



Tudor Grange Primary Academy Yew Tree

PE Curriculum Map

	0-3 Preschool	3-4 EYFS 1	Reception EYFS 2	Links to KS1 Curriculum
EYFS area of Learning	Physical			
Fundamental Knowledge: Fine Motor	<p>Learn to know when they want to use the toilet with help, eat finger food and develop likes and dislikes. Understand the importance of teeth cleaning.</p> <p>Try a wider range of foods with different tastes and textures.</p> <p>Build independently with a range of appropriate resources.</p> <p>Use large and small motor skills to do things independently, for example manage buttons and zips, pour drinks and show an increasing desire to be independent, such as wanting to feed themselves and dress or undress.</p>	<p>Be increasingly independent in meeting their own care needs, e.g. eating using cutlery, brushing teeth, using the toilet, washing and drying their hands thoroughly.</p> <p>Start to eat independently and learning how to use a knife and fork.</p> <p>Use one-handed tools and equipment, for example, making snips in paper with scissors.</p> <p>Show a preference for a dominant hand.</p> <p>Use a comfortable grip with good control when holding pens and pencils.</p>	<p>Independently meet their own needs to eat using appropriate cutlery, use the toilet, wash and dry hands thoroughly, brush teeth</p> <p>Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.</p> <p>Develop the foundations of a handwriting style which is fast, accurate and efficient.</p>	<p>Pupils should be taught to:</p> <p>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</p> <p>participate in team games, developing simple tactics for attacking and defending</p> <p>perform dances using simple movement patterns.</p>
Fundamental Knowledge: Gross Motor	<p>Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.</p> <p>Clap and stamp to music</p> <p>Enjoy starting to kick, throw and catch balls.</p> <p>Spin, roll and independently use ropes and swings (for example, tyre swings).</p>	<p>Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues and are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>	<p>Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency</p>	

Year 1	Autumn 1 (1.1)	Autumn 2 (1.2)	Spring 1 (1.3)	Spring 2 (1.4)	Summer 1 (1.5)	Summer 2 (1.6)
	Real PE (1) Footwork/ One Leg balance	Real PE (2) Jumping and landing/ Seated balance	Real PE (3) On a line/ Stance	Real PE (4) Ball skills/ Partner balance	Real PE (5) Sending and receiving/ Reactions and response	Real PE (6) Ball chasing/ floor work
	Yoga (Cosmic/GetSet4PE)	Gymnastics (RealGym/GetSet4PE)	DANCE	Speed Stacking	Invasion (GetSet4PE)	Athletics (GetSet4PE)
Year 2	Autumn 1 (2.1)	Autumn 2 (2.2)	Spring 1 (2.3)	Spring 2 (2.4)	Summer 1 (2.5)	Summer 2 (2.6)
	Real PE (1) Footwork/ One Leg balance	Real PE (4) Jumping and landing/ Seated balance	Real PE (3) On a line/ Stance	Real PE (3) Ball skills/ Partner balance	Real PE (5) Sending and receiving/ Reactions and response	Real PE (6) Ball chasing/ floor work
	Fitness (GetSet4PE)	Infant Agility	Gymnastics	Speed Stacking	Dance (GetSet4PE)	Invasion (GetSet4PE)
Year 3	Autumn 1 (3.1)	Autumn 2 (3.2)	Spring 1 (3.3)	Spring 2 (3.4)	Summer 1 (3.5)	Summer 2 (3.6)
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	Fundamentals (GetSet4PE)	Speed Stacking	Personal Best Challenges	Gymnastics	Dance (GetSet4PE)	Tri-Golf
Year 4	Autumn 1 (4.1)	Autumn 2 (4.2)	Spring 1 (4.3)	Spring 2 (4.4)	Summer 1 (4.5)	Summer 2 (4.6)
	Fundamentals (GetSet4PE or Real PE Unit 1)	Cheerleading	Ball Skills (GetSet4PE or Real PE Unit 3)	Gymnastics (Real Gym or GetSet4PE)	Cricket Coach	Net and Wall (GetSet4PE)
	Fitness (GetSet4PE)	Speed Stacking	Dance	OAA	Sending and Receiving (GetSet4PE or Real PE Unit 4)	Athletics (GetSet4PE)
Year 5	Autumn 1 (5.1)	Autumn 2 (5.2)	Spring 1 (5.3)	Spring 2 (5.4)	Summer 1 (5.5)	Summer 2 (5.6)
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	Dodgeball	Dance (GetSet4PE)	Netball Ball Skills (GetSet4PE or Real PE 1)	Gymnastics (Real Gym or GetSet4PE)	Cricket Coach	Rounders (Striking and Fielding GetSet4PE)
Year 6	Autumn 1 (6.1)	Autumn 2 (6.2)	Spring 1 (6.3)	Spring 2 (6.4)	Summer 1 (6.5)	Summer 2 (6.6)
	Sending and Receiving (GetSet4PE or Real PE Unit 6)	Gymnastics (GetSet4PE)	Dance (GetSet4PE)	Rounders (Striking and fielding GetSet4PE)	Tag Rugby	Athletics (GetSet4PE) Borough Sports Competition
	Fitness (GetSet4PE)	Net and Wall (GetSet4PE)	Sports Hall Athletics	Net and Wall (GetSet4PE)		

	Cross Country Competition	Rowing				
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