTBALL <i>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</i>	NSA HOCKEY <i>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</i>	NSA TENNIS <i>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</i>	NSA ATHLETICS <i>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</i>	NSA ROUNDERS <i>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</i>
5	Indoor Gymnastics: Flight	Indoor Dance: Formations in historical dance.	Indoor Gymnastics Bridges	Swimming	Swimming	Swimming

	<p>NSA NETBALL</p> <p><i>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</i></p>	<p>NSA FOOTBALL</p> <p><i>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</i></p>	<p>NSA HOCKEY</p> <p><i>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</i></p>	<p>NSA TENNIS</p> <p><i>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</i></p>	<p>NSA ATHLETICS</p> <p><i>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</i></p>	<p>NSA ROUNDERS</p> <p><i>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</i></p>
6	<p>Indoor Gymnastics Mirroring and Matching</p>	<p>Indoor Dance: Visual media</p>	<p>Indoor Gymnastics Counter balance - counter tension</p>	<p>Indoor Dance Putting on a performance.</p>	<p>Teacher: Outdoor: Invasion Games: Attacking Defending Play</p>	<p>Outdoor Athletics (Sports Day)</p>
	<p>NSA NETBALL</p> <p><i>Links to NC: Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Communicate,</i></p>	<p>NSA FOOTBALL</p> <p><i>Links to NC: Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where appropriate. Communicate,</i></p>	<p>NSA HOCKEY</p> <p><i>Links to NC: Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate,</i></p>	<p>NSA TENNIS</p> <p><i>Links to NC: Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate,</i></p>	<p>NSA ATHLETICS</p> <p><i>Links to NC: Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate. Communicate,</i></p>	<p>NSA ROUNDERS</p> <p><i>Links to NC: Use running, throwing, catching and striking in isolation and in combination. Play competitive games, modified where appropriate.</i></p>

	<p><i>collaborate and compete with each other. Develop an understanding of how to improve in different sports. Apply basic principles for attacking and defending</i></p>	<p><i>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</i></p>	<p><i>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</i></p>	<p><i>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</i></p>	<p><i>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</i></p>	<p><i>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</i></p>
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