

Upminster Infant School



Physical Education

Curriculum Progression and Overview

PE Long Term Map and Progression (National Curriculum)

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	<u>Indoor</u>	<u>Outdoor</u>	<u>Indoor</u>	<u>Outdoor</u>	<u>Indoor</u>	<u>Outdoor</u>	<u>Indoor</u>	<u>Outdoor</u>	<u>Indoor</u>	<u>Outdoor</u>	<u>Outdoor</u>	<u>Outdoor</u>
EYFS	F.U.N Fundamental 's	F.U.N Fundamental 's	Circuit Training (fitness)	Gymnastics (indoor)	Gymnastics	Dance (indoor)	Gymnastics	Team games	Indoor athletics	Team games	Athletics	Team games
Year 1	Multi – Skills	Team Games	Circuit Training (fitness)	Creative games	Gymnastics	Handball	Gymnastics	Athletics (Quad kids)	Dance (musical theatre)	Athletics (Quad kids)	Striking and fielding games	Netball
	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.	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	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.	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	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	perform dances using simple movement patterns.	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	participate in team games, developing simple tactics for attacking and defending

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Year 2	Indoor athletics	Creative games	Circuit Training (fitness)	Team games	Gymnastics	Netball	Gymnastics	Athletics (Quad kids)	Dance (hip hop)	Athletics (Quad kids)	Striking and fielding games	Handball
	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.	Use running, jumping, throwing and catching in isolation and in combination. Compare performance with previous ones and demonstrate improvement to achieve personal best.	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	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.	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	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	perform dances using simple movement patterns.	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	participate in team games, developing simple tactics for attacking and defending

PE Curriculum Overview

I can statements

EYFS	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
	<p>Fundamentals To understand different movements used in a variety of sports. To also be able to understand set rules and expectations in PE lessons</p>	<p>Circuit training What are the different components used in physical activity. exploring each component</p> <p>Gymnastics What are the different components used in physical activity. exploring each component</p>	<p>Gymnastics To use our shapes to balance and travel along apparatus</p> <p>Dance To move your body to the beat/rhythm of the music. To start to develop and remember sequences</p>	<p>Gymnastics To use our gymnastics shapes and ways of travel to start to come up with a variety of gymnastic sequences</p> <p>Team games To explore a variety of different team games.</p>	<p>Indoor athletics To use our gymnastics shapes and ways of travel to start to come up with a variety of gymnastic sequences</p> <p>Team games To use our gymnastics shapes and ways of travel to start to come up with a variety of gymnastic sequences</p>	<p>Athletics To use our gymnastics shapes and ways of travel to start to come up with a variety of gymnastic sequences</p> <p>Team games Starting to introduce competitive games.</p>
Year 1	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
	<p>Multi-skills To focus on a key skill each week balance, agility and co-ordination etc.</p> <p>Team games To explore a variety of different team games.</p>	<p>Circuit training What are the different components used in physical activity. exploring each component</p> <p>Creative games To explore different sporting equipment to create games. Looking at how you can use different sports skills in combination or isolation</p>	<p>Gymnastics To develop flexibility, control, balance and strength mainly focusing on floor level apparatus</p> <p>Handball Play competitive games within handball from adaptive rules to normal rules. Developing coordination, agility and communication skills</p>	<p>Gymnastics To develop flexibility, control, balance and strength mainly focusing on high level apparatus</p> <p>Athletics To explore the athletics event quad kids trails to take place</p>	<p>Dance – musical theatre To explore arrange of theatrical movements and expressive movements through music</p> <p>Athletics To explore the athletics event quad kids. Training to take place</p>	<p>Striking and fielding games Exploring adaptive games of cricket and rounder's</p> <p>Netball To explore the game netball and the adaptive version high five looking at the core skills involved</p>
Year 2	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
	<p>Indoor athletics To explore a range of different running, jumping and throwing events used in indoor athletics events.</p> <p>Creative games To use a vast arrange of equipment to explore different games that could be made by children. Using creative and social skills.</p>	<p>Circuit training To explore different fitness component's use in physical activity and why are they important. Exploring how we test each component</p> <p>Team games To explore a variety of different team games. (invasion games)</p>	<p>Gymnastics To develop flexibility, control, balance and strength mainly focusing on floor level apparatus and high level apparatus</p> <p>netball To gain a better understanding of the netball rules and game play, exploring the game high 5</p>	<p>Gymnastics To develop flexibility, control, balance and strength mainly focusing on sequences</p> <p>Athletics To explore the athletics event quad kids trails to take place</p>	<p>Dance – hip hop To explore different dance moves used in the hip hop genre</p> <p>Athletics To explore the athletics event quad kids Training to take place</p>	<p>Striking and fielding games Exploring adaptive games of cricket and rounder's</p> <p>Handball To explore the game of handball developing stronger coordination skills and to start to understand the rules of the sport</p>