

PE Program of Study Curriculum Map

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Year R	<p>Balance and Co-ordination Multi – Skills. (Settling in) <u>MH 30-50months</u></p> <ul style="list-style-type: none"> - Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. <p><u>HSC 30-50 months</u></p> <ul style="list-style-type: none"> - 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. 	<p>Changing Direction Multi Skills <u>MH 30-50months</u></p> <ul style="list-style-type: none"> - Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. - 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. <p><u>MH 40-60months</u></p> <ul style="list-style-type: none"> - Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. <p><u>HSC 30-50 months</u></p> <ul style="list-style-type: none"> - 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. - Observes the effects of activity on their bodies. <p><u>HSC 40-60 months</u></p> <ul style="list-style-type: none"> - Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. 	<p>ABC programme (NHS Assessment) Alongside Gymnastics (Gymnastics - Val Sabine) <u>MH 40-60months</u></p> <ul style="list-style-type: none"> - Jumps off an object and lands appropriately - Travels with confidence and skill around, under, over and through balancing and climbing equipment. - Can stand momentarily on one foot when shown - Experiments with different ways of moving. <p><u>HSC 30-50 months</u></p> <ul style="list-style-type: none"> - 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. - Observes the effects of activity on their bodies. <p><u>HSC 40-60 months</u></p> <ul style="list-style-type: none"> - Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. 	<p>ABC programme (NHS Assessment) Alongside Dance (Dance -Val Sabine) <u>MH 40-60months</u></p> <ul style="list-style-type: none"> - Can stand momentarily on one foot when shown. - Jumps off an object and lands appropriately - Travels with confidence and skill around, under, over and through balancing and climbing equipment. - Experiments with different ways of moving. <p><u>MH ELG</u></p> <ul style="list-style-type: none"> - They move confidently in a range of ways, safely negotiating space. <p><u>HSC 40-60 months</u></p> <ul style="list-style-type: none"> - Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. - Shows understanding of how to transport and store equipment safely. 	<p>Ball Control – Team working (Games - Val Sabine) <u>MH 40-60months</u></p> <ul style="list-style-type: none"> - Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. - Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. <p><u>MH ELG</u></p> <ul style="list-style-type: none"> - They move confidently in a range of ways, safely negotiating space. Children show good control and co-ordination in large and small movements. <p><u>HSC 40-60 months</u></p> <ul style="list-style-type: none"> - Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. - Shows understanding of how to transport and store equipment safely. <p><u>HSC ELG</u></p> <ul style="list-style-type: none"> - Children know the importance for good health of physical exercise - They manage their own basic hygiene and personal needs successfully, including dressing. 	<p>Athletics (Athletics - Val Sabine) <u>MH 40-60months</u></p> <ul style="list-style-type: none"> - Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. <p><u>MH ELG</u></p> <p>Children show good control and co-ordination in large and small movements.</p> <p><u>HSC 40-60 months</u></p> <ul style="list-style-type: none"> - Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. - Shows understanding of how to transport and store equipment safely. <p><u>HSC ELG</u></p> <ul style="list-style-type: none"> - Children know the importance for good health of physical exercise - They manage their own basic hygiene and personal needs successfully, including dressing
Year 1	ABC Programme	Gymnastics	Dance	Games	Games	Athletics

	<p>(NHS Assessment) (7/8 weeks) <i>Alongside</i> Dance Agility, Balance, Co-ordination <i>Inside</i> (Dance Notes) NC: Perform dances using simple movement patterns.</p>	<p>Agility, Balance, Co-ordination <i>Inside</i> (Gymnastics - Val Sabine) NC: Developing balance, agility and coordination Begin to apply these in a range of activities</p>	<p>Agility, Balance, Co-ordination <i>Inside</i> (Dance Notes) NC: Perform dances using simple movement patterns. Agility and co-ordination. Master basic movements including running and jumping.</p>	<p>Sending and Receiving <i>Outside</i> (Games-Val Sabine) NC: Participate in team games, developing simple tactics for attacking and defending. Begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Attacking and Defending <i>Outside</i> (Games-Val Sabine) NC: Agility and co-ordination. Begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Running and Jumping (5 weeks) + (2 weeks pre sports day) <i>Outside</i> (Athletics -Val Sabine) NC: Master basic movements including running, jumping, throwing and catching. Begin to apply these in a range of activities</p>
Year 2	<p>Multi Skills and Gymnastics Agility, Balance, Co-ordination <i>Outside/Inside</i> (Gymnastics - Val Sabine) NC: Developing balance, agility and coordination. Begin to apply these in a range of activities. Developing evaluation skills.</p>	<p>Gymnastics Agility, Balance, Co-ordination <i>Inside</i> (Gymnastics - Val Sabine) NC: Developing balance, agility and coordination. Begin to apply these in a range of activities . Developing evaluation skills.</p>	<p>Dance Agility, Balance, Co-ordination <i>Inside</i> (Dance Notes) NC: Perform dances using simple movement patterns. Agility and co-ordination and developing evaluation skills. Master basic movements including running and jumping.</p>	<p>Games Attacking and Defending <i>Outside</i> (Games -Val Sabine) NC: Agility and co-ordination. Begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Games Striking and Feilding <i>Outside</i> (Games-Val Sabine) NC: Participate in team games. Master basic movements including throwing and catching and begin to apply these in a range of activities.</p>	<p>Athletics Running and Jumping (5 weeks) + (2 weeks pre sports day) <i>Outside</i> (Athletics -Val Sabine) NC: Master basic movements including running, jumping, throwing and catching. Begin to apply these in a range of activities.</p>



PE Vocabulary Curriculum Map

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Year R	Balance and Co-ordination Travelling High/Low Balance Slow/Quick Turn Coordination	Changing Direction Travelling High/Low Balance Slow/Quick Turn Coordination Direction	Gymnastics Skip Jump Run Step Rest Fast/slow Turn Space Leap	Dance limbs Control Movement Smooth movements Balance Shape	Ball Control Send Point at target Long follow through Vision Balance Receive Watch the ball Target Aim	Athletics Low to high Twist Balance Push Send Speed Sprint Height Start/Finish Time
Year 1	Dance Point limbs Control Movement Smooth movements Balance Shape Point	Gymnastics Point limbs Control Movement Smooth movements Balance Shape Point Equipment names Hop Bounce Thin/Wide shapes Stretch Combination Apparatus	Dance Evaluate Improve Descision Next Step	Games Send Receive Waist (below) Travel Dribble Bouce Catch Throw Push Target Communicate Push Accept	Games Racquet Strike Tilt Control Hit Serve Pass Send	Athletics Level hands Point forward Drive forward Control

Year 2	Multi Skills Apparatus rules Setting up/taking down equipment Balance Coordination Focus Opinions	Gymnastics Develop Refine Accelerate Continuous movement Body weight Flight Synchronisation Bridges Symmetry/ Asymmetry	Dance Canon Unison Contrasting Surrounding Leading /Following Formations Appreciating/ Evaluating Composing Gesturing Improvise	Games Passing Send Target Receiving Point Under arm swing Defend Attack Pass Communication Pivot Travel	Games Catch Throw Receiving Batting Strike Fielding Stance Base Run Communicate	Athletics Transition Push shoulders Control breath Lengthen stride Explode Lean
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