



EYFS and Key Stage 1 Physical Education Curriculum Map 2023 - 24

	Autumn	Spring	Summer
Nursery			<u>RealPE Foundations</u> Year 1 – <u>Jungle/people who help us Farms/Numbers</u> Summer term 1 Jungle – Static balance - seated Summer term 2 - Squirrel – Agility – ball chasing Year 2 – <u>Weather/Seasons Under-the-Sea</u> Summer term 1 Bikes – Co-ordination- footwork Summer term 2 Seaside – Counter-balance – with a partner
Reception	<u>RealPE Unit 1</u> Personal Learning Behaviours – Follow instructions Co-ordination – applying footwork Static balance – one leg balance <u>Gym</u> Personal Learning Behaviours – Follow instructions Shape and Travel – develop and apply skills on the floor and on apparatus	<u>RealPE Units 2&3</u> Social and Cognitive Learning Behaviours – Play with others and Follow rules Dynamic balance to agility – jumping and landing Static balance – seated balance	<u>Dance</u> Multi-ability Learning Behaviours Artistry / Partnering / Circles/ Shapes – learn and develop shapes and circle and create sequences of movement through partnering and artistry <u>Athletics</u> Negating space and obstacles with safety Moving with strength, balance and co-ordination Working as part of a team
Year 1	<u>RealPE Units 1 & 2</u> Personal Learning Behaviours – Stay on task Co-ordination – applying footwork Static balance – one leg balance Social Learning Behaviours – Understand Others Dynamic balance to agility – jumping and landing Static balance – seated balance <u>Gym Unit 1</u> Multi- ability Learning Behaviours Shape / Travel - develop and apply skills on the floor and on apparatus <u>Dance</u> Multi-ability Learning Behaviours Artistry / Partnering / Circles/ Shapes – learn and develop shapes and circle and create sequences of movement through partnering and artistry	<u>RealPE Units 3 & 4</u> Cognitive Learning Behaviours – Observe and Describe Dynamic balance – on a line Static balance - stance Creative learning Behaviours – Explore and Describe Co-ordination – ball skills Counter balance – with a partner <u>Gym Unit 2</u> Multi- ability Learning Behaviours Flight / Rotation - develop and apply skills on the floor and on apparatus	<u>RealPE Units 5 & 6</u> Physical Learning Behaviours – Control Movement Co-ordination – sending and receiving Agility – Reaction and Response Health and Fitness Learning Behaviours – exercise and the Body Agility – ball chasing Static balance – floor work <u>Team skills and Athletics</u> Use fundamental skills in a range of opportunities Use agility, balance and co-ordination skills individually and with others Participate in team games
Year 2	<u>RealPE Units 1 & 2</u> Personal Learning Behaviours – Keep Trying Co-ordination – applying footwork Static balance – one leg balance Social Learning Behaviours – Help and Encourage others	<u>RealPE Units 3 & 4</u> Cognitive Learning Behaviours – Understand Performance Dynamic balance – on a line Static balance - stance	<u>RealPE Units 5 & 6</u> Physical Learning Behaviours – Sequence Movements and Skills Co-ordination – sending and receiving Agility – Reaction and Response



EYFS and Key Stage 1 Physical Education Curriculum Map 2023 - 24

	<p>Dynamic balance to agility – jumping and landing Static balance – seated balance <u>Gym Unit 1</u> Multi- ability Learning Behaviours Balance / Travel – learn, develop and apply balance and travel skills on the floor and on apparatus <u>Dance</u> Multi-ability Learning Behaviours Artistry / Partnering / Circles/ Shapes – learn and develop shapes and circle and create sequences of movement through partnering and artistry</p>	<p>Creative learning Behaviours – Link movements Co-ordination – ball skills Counter balance – with a partner <u>Gym Unit 2</u> Multi- ability Learning Behaviours Flight / Rotation – learn, develop and apply flight and rotation skills on the floor and on apparatus</p>	<p>Health and Fitness Learning Behaviours – Practise Safely Agility – ball chasing Static balance – floor work <u>Team skills and Athletics</u> Use fundamental skills in a range of opportunities, mastering skills of running, jumping, throwing and catching Use agility, balance and co-ordination skills individually and with others, engaging in competitive and co-operative activities Participate in team games, and develop simple tactics for attacking and defending</p>
--	--	--	---