



PE Curriculum Map

Throughout the school we aim to improve the children's physical fitness, athletic skill and awareness of their bodies. Children start to understand how their bodies work and how to stay healthy, through a varied PE curriculum. Our PE curriculum has been devised through our experienced and dedicated Sports Coach. PE lessons are fun and inclusive, teaching both competitive and non-competitive games, promoting the joy of movement and physical fitness for all children.

	Autumn	Spring	Summer
Nursery	<p><u>Nursery Games</u></p> <p>Nursery PE games play a crucial role in fostering physical development and keeping young children engaged. Throughout the year children will participate in a wide variety of games/activities that enhance their large muscle movements. These include running, jumping, throwing and catching. They develop balance, agility and coordination through play and movement. Children participate in team games, learning basic tactics for attacking and defending. These games encourage cooperation, teamwork, and strategic thinking. All the sessions are focused on fostering a positive attitude toward physical activity, promoting healthy lifestyles, and laying the foundation for lifelong well-being.</p> <ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. • Use large-muscle movements to wave flags and streamers, paint and make marks. • Start taking part in some group activities which they make up for themselves, or in teams. • Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. • Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. • Choose the right resources to carry out their own plan. • Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. 		
Key Vocabulary	Fun, Safety, Respect, Learn, Listen, Jump, Run, Walk, Balance, Hop, Skip, Leap, Follow, Catch, Throw, Roll, Challenge, Teamwork, Games, Movement, Teams,		
Reception	<p><u>Multi Skills Activities</u></p> <p>Below are some the skills children will be working on: Catching, Throwing, Rolling, Dribbling, Travelling, Stability As the children develop these skills they also improve their: Coordination, balance, agility and flexibility, strength and power, stamina and speed. Running - Children will explore running and stopping. Learning how to change speeds quickly and safely. Know how to keep safe by looking and finding space when moving and having good spatial awareness of others and surroundings. Explore balance whilst moving and stationary, Knowing that we can use our arms by them out to help us balance. Jumping - Begin to explore take off and landing, knowing that bending our knees will help me to land safely. Hopping - Explore hopping on both feet, understand that I use one foot to hop. Skipping - Explore skipping as a traveling action. Learning to swing our arms and drive our knees up to help us skip higher. Nurturing multi-skills not only enhances physical abilities but also promotes cognitive and social development.</p>	<p><u>Gymnastics</u></p> <p>Children will learn a variety of different gym shapes and show contrast with the body including wide/narrow, straight/curved. Understand that they can make different shapes with their body. We will look at balancing and how to keep a balance still, explore shapes in stillness when holding a balance. We will learn how to roll safely in a variety of different ways, explore rocking and rolling, and know that they can change their body shape to help them roll. We will explore different ways to jump and land safely. Know to do a soft landing by bending our knees and performing the correct landing position every time we jump. Strategy - Know that if I hold a shape and count to five people will see it clearly. Children will learn to climb and travel safely along different types of apparatus. We will learn how to safely use all equipment to reduce any possible risks.</p> <p><u>Invasion Games</u></p> <p>Children will learn a sense of fair play, this applies specifically to values such as honesty, self-control, bravery, and persistence. It's also associated with how players should treat people equally, show self-control while communicating with others. (e.g staying calm under pressure) and display respect for both referees and opponents. Team work - Invasion games are played as teams who all have a shared purpose or goal - to score the most points and win the game. This</p>	<p><u>Athletics</u></p> <p>Athletics encompasses a variety of sports events that involve running, jumping and throwing. Running for speed - Children will learn the correct sprinting technique and learn to run with agility and speed. They will practice running in a straight line, building endurance and control. Jumping for distance - Children will explore different ways of jumping. They develop balance and coordination while leaping over small obstacles. Throwing with control - Children engage in throwing activities. They learn to apply force and demonstrate control when throwing objects. Athletics is a fantastic way to promote physical fitness, teamwork, and individual achievement.</p> <p><u>Striking and Fielding</u></p> <p>Young learners develop fundamental skills related to both attacking and defending. Striking skills they will learn: Striking a ball in various ways (different weights and sizes). Develop accuracy and control. Adapt to different situations. Receive ground balls with control. Watching the ball into your hands. Positioning your body effectively. Hand strikes - Strike the ball with your hand towards a target. Experiment with different parts of your hand. Strike the ball into the air. Foot strikes - Kick the ball towards a target. Aim for a specific target area. Use different parts of your foot.</p>



**THE MINSTER
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		<p>type of learning experience is fantastic for children. These team work skills can be applied in lots of other areas of their education, and into their adult life. Friendship - Tying into teamwork skills, playing invasion games and working together towards a common goal is a lovely way to encourage friendships within a class. These friendships will no doubt encourage children to take part in sport more often, leading to them to enjoy physical activity, and going on to live healthy and active lives. Overall fitness - Invasion games require players to play a game of a set amount of time and are usually fast-paced. This type of sport will be especially useful for children to get plenty of physical activity in their week, and improve their fitness.</p>	<p>Explore striking with small equipment. Receiving along the ground - Retrieve a rolling ball. Adjust your feet while moving to field the ball. Position yourself behind the incoming ball. Receiving in hands - Catch a ball coming towards you. Focus on positioning and body adjustments. Pull the ball into your body.</p>
Key Vocabulary	<p>Catch, Throw, Roll, Run, Jump, Skip, Hop Fun, Safety, Respect, Listen, Movement, Balance, Coordination.</p>	<p>Shapes, Jump, Roll, Balance, Travel, Explore, Perform, Presentation. Fair play, Attack, Defend, Speed, Movement, Agility, Teamwork, Control.</p>	<p>Run, Jump, Throw, Speed, Safety, Control, Technique, Teamwork, Achievement, Personal best.</p>



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<p>Year 1</p>	<p><u>Multi Skills Activities</u> Provide a fantastic opportunity for young learners to develop fundamental movement skills across various domains. Below are some of the different multi-skills units that the children will explore: Attacking and defending - This unit focuses on understanding spatial awareness, teamwork, and basic strategies for both attacking and defending in physical activities. Lesson plans cover concepts like using space effectively. Throwing and catching - Children will practice essential skills related to throwing and catching objects. They learn under/over arm throws, catching techniques, and coordination. Bat and ball - This introduces students to basic skills required for sports like cricket, rounders or tennis. It covers holding a racket correctly, striking the ball, and game related activities. Running and jumping - Children engage in activities that enhance their running and jumping abilities. With a focus on being able to quickly change gears safely. Children will also learn about fair play, movement patterns, and game strategies.</p>	<p><u>Gymnastics</u> In year one gymnastics children will embark on an exciting journey of physical exploration and skill development. Below is an overview of what will be covered: Jumping and landing safely - Children will learn how to jump and land safely, this helps build confidence and control when performing different gymnastics jumps. Shapes in the air - As they jump children will practice performing shapes in the air. These shapes enhance their coordination and spatial awareness. Low apparatus skills - Year 1 gymnastics includes jumping off low apparatus, such as small benches. This fosters balance, control, and sense of achievement. Sequence building - Children explore creating sequences of movements. This encourages creativity and helps them connect different skills. Apparatus exploration - They engage with various gymnastics equipment, learning how to lift, carry and use it safely. Gymnastics is not only about physical prowess but also about fostering confidence, discipline and a love for movement.</p> <p><u>Invasion Games</u> During Invasion games children will learn: Different ways of traveling - Children will explore various methods of movement, including moving backward, sidestepping, and changing direction. Traveling with a ball - As they progress, children will apply these different travel techniques while handing a ball, they'll also have the opportunity to learn about passing the ball to another player, starting with simple practice and then applying it in a game situation. Consolidation and application - The children will consolidate and apply all their skills in a simple invasion game. This unit is about fostering basic skills through fun and engaging activities.</p>	<p><u>Athletics</u> In year 1 athletics children embark on an exciting journey of physical activity and skill development. Below is an overview of what the children will be learning: Running and jumping - Children will engage in activities that enhance their running and jumping abilities. They learn fundamental techniques for sprinting, long jumps and other athletic movements. Throwing and catching - Pupils practice throwing and catching actions. These activities help improve hand-eye coordination and spatial awareness. Multi athletic skills - The curriculum emphasizes multi-skills, which involve a combination of running, jumping and other movements. These activities contribute to overall physical development. Fun and supportive approach - The lessons are designed to be enjoyable and supportive. Children reflect on their performance and suggest improvements together.</p> <p><u>Striking and Fielding</u> In year 1 striking and fielding the primary goal is to enhance children's physical fitness, coordination, and skills through engaging activities. Children are challenged with various physical activities. These activities allow the children to practice striking (hitting) and fielding (catching or stopping) skills. Every session includes a fun warm up and cool down with progressive lessons allowing for all children to make good progress and at the same time making it an enjoyable learning experience. Children will master basic movements including running, throwing, catching as well as developing agility and coordination and then begin to apply these skills in a range of activities. This is a great unit for children to explore movement, team work, physical activity.</p>
<p>Key Vocabulary</p>	<p>Movement, Skills, Run, Jump, Throw, Catch, Roll, Bounce, Dribble, Fair play, Respect, Fun, Safety, Control.</p>	<p>Jumping, Landing, Balancing, Control, Traveling, Confidence, Safety, Apparatus, Movement, Attacking, Defending, Teamwork,</p>	<p>Running, Jumping, Throwing, Competition, Spatial awareness, Personal best, Achievement, Striking, Catching, Stopping, Coordination.</p>
<p>Year 2</p>	<p><u>Multi Skills Activities</u> In year 2 children will be developing various movement skills. These include reaction, balance, coordination, and timing. Multi skills encompass a variety of movement, thinking and communication abilities. These skills form the foundation for different sports and physical activities. Being multi-skilled means thinking about where to move, when to move, how to move, and even communicating during an activity. Children will work on a</p>	<p><u>Gymnastics</u> Children will explore various gymnastic skills in this engaging unit. Below you will see what is covered in this topic: Balancing - Children will practice and learn to balance on different body parts, enhancing their control and agility.</p>	<p><u>Athletics</u> Children engage in various activities to develop fundamental movements skills and enhance their agility, balance and coordination. The main learning outcomes are below: Running - Can you run at different speeds, can you change speed and direction while running.</p>



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	<p>wide range of skills, which contribute to their overall physical development. Below are some of the key skills they will focus on:</p> <p>Catching and throwing - Developing hand-eye coordination and precision.</p> <p>Traveling - Enhancing agility and movement across different spaces.</p> <p>Stability - Improving balance and control.</p> <p>Running and jumping - Building strength, power, and stamina.</p> <p>As Children hone these skills, they also enhance their coordination, flexibility, and speed.</p> <p>It's not just about physical movement, communication and strategic thinking play crucial roles too.</p>	<p>Partner balances - Working together, children will create mesmerizing balances with a partner.</p> <p>Rolling - Children will explore a variety of different rolls. Rolling helps develop coordination and body awareness.</p> <p>Jumping - Children will practice their jumping and landing. They'll learn to use their legs to propel themselves upward.</p> <p>Building sequences - Children will weave together their new found skills into a captivating sequence.</p> <p>Sequences in pairs - Working with a partner, children will choreograph synchronized sequences.</p> <p>Throughout this unit, self and peer assessment will allow children to monitor their progress. They will be combining physical movement with creativity, allowing our young gymnasts to explore the depths of their abilities.</p> <p><u>Invasion Games</u></p> <p>Children are introduced to the concept of invasion games, where the goal is to attack the opposition's territory and score points/goals. The key focus areas are:</p> <p>Teamwork - Children will learn to collaborate effectively with their peers.</p> <p>Possession - Emphasis on maintaining possession of the ball or object.</p> <p>Scoring - Understanding how to score goals or points.</p> <p>Defending - Learning defensive strategies.</p> <p>Skills that are covered are:</p> <p>Dribbling - Children will practice dribbling with a variety of balls.</p> <p>Passing and receiving - They'll learn various ways to pass and receive the ball.</p> <p>Spatial awareness - Using space effectively during gameplay.</p> <p>Dodging - Techniques to evade defenders and receive passes.</p> <p>Marking opponents - Understanding how to mark an opposition player.</p> <p>Learning aims: Develop fundamental movement skills. Understand basic game rules, Foster teamwork and cooperation. Enhance spatial awareness.</p> <p>Overall, this unit aims to make PE engaging, fun and skill building.</p>	<p>Jumping - Can you jump from a standing position; can you jump accurately from a standing position.</p> <p>Throwing - Can you throw an object with one hand, can throw a variety of object with one hand.</p> <p>Body awareness - Can recognize changes in the body during exercise, can recongise changes in temperature and heart rate during exercise.</p> <p>These activities not only promote physical skills but encourage teamwork, safety, awareness, and a positive attitude toward exercise.</p> <p><u>Striking and Fielding</u></p> <p>In year 2 children delve into the exciting world of striking and fielding games. These games involve both offensive and defensive skills, where players aim to score points by striking a ball and outwitting their opponents. Below are the key aspects.</p> <p>Skills development:</p> <p>Throwing and catching - Children learn how to throw accurately and catch effectively.</p> <p>Stopping a rolling ball - They practice stopping a ball that's on the move.</p> <p>Retrieving a ball - Children learn how to retrieve a ball effectively.</p> <p>Striking a ball - The art of hitting a ball comes into play.</p> <p>Game context:</p> <p>Year 2 children engage in small sided games of rounders and cricket.</p> <p>They experience one on one, one on two, and one on three scenarios.</p> <p>Learning the rules of the games is essential.</p> <p>Scoring and tactics:</p> <p>Children grasp how to score points.</p> <p>They explore basic tactics to gain an advantage.</p> <p>Fair play and respect for opponents are emphasized.</p>
<p>Key Vocabulary</p>	<p>Reaction, Balance, Coordination, Catching, Throwing, Running, Balance, Control, Safety, Respect.</p>	<p>Balance, Partner, Jump, Roll, Land, Perform, Presentation, Sequences. Choreography, Attack, Defand, Score, Teamwork, Sportsmanship, Dribbling, Passing, Dodging.</p>	<p>Agility, Balance, Movement, Run, Jump, Throw, Personal best, Competition, Coordination. Offensive, Defensive, Throwing, Catching, Teamwork, Fair play, Respect, Score, Points, Safety.</p>