

Physical Education Curriculum Map 2021-22

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: NSA Floor gymnastics	Indoor: NSA Gymnastics with apparatus	Indoor: NSA Principles of dance	Indoor: NSA Dance Genres	Indoor: NSA Rhythmic gymnastics	Indoor: NSA Choreography and performance
	<p>NSA UNIT 1</p> <p>Links to EYFS Framework <u>ELG - Gross Motor Skills:</u> •Negotiate space and obstacles safely with consideration for themselves and others</p>	<p>NSA UNIT 2</p> <p>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></p>	<p>NSA UNIT 3</p> <p>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</p>	<p>NSA UNIT 4</p> <p>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</p>	<p>NSA UNIT 5</p> <p>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</p>	<p>NSA UNIT 6</p> <p>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></p>

		<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: NSA Floor gymnastics</p>	<p>Indoor: NSA Gymnastics with apparatus</p>	<p>Indoor: NSA Principles of dance</p>	<p>Indoor: NSA Dance Genres</p>	<p>Indoor: NSA Rhythmic gymnastics</p>	<p>Indoor: NSA Choreography and performance</p>
	<p><u>NSA UNIT 1</u> Fundamental Movement Skills Through Tag Games</p> <p><i>Links to NC: Master basic movements. Running, agility, participate in team games</i></p>	<p><u>NSA UNIT 2</u> Exploring Manipulative Skills</p> <p><i>Links to NC: Master basic movements, throwing, co-ordination and balance.</i></p>	<p><u>NSA UNIT 3</u> Functional Movement</p> <p><i>Links to NC: Developing co-ordination and balance, participate in team games</i></p>	<p><u>NSA UNIT 4</u> Developing Manipulative Skills</p> <p><i>Links to NC: Master basic movements; throwing and catching, participate in team games</i></p>	<p><u>NSA UNIT 5</u> Movement Concepts</p> <p><i>Links to NC: Master basic movements; jumping, develop balance, movement patterns</i></p>	<p><u>NSA UNIT 6</u> Athletics Fundamentals</p> <p><i>Links to NC: Apply running, jumping, throwing in a range of competitive activities</i></p>

2	Indoor: NSA Floor gymnastics	Indoor: NSA Gymnastics with apparatus	Indoor: NSA Principles of dance	Indoor: NSA Dance Genres	Indoor: NSA Rhythmic gymnastics	Indoor: NSA Choreography and performance
	<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	Indoor: NSA Floor gymnastics	Indoor: NSA Gymnastics with apparatus	Indoor: NSA Principles of dance	Indoor: NSA Dance Genres	Indoor: NSA Rhythmic gymnastics	Indoor: NSA Choreography and performance
	<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. Learn how to evaluate and recognise success</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</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.</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</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</i></p>

				<i>Learn how to evaluate and recognise success</i>	<i>different sports. Learn how to evaluate and recognise success</i>	<i>to improve in different sports. Learn how to evaluate and recognise success</i>
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	NSA NETBALL <i>Links to NC: Use running, throwing and catching in isolation and in combination.</i>	NSA FOOTBALL <i>Links to NC: Use running, kicking, jumping in isolation and in combination.</i>	NSA HOCKEY <i>Links to NC: Use running, dribbling and striking in isolation and in combination.</i>	NSA TENNIS <i>Links to NC: Use running, and striking in isolation and in combination.</i>	NSA ATHLETICS <i>Links to NC: Use running, jumping and throwing in isolation and in combination.</i>	NSA ROUNDERS <i>Links to NC: Use running, throwing, catching and striking</i>

	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>
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	<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</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</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</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</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</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</i></p>

	<p><i>for attacking and defending</i></p>	<p><i>and recognise success. Apply basic principles for attacking and defending</i></p>	<p><i>and recognise success. Apply basic principles for attacking and defending</i></p>	<p><i>different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement</i></p>	<p><i>to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement</i></p>	<p><i>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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