PE Curriculum Map

At Biscovey Infant School a wide range of PE is delivered to the pupils, with the aim to motivate, engage and inspire children to live an active life. Lessons are taught by our teachers and qualified teaching assistants, as well as external providers for blocks and one off sessions.

Along with many other factors, we believe that the academic success that our children achieve throughout the school is strongly impacted by the many opportunities they have to lead an active and healthy lifestyle through taking part in high quality P.E. lessons and extra curricular activities.

Children who are provided with positive experiences of sport at a primary school age are much more likely to lead active and healthy lifestyles later in life. We consider our role in providing these positive experiences vital to the children's wellbeing, both in the present day and in the future.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| EYFS | **Body Management – Introduce apparatus**  I can experiment with different ways of moving.  I can negotiate space successfully.  I can travel with confidence. | **Balance**  **Balance on different parts of the body**  I can travel under and over and through apparatus.  I can travel with confidence and skill around, under, over and through balancing and climbing equipment . | **Dance**  **Action rhymes, and rhythms**  I can experiment with different ways of moving.  I can negotiate space when playing with other children.    I can use my imagination | **Games**  **Jumping, rolling and aiming activities**  I can jump of an object and land appropriately.  I can show increasing control over an object when throwing and catching. | **Apparatus**  I can move safely in a range of ways.  I can show good coordination in large and small movements | **Games**  **Sending and receiving, throwing,**  **Hopping and Skipping**  I can safely negotiate space.  I can hop confidently and skip in time to music  I can move confidently in a range of ways |
| Year 1 | **Games – Sending and receiving the ball**  I can throw a ball underarm, over arm and use a bounce pass.  I can move into a given space to catch a ball.  I can pass a ball to a partner using my hands and feet. | **Gymnastics – Balance and agility**  I can balance using my hands and feet .  I can create different shapes when balancing eg, thin, wide, twisted, curl .  I can travel in different ways e.g, jumping, skipping, walking, leaping, hopping etc. | **Dance – performing simple movement patterns**  I can perform basic dance actions.  I can travel and change direction.  I can change size and shape. | **Apparatus -**  I can develop balancing on the floor or on different apparatus  I can apply my skills to a range of activities. | **Athletics – Running, jumping, throwing, hopping**  I can sprint up to 60m  I can use over arm and underarm throws to throw items in a straight line.  I can jump side to side with both feet together. | **Games -Hitting and striking**  I can hit a ball using different equipment  I can kick and strick a ball using a racquet, bat etc. |
| Year 2 | **Gymnastics – Balance and agility**  I can combine short movements to combine simple balances e.g, balance-travel-balance.  I can perform simple rolls g, forward, pencil, teddy-bear.  I can travel in different ways e.g, jumping, skipping, walking, leaping, hopping etc. | **Games – Travelling with the ball**  I can hit a ball with a tennis style bat or racquet.  I can stop a ball with my feet before passing it.  I can move into a given space within a game.  I can begin to understand where to stand to make a game more difficult for an opponent. | **Dance – creating short dances**  I can copy short dance motifs.  I can link two or more actions together | **Games – Attacking and defending**  I can throw, catch, bounce comfortable while static and on the move.  I can develop skills and understanding of games.  I can play different roles within a team. | **Athletics – Running, jumping, throwing, hopping**  I can run 100m.  I can jump from side to side with both feet together, one foot to another.  I can use over arm and underarm throws to throw items in a straight line. | **Swimming**  I am confident to get in the water.  I can submerge my head under the water and blow bubbles.  I can swim 10m on my back or front without stopping. |