

Leigh Academy Molehill - PE Curriculum Map

	Who we are	How we express ourselves	How the world works	How the world works	Sharing the planet	Sharing the planet
Nursery CYCLE A and B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>I know to use alternate feet to help me walk up and down the stairs.</p> <p>I know that I can use my big muscles to waves flags and streamers.</p> <p>I know that you can move my body to music.</p> <p>I know how to use one loop scissors to make snips into paper.</p> <p>I know how explore mark making with a fist grip.</p> <p>I know how to help an adult dress me.</p> <p>I know how to put a coat on and ask for help wtih the zip.</p>	<p>I know how to travel through apparatus safely.</p> <p>I know how to put my coat on and ask for help with my zip.</p> <p>I know how to move my body to music.</p> <p>I know how to use my body to make large movements.</p> <p>I know how to copy a sequence of large movements using a flag or streamer.</p> <p>I know that I can use my body to move in different ways.</p>	<p>I know that I can tools safely in my play.</p> <p>I know how to use and carry scissiors safely.</p> <p>I know that I need to hold a pencil with 'froggy legs'.</p> <p>I know that you need to be careful when using large equipment.</p> <p>I know how to move safely in forest school.</p>	<p>I know how to join movements together when climbing and crawling.</p> <p>I know how to catch a large ball.</p> <p>I know how to kick a ball to a friend.</p> <p>I know how to make snips to a point.</p> <p>I know how to form my pre-writing shapes.</p>	<p>I know how to form some recognisable letters.</p> <p>I know how to cut along a straight line.</p> <p>I know how to keep my body healthy.</p> <p>I know I can move my body in dfferent ways.</p> <p>I know you need strong muscles in your hands to be a good writer.</p> <p>I can get dressed all by myself.</p> <p>I know which hand I like to draw with more.</p>	<p>I know how to use my dominant hand.</p> <p>I know how to form a few recognisable letters in my name.</p> <p>I know how to use tools in my play.</p> <p>I know how to climb up and over equipment</p> <p>I know how to follow most routines in the nursery day, lining up and taking turns.</p>
Nursery skills	Ongoing					
	Physical skills		Thinking skills		Personal and Health skills	
	Begin to develop fundamental skills Begin to copy and perform basic movements start taking part in team activities		Select and use activities, actions and resources, with help when needed. Begin to identify personal success		Increasingly following rules Begin to find solutions to conflicts	

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Reception CYCLE A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	<p>I know how to use a dominant hand.</p> <p>I know how to begin to form recognisable letters which are formed mostly correctly.</p> <p>I know how to use climbing equipment safely and competently.</p> <p>I can begin to negotiate space effectively.</p> <p>I can manage my basic needs.</p>	<p>I know how to use anticlockwise movement and retrace vertical lines.</p> <p>I know how to climbing equipment safely and competently. negotiate space effectively.</p> <p>I know how to form letters of the name with growing confidence.</p> <p>I know how to develop fine motor skills to change with increasing independence.</p>	<p>I know how to show good practice with regard to exercise, eating, sleeping and hygiene.</p> <p>I know how to balance and coordinate safely.</p> <p>I know how to negotiate space effectively.</p> <p>I know how to develop fine motor skills to change with increasing independence.</p>	<p>I know how to handle tools, objects, construction and malleable materials safely and with increasing control.</p> <p>I know how to move in a variety of different ways.</p>	<p>I know how to use a pencil effectively to form recognisable letters, most of which are formed correctly.</p> <p>I know how to move in a variety of different ways</p> <p>I know how to hold my pencil with a tripod grip to form my letters.</p>	<p>I know how to show good control and co-ordination in large and small movements.</p> <p>I know how throw and catch a large ball.</p> <p>I know how to from upper case and lowercase letters using a tripod grip.</p>
Reception skills	Ongoing					
	Physical skills		Thinking skills		Personal and Health skills	
	<p>Revise and refine fundamental skills</p> <p>Combine movements with fluency and increased grace</p> <p>Develop confidence and competence(accuracy and precision) in ball activities</p>		<p>Start to make simple decisions in response to a situation</p> <p>Begin to express feelings and responses about actions or performances</p>		<p>Work cooperatively with others and show resilience in the face of a challenge</p> <p>Begin to understand the importance of regular exercise</p>	
	Who we are	How we express ourselves	Where we are in place and time	Sharing the planet	How the world works	How we organise ourselves
KS1 Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Gymnastics	Dance	Football	Tennis	Tennis	Athletics
Year 1 Skills	Ongoing					
	Gymnastics	Dance	Invasion Games	Striking and Fielding Games	Personal and Health	Athletics
	<p>Remember, repeat and link simple actions together</p> <p>Make decisions and choose actions for an idea</p>	<p>Build a sequence of movements</p> <p>Make decisions and choose actions for an idea</p>	<p>Begin to move a ball with control</p> <p>Begin to know and use simple tactics with guidance</p>	<p>Begin to control the ball</p> <p>Begin to know and use simple tactics with guidance</p>	<p>Be able to work with a partner and small group to play games and solve challenges</p> <p>Begin to think about how their body changes during exercise</p>	<p>Show some control and balance when travelling at different speeds or in different directions</p> <p>Perform different types of jumps with some control</p> <p>Throw towards a target with increasing accuracy</p>
Year 2 Skills	Ongoing					
	Gymnastics	Dance	Invasion Games	Striking and Fielding Games	Personal and Health	Athletics
	<p>Copy and explore movements and actions with increasing control</p> <p>Begin to select and apply the best actions and movements for own sequences</p>	<p>Use a wider range of actions to build a sequence of movements</p> <p>Begin to select and apply the best skills to use</p>	<p>Refine controlled movement with a ball (skills practice, not in a game situation)</p> <p>Know and use simple tactics and rules</p>	<p>Increasing control of striking and catching balls</p> <p>Know and use simple tactics and rules</p>	<p>Be able to work effectively and fairly in small group to play games and solve challenges</p> <p>Begin to understand the impact exercise has on our bodies</p>	<p>Begin to select the most suitable pace and speed for distance</p> <p>Choose the most appropriate jumps to cover different distances</p> <p>Throw with accuracy at targets of different heights</p>

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LKS2 Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Hockey	Dance	Basketball	Badminton	Athletics	Athletics
Year 3 Skills	Ongoing					
	Striking and Fielding Games	Dance	Net and Wall Games		Athletics	Personal and Health
	Developing striking and catching skills Know and use simple tactics and rules individually and as a team	Create short dance phrases that communicate an idea Begin to use feedback to improve the performance of themselves and others	Developing sending and skills in order to keep a game going Know and use simple tactics and rules more independently		Show balance, coordination and technique when running Jump for distance and height with an awareness of technique Throw a variety of objects, changing action for accuracy and distance	Begin to use rules showing awareness of fairness and honesty Recognise and describe the effects of exercise on their body
Year 4 Skills	Ongoing					
	Striking and Fielding Games	Dance	Net and Wall Games		Athletics	Personal and Health
	Refine a range of striking and fielding skills Understand and apply the basic principles of a game	Choreograph considering structure, starting to show control and precision Know which aspects of a performance were strong and what could be improved	Developing increased control of sending and skills in order to keep a rally/game going Understand and apply the basic principles of a game		Be able to demonstrate how and when to speed up and slow down when running Know how to jump in a variety of ways for height and distance Continue to develop techniques to throw for increased distance	Be able to work well with others in competitive situations and to achieve shared goals Know why warming up and cooling down are important
	Who we are	Sharing the planet	Where we are in place and time	How the world works	How we organise ourselves	How we express ourselves
UKS2 Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	Netball	Dance	Gymnastics	Tennis	Rounders	Athletics
Year 5 Skills	Ongoing					
	Net and Wall Games	Dance	Gymnastics	Net and Wall Games	Striking and Fielding Games	Athletics
	Develop the range and quality of skills for net and wall games Understand the need for tactics and identify when to use in different situations	Choreograph phrases considering actions, dynamics, space and relationships Give and receive feedback and make edits appropriately	Create and perform more complex sequences with a good level of quality, control and technique Give and receive feedback and adapt sequences appropriately	Develop the range and quality of skills for net and wall games Understand the need for tactics and identify when to use in different situations	Develop accuracy in striking and fielding skills Understand the need for tactics and identify when to use in different situations	Select the most suitable pace for the distance and their fitness level to maintain a sustained run Perform a range of more complex jumps showing some technique Develop techniques for accuracy and power when throwing for distance
Year 6 Skills	Ongoing					
	Net and Wall Games	Dance	Gymnastics	Net and Wall Games	Striking and Fielding Games	Athletics
	Use a range of skills for net and wall games with control Understand and choose the best tactics for different situations	Work creatively and imaginatively to choreograph longer phases Reflect and evaluate performances, identifying strengths and areas for development	Plan and perform sequences using a wide range of skills with precision, control and fluency Reflect and evaluate performances, identifying strengths and areas for development	Use a range of skills for net and wall games with control Understand and choose the best tactics for different situations	Apply striking and fielding skills successfully within game situations Be able to work collaboratively to create tactics	Demonstrate a controlled running technique using the appropriate speed for distance and time Perform jumps for height and distance using good technique Show accuracy and good technique when throwing for distance