

Duke Street Primary School
PE Curriculum Map 2021 – 22 – EYFS and KS1

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
EYFS Lesson 1	FMS Space Travelling, changing speed and direction, object control – pushing, Rolling, overarm throw, climbing	FMS Superworm unit Jumping, travelling, skipping, catching a large ball.	FMS/Gymnastics – Elmer unit Small body parts, shapes, travel, rolls, jumps, balance, climbing apparatus	Dance Travel, balance, jump, turn, move in time to the music, create a short sequence.	FMS Seaside Balance on small body parts, travel on hands and feet, object control – pushing/patting, rolling, underarm throw	FMS Minibeasts Jumping, using apparatus, catch a ball, roll.
EYFS Lesson 2	FMS The Hungry Caterpillar <ul style="list-style-type: none"> Jumping, hands and feet travel, climbing apparatus, balance on body parts, Underarm throw, rolling 		FMS/Gymnastics – How to catch a star unit Balance, star shape, jump and land, climbing using apparatus.	EYFS Transport Travel, avoid obstacles, pushing – object control, rolling, overarm throw, climbing	FMS Jack and the Beanstalk Ways of moving, object control, jump and land, roll, rolling a ball.	FMS unit and assessment – 5 before 5. Jump, hop, underarm throw, overarm throw, catch, climb.
<u>(Y1)</u> <u>Lesson 1</u>	Baseline unit Rolling and stopping a ball, rolling a variety of equipment, simple tactics UNIT – Year 1 Rolling a ball	Dance Link to Class Topic UNIT – Y1 Fire Fire	Gymnastics Pencil roll, frog and bunny hop, egg roll, jumping in a straight and star shape, landing safely, travelling UNIT – Year 1 gymnastics activity 1 Core task Making Shapes	FMS Catching a ball, bouncing a ball, simple tactics UNIT – Year 1 Catching and bouncing a ball	OAA Trust, responsibility, cooperation, completing a journey, navigate safely Assess – development of skills, not application UNIT – Year 2 OAA – the great outdoors	FMS unit Underarm throw, side gallop, rolling a ball, tactics, send a ball in 3 different ways UNIT – Tri Golf
<u>Lesson 2</u>	FMS and assessment Underarm throw, run, hop, jump, overarm throw, skip, bouncing, rolling, kicking and catching UNIT – Lost and found	Health and Fitness Unit Warming up, healthy heart, simple circuits, large body movements, relaxation	Gymnastics Pencil roll, frog and bunny hop, egg roll, jumping in a straight and star shape, landing safely, travelling UNIT – Year 1 gymnastics activity 1 Core task Making Shapes	Net/wall games Catch, side gallop, ready position, hold a bat, move a ball with a bat	FMS (Games unit) Underarm throw, accuracy, tactics UNIT – Year 1 Underarm Throw Core task – Ten point hoops	Athletics and FMS assessment Hopping, rolling a ball, underarm throw, running, changing direction, jumping UNIT – Year 1 Athletics Core task – Honey pot
<u>(Y1/2)</u> <u>Lesson 1</u>	FMS unit Underarm throw, side gallop, rolling a ball, tactics, send a ball in 3 different ways UNIT – Tri Throlf	Dance Link to Class Topic – UNIT – Y1 Toy Story	Gymnastics Shapes in a sequence, travelling on feet and hands and feet, balance on large body parts, pencil roll, frog and bunny hop, egg roll.	FMS (Games unit) Underarm throw, accuracy, tactics UNIT – Year 1 Underarm Throw	OAA Trust, responsibility, cooperation, completing a journey, navigate safely Assess – development of skills, not application	FMS (Games unit) Dodge, change of direction, hopping, catching, strike a ball, ready position, underarm throw, tactics

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			UNIT – Year 1 gymnastics activity 2 Core task – Making shapes		UNIT – Year 2 OAA – the great outdoors	UNIT – Year 2 FMS Playground games in the 20th century
Lesson 2	FMS and assessment Underarm throw, run, hop, jump, overarm throw, skip, bouncing, rolling, kicking and catching UNIT – Lost and found	Health and Fitness Unit Warming up, healthy heart, strong muscles simple circuits, large body movements, relaxation	Gymnastics Shapes in a sequence, travelling on feet and hands and feet, balance on large body parts, pencil roll, frog and bunny hop, egg roll. UNIT – Year 1 gymnastics activity 2 Core task – Making shapes	Net/Wall Games Catch, side gallop, ready position, hold a bat, strike a ball to a partner, simple tactics UNIT – Y2 Games Net and wall	FMS (Games unit) Bouncing a ball (plus whilst moving), pass, catch, simple game, throw at target, move into space UNIT – Year 2 Bounce Ball	Athletics and FMS assessment Hopping, rolling a ball, underarm throw, running, changing direction, jumping UNIT – Year 1 Athletics Core task – Honey Pot
(Y2) Lesson 1	FMS (Games unit) Bouncing a ball (plus whilst moving), pass, catch, simple game, throw at target, move into space UNIT – Year 2 Bounce Ball	Dance Link to Class Topic – UNIT – Y2 Moving along	Gymnastics Jumping, shapes in the air, hands and feet travel, large body part balances, egg, teddy and pencil roll, sequences. UNIT – Year 2 gymnastics activity 1 Core task – Families of actions	FMS (Games unit) Dodge, change of direction, hopping, catching, strike a ball, ready position, underarm throw, tactics UNIT – Year 2 FMS Playground games in the 20th century	OAA Trust, responsibility, cooperation, completing a journey, navigate safely Assess – development of skills, not application UNIT – Year 2 OAA – the great outdoors	Striking and fielding games Overarm throw, underarm throw, catch, strike a ball for distance, simple tactics UNIT – Y2 Games Striking and Fielding
Lesson 2	FMS and assessment Underarm throw, run, hop, jump, overarm throw, skip, bouncing, rolling, kicking and catching UNIT – Baseline unit Supertato	Health and Fitness Unit Warming up, healthy body and mind, strength circuits, large body movements, relaxation	Gymnastics Jumping, shapes in the air, hands and feet travel, large body part balances, egg, teddy and pencil roll, sequences Families of actions UNIT – Year 2 gymnastics activity 1	Net/Wall Games Catch, side gallop, ready position, hold a bat, strike a ball to a partner, simple tactics UNIT – Y2 Games Net and wall	Games Underarm throw, catch, move into space, simple tactics, pass and move UNIT – Y2 Games Piggy in the middle Core task Piggy in the Middle	Athletics and FMS assessment Underarm throw, overarm throw for distance, push and 2 hand throw, obstacle course for speed and agility UNIT – Y2 Athletics Core task Colour match