

## **Physical Education Whole School Curriculum Map 24-25**

### **EYFS**

#### **Physical Development**

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives<sup>6</sup>. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

## Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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.

## Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year Group	Autumn Term	Spring Term	Summer Term
Rec	Fundamentals (CAMBs- units 1)	Fundamentals (CAMBs unit 2) Gymnastics (CAMBs fun shapes unit)	Dance ( CambsToys unit) Gymnastics (CAMBs Move and hold)
1	Fundamentals (CAMBs- unit 1) Dance ( CAMBs- moving words unit)	Fundamentals (CAMBs unit 2) Gymnastics (CAMBs jumping jacks unit)	Multi-skills (CAMBs fundamentals unit 3 rolling receiving and striking) Gymnastics (CAMBs Rock and Roll)
2	Fundamentals (CAMBs unit 1) Dance (CAMBs-Great fire of London)	Fundamentals (CAMBs unit 2) Gymnastics (CAMBs- Points of contact unit)	Dance (Magical friendship unit) Striking and fielding (CAMBs- fundamentals unit 3 focus on striking) OAA (Ks1 Cambs scheme)
3	Athletics (year 3 Cambs scheme) OAA (lower KS2 Cambs scheme)	Gymnastics (Hand apparatus unit) Ball handling skills (Cambs scheme unit)	Year 3 Striking and fielding games (cambs unit) Net games (Cambs year 3 tennis unit) Dance (machines unit)
4	Invasion games (ball on the ground unit ) Swimming Year 4 Net games Cambs scheme)	Gymnastics (principles of balance unit) Dance (Cold places unit) Swimming	Athletics (cambs unit) Gymnastics- rotation unit
5	Invasion games (Football Cambs Scheme)  Dance (year 5 cambs scheme on the beach)	Gymnastics (Pair composition unit) Invasions games (Netball unit)	Year 5 Athletics unit OAA (upper KS2 Cambs scheme) Dance styles unit
6	Invasion games (Hockey)  Invasion games (Tag Rugby- Cambs scheme)	Dance- football unit Year 6 Athletics	Swimming (catch up) Gymnastic- Body Symmetry