

Curriculum Map: Physical Education

	Key Knowledge and Skills	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception 3-4	<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	Initial physical assessments	Gross Motor focus Carrying heavy/large objects Using bikes, scooters etc Climbing – Can they climb safely?	Gross Motor focus Carrying heavy/large objects Using bikes, scooters etc Climbing	Gross Motor focus Using bikes, scooters etc – Develop accuracy – assault courses, set up tracks on playground Climbing	Gross Motor focus Using bikes, scooters etc Climbing	Sports Day practise and preparation
Enrichment			Forest school	Forest school	Forest school	Forest school	
Year 1	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Participate in team games, developing simple tactics for attacking and defending Perform dances using simple movement patterns 	PE 1: Real PE Coordination: footwork Static balance: one leg PE 2: Playground games	PE 1: Real PE Dynamic balance to agility: jumping and landing Static balance: seated PE 2: Gym – shape and travel	PE 1: Real PE Dynamic balance: on a line Static balance: stance PE 2: Gym- Flight and rotation	PE 1: Real PE <i>Counter balance:</i> with a partner <i>Coordination:</i> ball skills PE 2: Dance- Cognitive. shapes, artistry, partnering, circles	PE 1: Real PE Agility: reaction / response <i>Coordination:</i> sending and receiving PE 2: Dance shapes, artistry, partnering, circles	PE 1:Real PE Agility: Ball chasing <i>Static balance:</i> floor work PE 2: Sports Day practise and preparation
Enrichment			Forest school	Forest school	Forest school	Forest school	
Year 2		Real PE Coordination: footwork Static balance: one leg PE 2: Playground games	Real PE Dynamic balance to agility: jumping and landing Static balance: seated PE 2: Gym- shape and travel	Real PE Dynamic balance: on a line Static balance: stance PE 2: Gym- Flight and rotation	Real PE <i>Counter balance:</i> with a partner <i>Coordination:</i> ball skills PE 2: Dance shapes, artistry, partnering, circles	Real PE Agility: reaction / response <i>Coordination:</i> sending and receiving PE 2: Dance shapes, artistry, partnering, circles	Real PE Agility: Ball chasing <i>Static balance:</i> floor work PE 2: Sports Day practise and preparation
Enrichment							