

Broomhill First School

PE Curriculum Map



Aim:
Every Child Flourishes

Values:
• connection • creativity • courage • curiosity

School Rules

• we care about ourselves • we care about each other • we care about our school

Motto:
Together We Succeed

Whole School Curriculum Questions:

• What makes us human? • How can we be our best selves? • How can we change the world for the better? • How do we express ourselves?



Purpose of PE:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

PE Aims:

Ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Cycle 1

Reception	<p>Complete PE: EYFS Dance – Ourselves Moving in sequence Responding in movement to words and music Moving with props and contrasting tempos Creating their own movements Exploring opposites and creating simple movement sequences</p> <p>Additional Gross Motor Skills: Outdoor Provision Outdoor Education/ Forest School Fine motor activities across the unit – e.g. play dough, threading, tweezers, small toys Dough disco</p>	<p>Complete PE: EYFS Gymnastics – High, Low, Over, Under Introduction to high, low, over, under Introduction to the apparatus Applying high and low on apparatus Pupils can travel with confidence over, under and through equipment.</p> <p>Additional Gross Motor Skills: Outdoor Provision Outdoor Education/ Forest School Dance: Fireworks theme Fine motor activities across the unit – e.g. play dough fireworks,</p>	<p>Complete PE: EYFS Locomotion - Jumping Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping Pupils can travel with confidence.</p> <p>Additional Gross Motor Skills: Outdoor Provision Outdoor Education/ Forest School Yoga – Cosmic Kids Fine motor activities across the unit – e.g. sewing dream catchers with safety needles, play dough aliens, picking up pasta to make hedgehog spikes</p>	<p>Complete PE: EYFS Dance – Nursery Rhymes Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements Additional Gross Motor Skills: Outdoor Provision Outdoor Education/ Forest School Gymnastics Fine motor activities across the unit – e.g. squeezing liquid droppers to make magical potions, play dough</p>	<p>Complete PE: EYFS Ball Skills – Hands 1 Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing Pupils can follow the rules and instructions of a game. EYFS Ball Skills – Feet 1 • Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling</p>	<p>Complete PE: EYFS Attack v Defence – Games for Understanding Taking turns Keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attacking and defending into a game Pupils can travel/move with confidence</p> <p>Additional Gross Motor Skills: Outdoor Provision Outdoor Education/ Forest School Athletics & Sports Day</p>

		sorting nuts, threading leaves, manipulating buttons on gingerbread men Explore ways of changing the shape or texture of malleable materials.			Develop dribbling against an opponent Pupils can follow the rules and instructions of the game Additional Gross Motor Skills: Outdoor Provision Outdoor Education/ Forest School Multiskills Fine motor activities across the unit – e.g. threading African necklaces, cutting animal stripes, play dough	Fine motor activities across the unit – e.g. sorting seeds, snipping herbs, cutting flower shapes, play dough
KSI Complete PE	Attack v Defense - Games for understanding 1 Understanding the principles of attack/defence Applying attacking/ defending principles into a game Consolidate attacking/defending Team Building Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork Hoopstarz tuition 1 day	Gymnastics - Wide, narrow, curled Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together Dance – The Zoo Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs	Dance – Starry Skies Responding to stimuli Developing whole group movement Improvisation and physical descriptions Creating contrasting movement sequences Sequences, relationships and performance Multi-Skills Tuition Judo after school club	Attack v Defense - Games for understanding 2 Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/defensive tactics Gymnastics – Linking Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance	Ball Skills - Feet 1/2 Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point Develop dribbling/passing/ receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point Locomotion – Running Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a competitive game	Ball Skills - Hands 1/2 Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game Locomotion – Jumping Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations
	Communication and tactics Creating and applying Simple tactics Developing leadership Developing communication as a team / collaborate effectively as a team Create defending and attacking tactics as a team Handball Introduce passing, receiving and creating space Develop passing and moving Combine passing and moving Introduce shooting Develop passing and shooting Hoopstarz tuition 1 day	Problem Solving Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges Dodgeball Developing changing direction Introduce throwing with accuracy Introduce catching Develop moving, changing direction at speed Combine throwing and dodging	Dance: Weather Responding to stimuli, extreme weather Developing thematic dance into a motif Extending dance to create sequences with a partner Developing sequences with a partner Gymnastics Symmetry and Asymmetry Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion Judo after school club	Throwing and Jumping Throwing: Accuracy vs distance Standing long jump Tennis Tennis Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game Introduce rackets Introduce the forearm	Tag Rugby Introduce moving with the ball, passing and receiving Introduce tagging Create space when attacking Develop passing and moving Combine passing/moving to create attacking opportunities Swimming Move in the pool (for example, jump, walk, hop, and spin, using swimming aids and/or support), Float and move with and without swimming aids and propel themselves in water using different swimming aids, arms and leg actions and basic strokes.	Athletics Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump Swimming Pace themselves in floating and swimming challenges related to speed, distance and personal survival Swim unaided for a sustained period of time over a distance of at least 25m, Use recognised arm and leg actions, lying on their front and back and use a range of recognised strokes and personal survival skills (for example, front crawl, backstroke, sculling, floating and surface diving).
KS2 Complete PE						

Cycle 2

<p align="center">Reception</p>	<p>Complete PE: EYFS Dance - Ourselves Moving in sequence Responding in movement to words and music Moving with props and contrasting tempos Creating their own movements Exploring opposites and creating simple movement sequences</p> <p>Additional Gross motor skills Outdoor Provision Outdoor Education/ Forest School Fine motor activities across the unit – e.g. play dough, threading, tweezers, small toys Dough disco</p>	<p>Complete PE: EYFS Locomotion - Walking Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game</p> <p>Additional Gross Motor Skills: Outdoor Provision Outdoor Education/ Forest School Dance: Robots theme Fine motor activities across the unit – e.g. play dough robots, sorting nuts and bolts, twisting screws and screwdrivers</p>	<p>Complete PE: EYFS Dance - Dinosaurs Moving with control Adding movements together Responding to rhythm in character Adding expression to our characters' (dinosaur) movements Performing with a partner Exploring relationships</p> <p>Additional Gross Motor Skills: Outdoor Provision Outdoor Education/ Forest School Gymnastics - Using apparatus (dinosaur hunt) Dance: Volcano themed Fine motor activities across the unit – e.g. play dough dinosaur prints, small world dinosaurs, peg the stegosaurus</p>	<p>Complete PE: EYFS Gymnastics - Moving Explore moving and making shapes using different body parts Explore moving in different directions Explore big and small ways of moving and making shapes Moving in pairs Creating shapes in pairs</p> <p>Additional Gross Motor Skills: Outdoor Provision Outdoor Education/ Forest School Yoga – Cosmic Kids Fine motor activities across the unit – e.g. squeezing liquid droppers to make magical potions, play dough</p>	<p>Complete PE: EYFS Ball Skills – Hands 2 Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching</p> <p>Additional Gross Motor Skills: Outdoor Provision Outdoor Education/ Forest School Multiskills Fine motor activities across the unit – e.g. threading African necklaces, cutting animal stripes, play dough</p>	<p>Complete PE: EYFS Attack v Defence – Games for Understanding Taking turns Keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attacking and defending into a game Pupils can travel/move with confidence</p> <p>Additional Gross Motor Skills: Outdoor Provision Outdoor Education/ Forest School Athletics & Sports Day Fine motor activities across the unit – e.g. sorting seeds, snipping herbs, cutting flower shapes, play dough</p>
	<p align="center">KS1 Complete PE</p>	<p>Health and Well-Being 1 Introduce and explore agility Introduce and explore balance Introduce and explore coordination: Bouncing, rolling and throwing</p> <p>Team Building Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork</p>	<p>Gymnastics - Body Parts Introduction to big/small body parts Combining big and small with wide, narrow and curled Transition between wide narrow and curled using big and small body parts Adding (linking) movements together</p> <p>Dance – Growing Responding to rhythm Developing the growing plant 'dance' Introduction to motifs Creating motifs Creating movement sequences Relationships and performance</p>	<p>Health and Well-Being 2 Consolidate agility Consolidate balancing: Explore balancing on apparatus Introduce and explore coordination: Dribbling and kicking</p> <p>Dance – Water Responding to stimuli Developing whole group movement Improvisation and physical descriptions Creating contrasting movement sequences Sequences, relationships and performance</p>	<p>Gymnastics - Pathways Explore/develop zig-zag pathways/on apparatus Explore/develop curved pathways/ on apparatus Creation of pathway sequences Completion of pathways sequences and performance</p> <p>Parachute Skills</p>	<p>Ball Skills - Feet 1/2 Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point Develop dribbling/passing/ receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point</p> <p>Locomotion – Jumping Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations</p>
<p align="center">KS2 Complete PE</p>		<p>Swimming Move in the pool (for example, jump, walk, hop, and spin, using swimming aids and/or support) Float and move with and without swimming aids and propel themselves in water using different swimming aids, arms and leg actions and basic strokes.</p>	<p>Swimming Pace themselves in floating and swimming challenges related to speed, distance and personal survival Swim unaided for a sustained period of time over a distance of at least 25m</p>	<p>Dance: Wild Animals Responding to stimuli Developing character dance into a motif Developing sequences with a partner in character that show relationships Extending sequences with a partner in character</p>	<p>Dance: Space Extending sequences with a partner in character Developing sequences with a partner in character that show relationships and interlinking dance moves Sequences, relationships, choreography and performance</p>	<p>Tennis Developing the forehand Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point</p>

	<p>Hockey Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting</p>	<p>Use recognised arm and leg actions, lying on their front and back and use a range of recognised strokes and personal survival skills (for example, front crawl, backstroke, sculling, floating and surface diving).</p> <p>Bridges Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion</p>	<p>Gymnastics Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion</p>	<p>Problem Solving Creating and applying Simple tactics Developing leadership Developing communication as a team / collaborate effectively as a team Create defending and attacking tactics as a team</p>	<p>Handball Refine passing and receiving Develop passing and creating space Develop passing, moving and shooting Combine passing and shooting Introduce defending</p>	<p>Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing triple jump</p>
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