

## PE curriculum map

At Burlington Infant and Nursery School we believe that all children should develop a love of physical activity and a confidence in their ability to perform physical tasks. Children are encouraged to lead active, healthy lifestyles and are made aware of the choices needed to do this, from healthy eating to regular exercise. Through taking part in two PE sessions a week, children become confident in a variety of areas of physical activity, including ball skills, basic and more advanced movement, and dance, allowing them to leave Burlington Infants with the knowledge and skills needed to not only develop a healthy relationship with sport but to give them a strong foundation of skills for school and beyond.

	Autumn	Spring	Summer	Key Vocabulary
Nursery	<ul style="list-style-type: none"> <li>Sits up from lying down, stands up from sitting and squats with steadiness to rest or play with object on the ground, and rises to feet without using hands.</li> <li>Runs safely on whole foot.</li> <li>Jumps up into the air with both feet leaving the floor and can jump forward a small distance.</li> <li>Begins to walk, run and climb on different levels and surfaces.</li> <li>Begins to understand and choose different ways of moving.</li> <li>Kicks a stationary ball with either foot.</li> <li>Throws a ball with increasing force and accuracy.</li> <li>Starts to catch a large ball by using two hands and their chest to trap it.</li> <li>Climbs up and down stairs by placing both feet on each step while holding a handrail for support.</li> <li>Uses wheeled toys with increasing skill such as pedalling, balancing, holding handlebars and sitting astride.</li> <li>May be beginning to show preferences for dominant hand/foot.</li> <li>Shows increasing control in holding, using and manipulating a range of tools and objects.</li> <li>Holds mark-making tools with thumb and all fingers.</li> </ul>			<ul style="list-style-type: none"> <li>push</li> <li>stop</li> <li>jump</li> <li>space</li> <li>forwards</li> <li>safely</li> <li>backwards</li> <li>balance</li> <li>run</li> <li>stop</li> <li>throw</li> <li>roll</li> <li>team</li> <li>kick</li> <li>catch</li> <li>move</li> <li>copy</li> <li>shape</li> <li>travel</li> <li>sideways</li> </ul>
Reception	<p><b>Fundamentals</b></p> <ul style="list-style-type: none"> <li>Running: explore running and stopping. Know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe.</li> <li>Explore changing direction safely.</li> <li>Balancing: explore balancing whilst stationary and on the move. Know that I can hold my arms out to help me to balance.</li> <li>Jumping: begin to explore take off and landing safely. Know that bending my knees will help me to land safely.</li> <li>Hopping: explore hopping on both feet. Understand that I use one foot to hop</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>Actions: explore how my body moves. Copy basic body actions and rhythms. Understand that I can move my body in different ways to create interesting actions.</li> <li>Dynamics: explore actions in response to music and an idea. Understand that I can change my action to show an idea.</li> <li>Space: begin to explore pathways and the space around me and in relation to others. Know that if I move into space it will help to keep me and others safe.</li> <li>Performance: perform short phrases of movement in front of others. Know that when watching others I sit quietly and clap at the end.</li> </ul>	<p><b>Ball skills</b></p> <ul style="list-style-type: none"> <li>Sending: explore sending an object with hands and feet. Know to look at a target when sending a ball.</li> <li>Catching: explore catching to self and with a partner. Know to have hands out ready to catch.</li> <li>Tracking: explore stopping a ball with hands and feet. Know to watch the ball as it comes towards me and scoop it with two hands.</li> <li>Dribbling: explore dropping and catching with two hands and moving a ball with feet. Know that keeping the ball close will help with control.</li> </ul>	<ul style="list-style-type: none"> <li>push</li> <li>stop</li> <li>jump</li> <li>space</li> <li>forwards</li> <li>safely</li> <li>backwards</li> <li>balance</li> <li>run</li> <li>stop</li> <li>throw</li> <li>roll</li> <li>team</li> <li>kick</li> <li>space</li> <li>catch</li> <li>move</li> <li>copy</li> </ul>

	<ul style="list-style-type: none"> <li>• Skipping: explore skipping as a travelling action. Know that if I hop then step that will help me to skip.</li> <li>• Shows some understanding that good practices with regard to exercise can contribute to good health.</li> </ul>	<ul style="list-style-type: none"> <li>• Strategy: know that if I use lots of space, it helps to make my dance look interesting.</li> <li>• Creates lines and circles pivoting from the shoulder and elbow.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Shapes: show contrast with my body including wide/narrow, straight/curved. Understand that I can make different shapes with my body.</li> <li>• Balances: explore shapes in stillness using different parts of my body. Know that I should be still when holding a balance.</li> <li>• Rolls: explore rocking and rolling, know that I can change my body shape to help me to roll.</li> <li>• Jumps: explore jumping safely. Know that bending my knees will help me to land safely.</li> <li>• Strategy: know that if I hold a shape and count to five people will see it clearly.</li> <li>• To climb stairs, steps and move across climbing equipment using alternate feet.</li> <li>• Takes practical action to reduce risk, showing their understanding that equipment can be used safely.</li> </ul>		<p>space shape travel sideways team</p>
<p><b>Continuous Provision:</b> Practices some appropriate safety measures without direct supervision, considering both benefits and risk of physical experience. Shows understanding of how to transport and store equipment safely. Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks by taking independent action or by giving a verbal warning to others.</p>				
<p><b>Year 1</b></p>	<p><b>Ball skills</b></p> <ul style="list-style-type: none"> <li>• Sending: roll and throw with some accuracy towards a target. Know to face my body towards my target when rolling and throwing underarm to help me to balance</li> <li>• Catching: begin to catch with two hands. Catch after a bounce. Know to watch the ball as it comes towards me.</li> <li>• Tracking: track a ball being sent directly. Know to move my feet to get in the line with the ball.</li> <li>• Dribbling: explore dribbling with hands and feet. Know that moving with a ball is called dribbling.</li> </ul> <p><b>Fundamentals</b></p> <ul style="list-style-type: none"> <li>• Running: explore changing direction and dodging. Discover how the body moves at different speeds. Understand that bending my knees will help me to change direction. Understand that if I swing my arms it will help me to run faster.</li> <li>• Balancing: move with some control and</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Actions: copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme. Understand that actions can be sequenced to create a dance.</li> <li>• Dynamics: explore varying speeds to represent an idea. Understand that I can create fast and slow actions to show an idea.</li> <li>• Space: explore pathways within my performance. Understand that there are different directions and pathways within space.</li> <li>• Relationships: begin to explore actions and pathways with a partner. Understand that when dancing with a partner it is important to be aware of each other and keep in time.</li> <li>• Performance: perform on my own and with others to an audience. Know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Running: explore running at different speeds. Understand that if I swing my arms it will help me to run faster.</li> <li>• Jumping: develop balance whilst jumping and landing. Know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees it will help me to jump further. Explore hopping, jumping and leaping for distance.</li> <li>• Throwing: explore throwing for distance and accuracy. Know that stepping forward with my opposite foot to hand will help me to throw further.</li> <li>• Rules: know that rules help us to play fairly.</li> </ul> <p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>• Sending &amp; receiving: explore s&amp;r with hands and feet to a partner. Know to look at my partner before sending the ball.</li> </ul>	<p>far fast improve hop aim slow bend direction travel direction send counts pose level slow fast balance exercise heart body lungs mood slowly point defender dribbling</p>

balance. Explore stability and landing safely. Know that looking ahead will help me to balance. Know that landing on my feet helps me to balance.

- Jumping: demonstrate control in take off and landing when jumping. Know that landing on the balls of my feet helps me to land with control.
- Hopping: begin to explore hopping in different directions. Know that I should hop with a soft bent knee
- Skipping: show coordination when turning a rope. Use rhythm to jump continuously in a French rope. Know that I should use the opposite arm to leg when I skip. Know that jumping on the balls of my feet helps me to keep a consistent rhythm.

- Strategy: Know that if I use exaggerated actions it helps the audience to see them clearly

#### Gymnastics

- Shapes: explore basic shapes straight, tuck, straddle, pike. Understand that I can improve my shapes by extending parts of my body.
- Balances: perform balances making my body tense, stretched and curled. Know that balances should be held for 5 seconds
- Rolls: explore barrel, straight and forward roll progressions. Know that I can use different shapes to roll.
- Jumps: explore shape jumps including jumping off low apparatus. Know that landing on the balls of my feet helps me to land with control.
- Strategy: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.

#### Ball skills

- Throwing overarm: explore technique when throwing overarm towards a target.
- Throwing underarm: explore technique when throwing underarm towards a target.
- Throwing: know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw.
- Tactics: know that tactics can help us when playing games.
- Rules: know that rules help us to play fairly.

- Dribbling: explore dribbling with hands and feet. Know that moving with a ball is called dribbling.
- Space: recognise good space when playing games. Understand that being in a good space helps us to pass the ball.
- Attacking: explore changing direction to move away from a partner. Know that being able to move away from a partner helps my team to pass me the ball.
- Defending: explore tracking and moving to stay with a partner. Know that staying with a partner makes it more difficult for them to receive the ball.
- Tactics: know that tactics can help us when playing games.
- Rules: know that rules help us to play fairly.

#### Net and wall

- Hitting: explore hitting a dropped ball with a racket. Know to use the centre of the racket for control.
- Feeding: throw a ball over a net to land into the court area. Know to use an underarm throw to feed to a partner
- Rallying: explore sending a ball with hands and a racket. Know that throwing/hitting to my partner with not too much power will help them to return the ball.
- Footwork: use the ready position to move towards a ball. Know that using a ready position will help me to move in any direction.
- Tactics: know that tactics can help us to be successful when playing games.
- Rules: know that rules help us to play fairly.

#### Ball skills

- Striking: explore striking a ball with their hand and equipment. Understand that the harder I strike, the further the ball will travel.
- Fielding: develop tracking and retrieving a ball. Know that throwing the ball back is quicker than running with it.
- Throwing: explore technique when throwing over and underarm. Know which type of throw to use to throw over longer distances.

points  
attacker  
score  
partner

			<ul style="list-style-type: none"> <li>• Catching: develop coordination and technique when catching. Know to watch the ball as it comes towards me.</li> <li>• Tactics: know that tactics can help us when playing games.</li> <li>• Rules: know that rules help us to play fairly.</li> </ul>	
<b>Year 2</b>	<p><b>Ball skills</b></p> <ul style="list-style-type: none"> <li>• Sending: roll, throw and kick a ball to hit a target. Know that stepping with opposite foot to throwing arm will help me to balance.</li> <li>• Catching: develop catching a range of objects with two hands. Catch with and without a bounce. Know to use wide fingers and pull the ball in to my chest to help to securely catch.</li> <li>• Tracking: consistently track and collect a ball being sent directly. Know that it is easier to move towards a ball to track it than chase it.</li> <li>• Dribbling: explore dribbling with hands and feet with increasing control on the move. Know to keep my head up when dribbling to see space/opponents.</li> </ul> <p><b>Fundamentals</b></p> <ul style="list-style-type: none"> <li>• Running: demonstrate balance when changing direction. Clearly show different speeds when running. Know that putting weight into the front of my feet helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster</li> <li>• Balancing: demonstrate balance when performing movements. Understand that squeezing my muscles helps me to balance.</li> <li>• Jumping: demonstrate jumping for distance, height and in different directions. Know that swinging my arms forwards will help me to jump further.</li> <li>• Hopping: demonstrate hopping for distance, height and in different directions. Know that if I look straight ahead it will stop me falling over when I land.</li> <li>• Skipping: explore single and double bounce when jumping in a rope. Know that I should swing opposite arm to leg to help me balance when skipping without a rope.</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Actions: accurately remember, repeat and link actions to express an idea. Know that sequencing actions in a particular order will help me to tell the story of my dance.</li> <li>• Dynamics: develop an understanding of dynamics. Understand that I can change the way I perform actions to show an idea.</li> <li>• Space: develop the use of pathways and travelling actions to include levels. Know that I can use different directions, pathways and levels in my dance.</li> <li>• Relationships: explore working with a partner using unison, matching and mirroring. Know that using counts of 8 will help me to stay in time with my partner and the music.</li> <li>• Performance: develop the use of facial expressions in my performance. Know that using facial expressions helps to show the mood of my dance.</li> <li>• Strategy: know that if I practice my dance my performance will improve.</li> </ul> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Shapes: explore using shapes in different gymnastic balances. Know that some shapes link well together.</li> <li>• Balances: remember, repeat and link combinations of gymnastic balances.</li> <li>• Understand that squeezing my muscles helps me to balance</li> <li>• Rolls: explore barrel, straight and forward roll and put into sequence work. Understand that there are different teaching points for different rolls.</li> <li>• Jumps: explore shape jumps and take off combinations. Understand that looking forward will help me to land with control.</li> <li>• Strategy: know that if I use shapes that link well together it will help my sequence to flow.</li> </ul> <p><b>Ball skills</b></p> <ul style="list-style-type: none"> <li>• Throwing overarm: develop coordination and technique when throwing overarm towards a target.</li> <li>• Throwing underarm: develop coordination and technique when throwing underarm towards a target.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Running: develop the sprinting action. know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</li> <li>• Jumping: develop jumping, hopping and skipping actions. Explore safely jumping for distance and height. know that swinging my arms forwards will help me to jump further.</li> <li>• Throwing: develop overarm throwing for distance. know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.</li> <li>• Rules: know how to follow simple rules when working with others.</li> </ul> <p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>• Sending &amp; receiving: developing s&amp;r with increased control. Know to control the ball before sending it</li> <li>• Dribbling: explore dribbling with hands and feet with increasing control on the move. Know that keeping my head up will help me to know where defenders are</li> <li>• Space: explore moving into space away from others. Know that moving into space away from defenders helps me to pass and receive a ball.</li> <li>• Attacking: developing moving into space away from defenders. Know that when my team is in possession of the ball, I am an attacker and we can score.</li> <li>• Defending: explore staying close to other players to try and stop them getting the ball. Know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball.</li> <li>• Tactics: understand and apply simple tactics for attack and defence.</li> <li>• Rules: know how to score points and follow simple rules.</li> </ul> <p><b>Net and wall</b></p> <ul style="list-style-type: none"> <li>• Hitting: develop hitting a dropped ball over a net. Know to watch the ball as it comes towards me to help me to prepare to hit it.</li> </ul>	<p>sprint jog distance height take off landing overarm underarm dribble collect target distance mirror action pathway direction speed timing strong pace race speed jog steady dodge hurdle link pathway sequence tuck straddle star pike received teammate chest pass possession goal dodge bounce pass trap return fielder batter bowler accurate</p>

- Striking: develop striking a ball with equipment with some consistency.
- Throwing: know that stepping with opposite foot to throwing arm will help you to balance. Know that moving my arm quicker will give me more power.
- Striking: know to finish with my object/hand/foot pointing at my target.
- Tactics: understand and apply simple tactics.
- Rules: know how to score points and follow simple rules.

- Feeding: accurately underarm throw over a net to a partner. Know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it.
- Rallying: explore underarm rallying with a partner catching after one bounce. Know that sending the ball towards my partner will help me to keep a rally going.
- Footwork: consistently use the ready position to move towards a ball. Know that using a ready position helps me to react quickly and return/catch a ball.
- Tactics: understand that applying simple tactics makes it difficult for my opponent.
- Rules: know how to score points and follow simple rules.

**Ball skills**

- Striking: develop striking a ball with their hand and equipment with some consistency. understand the role of a batter. Know that striking quickly will increase the power
- Fielding: develop tracking a ball and decision making with the ball. Understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points.
- Throwing: develop coordination and technique when throwing over and underarm. Know that stepping with opposite foot to throwing arm will help me to balance.
- Catching: catch with two hands with some coordination and technique. Know to use wide fingers and pull the ball in to my chest to help me to securely catch.
- Tactics: understand and apply simple tactics for attack (batting) and defence (fielding).
- Rules: know how to score points and follow simple rules.