

## 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	Dance	<p><b>Use</b> movements to express feelings.</p> <p><b>Copy</b> movement in response to music and begin to move rhythmically.</p> <p><b>Participate</b> in dancing and ring games.</p>	<p><b>Response</b> with a range of media such as music and dance.</p> <p><b>Move</b> freely and with pleasure and confidence in a range of ways e.g., rolling, crawling, walking, running, jumping, skipping and hopping</p>	<p><b>Negotiate</b> space successfully whilst dancing to music.</p> <p><b>Move</b> skillfully and <b>negotiate</b> space over and around obstacles</p> <p><b>Move and run</b> skillfully and <b>negotiate</b> space successfully, <b>adjusting</b> speed or direction to avoid obstacles</p> <p><b>Throw</b> and catch a large ball</p> <p><b>Use</b> a range of PE equipment confidently.</p>	<p>dance move body (parts) jump run throw roll climb</p>
	Gymnastics	<p><b>Mount</b> stairs/steps or climbing equipment using alternate feet</p>	<p><b>Stand</b> momentarily on one foot</p> <p><b>Catch</b> a large ball</p>		
	Games and Athletics	<p><b>Kick</b> a large ball</p> <p><b>Learn</b> how to use PE equipment ie coits, bean bags, hoops, stilts, bats.</p>	<p><b>Observe</b> the effects of physical activity on their bodies</p> <p><b>Use</b> a range of PE equipment safely.</p>		
Reception	Dance	<p><b>Show</b> good control and coordination in large and small movements.</p> <p><b>Express</b> movement in response to music</p>	<p><b>Move</b> confidently in a range of ways, safely negotiating space when dancing. e.g. slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping</p> <p><b>Experiment</b> different dances through a choice of themes e.g. Chinese New Year,</p>	<p><b>Create and repeat</b> a variety of short dances inspired by a range of stimuli eg Around the world week</p> <p><b>Explore</b> basic gymnastic actions on the floor and using apparatus.</p> <p><b>Adjust</b> speed to or change direction to avoid obstacles when playing chasing or racing games</p> <p><b>Understand</b> how to work as part of a team to complete sports day races</p>	<p>Move create feelings mood speed turn catch obstacle slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping space</p>
	Gymnastics	<p><b>Experiment</b> with different ways of travelling and moving</p>	<p><b>Show</b> good control and coordination in large and small movements</p> <p><b>Negotiate</b> space including the use of apparatus</p>		

	<p><b>Games</b></p> <p><b>Explain</b> the importance of physical exercise for good health</p> <p><b>Move</b> confidently in a variety of ways, e.g. running, jumping, skipping walking</p> <p><b>Athletics</b></p> <p><b>Handle</b> equipment effectively, e.g. rolling, bouncing, kicking, throwing, catching using a large ball or beanbag</p>	<p><b>Handle</b> equipment effectively e.g picking up floor mats, using tennis racquets</p> <p><b>Negotiate</b> space successfully when playing racing, chasing games with other children</p> <p><b>Handle</b> equipment effectively, e.g. rolling, bouncing, kicking, throwing, catching using a large ball or beanbag</p>	<p><b>Show</b> good control when throwing and catching different sized balls</p>	
Year 1	<p><b>Dance</b></p> <p><b>Move</b> confidently and safely in their own and general space whilst <b>exploring</b> basic agility, balance and coordination skills.</p> <p><b>Create</b> a dance phrase using basic travelling and jumping movements. <b>Combine</b> travel, jump and balance in dance sequence and perform.</p> <p><b>Explore</b> different ways to balance</p> <p><b>Gymnastics</b></p> <p><b>Remember</b> and <b>perform</b> three basic shapes. Link movements together</p> <p><b>Use</b> dish and arch shapes to perform a log roll.</p> <p><b>Develop</b> take off and landing skills.</p> <p><b>Games</b></p> <p><b>Show</b> different ways to use a ball or beanbag.</p> <p>Consistently find space avoiding others. Understand the safety and importance of finding free space.</p> <p><b>Roll</b> a ball towards a target.</p> <p><b>Perform</b> underarm throw towards a target. Apply rolling, underarm throw and catching in a series of challenges.</p>	<p><b>Explore</b> movement with specific body parts.</p> <p><b>Move</b> body parts in contrasting ways, reacting to stimuli. Explore gesture using a variety of body parts.</p> <p><b>Create</b> a simple dance sequence using a character as a stimulus.</p> <p><b>Use</b> movement and gestures to convey a character.</p> <p><b>Apply</b> gymnastic shapes when jumping</p> <p><b>Travel</b> by transferring weight between hands and feet.</p> <p><b>Travel</b> at different levels, with and without apparatus.</p> <p>Work with a partner to balance and link movements together in a sequence.</p> <p><b>Throw</b> and <b>catch</b> underarm with a partner and working collaboratively in a small group using overarm as a target.</p> <p><b>Retrieve</b> a ball to return to a partner or team. <b>Track</b> and <b>intercept</b> a ball to retrieve and pass to team.</p>	<p><b>Change</b> speed and level</p> <p><b>Create and perform (in a group)</b> a dance sequence with a clear beginning, middle and end.</p> <p><b>Identify</b> movements of certain characters.</p> <p><b>Mount, travel</b> along and <b>dismount</b> a bench safely using different hand apparatus.</p> <p><b>Perform</b> a bunny hop along and over a bench as well as a 4-5 movement sequence on a bench.</p> <p><b>Land</b> jumps safely from different heights.</p> <p><b>Balance</b> on a bench using different shapes.</p>	<p>perform</p> <p>create</p> <p>imagine</p> <p>link</p> <p>space</p> <p>control</p> <p>balance</p> <p>improve</p> <p>repeat</p> <p>teamwork</p> <p>exercise</p> <p>control</p> <p>speed</p> <p>direction</p> <p>underarm</p> <p>overarm</p> <p>balance</p> <p>travelling</p> <p>egg roll</p> <p>equipment</p> <p>apparatus</p> <p>tuck/star/straight/arch/di</p> <p>sh</p> <p>stretch</p> <p>height</p> <p>speed-slow/fast</p> <p>forwards/backwards</p> <p>relaxed/curled</p> <p>pass</p> <p>roll</p> <p>hit</p> <p>throw</p> <p>catch</p> <p>bounce</p> <p>drop</p> <p>under/over</p> <p>partner</p>

	<p><b>Athletics</b></p>	<p><b>Move</b> safely around an area and understand the changes on the body during exercise.</p> <p><b>Run</b> with control at different speeds.</p> <p><b>Send</b> and <b>receive</b> a ball/equipment.</p> <p><b>Take off</b> and <b>land</b> with control</p> <p><b>Use</b> different jumps for height and distance.</p>	<p><b>Apply</b> throwing and retrieval skills in a game and effectively use throwing and retrieval skills in a game.</p> <p><b>Use</b> hands or equipment when striking a ball.</p> <p><b>Understand</b> tactics (making it harder for the opposition)</p> <p><b>Strike</b> a ball into space using feet.</p> <p><b>Roll, bounce, throw</b> and <b>catch</b> a variety of equipment individually and against an opponent.</p> <p><b>Attack</b> and <b>defend</b> in a game situation.</p>	<p><b>Move</b> around safely and work as part of a team</p> <p><b>Experiment</b> with different throwing techniques.</p> <p><b>Receive</b> a ball under game conditions.</p> <p><b>Send</b> an object using different techniques and <b>decide</b> on technique depending on the task.</p> <p><b>Link</b> steps, jumps, balance and control.</p> <p>With a partner <b>create</b> a short sequence linking jumps together</p> <p><b>Run</b> at different speeds and change direction.</p> <p><b>Send</b> and <b>receive</b> an object consistently with control.</p> <p><b>Throw</b> objects accurately at a target.</p> <p><b>Link</b> running and jumping for distance.</p> <p><b>Apply</b> athletics techniques in a competition environment.</p>	
<p><b>Year 2</b></p>	<p><b>Dance</b></p>	<p><b>Explore</b> different travelling movements that express a feeling.</p> <p><b>Perform</b> a movement phrase that illustrates a feeling. <b>Change</b> the order of</p>	<p><b>Create</b> a warm up sequence, explaining the importance of warming up.</p> <p><b>Identify</b> a range of actions with levels using a sport theme.</p>	<p><b>Explore</b> jumping and gestures within a 'Spring Day' dance sequence.</p> <p><b>Develop</b> basic gestures when creating a 'Summer' dance sequence.</p>	<p>beat/tempo/count sprinting technique coordinate feedback adapt</p>

		<p>movements to create a dance sequence using contrasting feelings.</p> <p><b>Explore</b> different feelings using music as stimuli. <b>Mirror</b> the movements of a partner.</p> <p><b>Create</b> a dance phrase, using music as the stimulus and <b>adapt</b> a dance phrase to communicate a mood or feeling.</p>	<p><b>Create</b> a beginning to a dance sequence that uses simple canon and <b>perform</b> a motif to music with a partner. Ensure dance sequence has a clear beginning, middle and end.</p>	<p><b>Create</b> and <b>perform</b> two linked dance sequences.</p> <p><b>Explore</b> turning and movement qualities and use these to extend an autumn dance sequence.</p>	<p>accurately attack/defend direction receive/send teammate opponent</p>
	<b>Gymnastics</b>	<p><b>Recall</b> and <b>perform</b> 3 gymnastic shapes, as jumps and to perform the front and back support position.</p> <p><b>Rock</b> individually, learn steps and <b>perform</b> a log and egg roll to feet. <b>Land</b> and <b>start</b> a forward roll in different shapes.</p> <p><b>Perform</b> a 3 or 4 movement sequence using a forward roll.</p> <p><b>Travel</b> at different levels and inclines.</p>	<p><b>Roll</b> and <b>catch</b> a hula hoop with a partner.</p> <p><b>Perform</b> ball skills individually.</p> <p><b>Use</b> a hula hoop to perform different tasks using a range of body parts.</p> <p><b>Balance</b>, <b>jump</b> and <b>travel</b> with hand apparatus.</p> <p><b>Create</b> a 3 or 4 movement sequence in a pair, using hand apparatus.</p>	<p><b>Explore</b> and create moment of stillness. Use movement qualities associated with Winter.</p> <p><b>Link</b> and adapt dance sequences and to create a dance using contrasting movement qualities.</p> <p><b>Travel</b> on the floor at different levels, inclines and heights.</p> <p><b>Execute</b> a jump on the floor and a jump off a piece of apparatus.</p> <p><b>Mount</b> a bench, travel across and dismount with a shape jump.</p> <p><b>Perform</b> a 4 or 5 movement sequence on different levels.</p>	
	<b>Games</b>	<p><b>Roll</b> a ball towards a target with accuracy.</p> <p><b>Use</b> a variety of ball manipulation skills with control.</p> <p><b>Kick</b> a ball with accuracy to a targeted area.</p> <p><b>Strike/hit</b> a ball using a variety of equipment or hands to a targeted area.</p> <p><b>Catch</b> an object consistently, individually and with a partner.</p> <p><b>Apply</b> various ball skills within a game scenario and to apply simple tactics.</p>	<p><b>Roll</b> a ball towards a target while working with a partner. <b>Kick</b> a ball with a partner and then versus a partner, using simple tactics.</p> <p><b>Strike/hit</b> a ball to score points.</p> <p><b>Throw</b> in different directions over different distances. Throw and catch whilst moving.</p> <p><b>Apply</b> various sending and receiving skills with a partner in a competitive situation as well as tactics to a sending and receiving game.</p> <p>Work with a partner to reach a target area unopposed and opposed.</p> <p><b>Play</b> a 1v2 striking and fielding game to score runs (points).</p> <p><b>Play</b> a 2v2 striking and fielding game to score runs. <b>Apply</b> tactics to various 2v2 games while keeping score and adapting to rule changes.</p> <p><b>Play</b> an even sided team game using a variety of simple tactics.</p>		
	<b>Athletics</b>			<p><b>Experiment</b> with different throwing techniques.</p>	

**Run** at different speeds depending on the tasks and to change direction quickly.

**Explore** different ways of throwing and to work constructively with a partner and different ways of jumping to work constructively as part of a team.

**Apply** athletics techniques in a competition environment.

**Receive** a ball under game conditions.

**Send** an object using different techniques and decide on technique depending on the task.

**Link steps, jumps, balance** and control.

With a partner **create** a short sequence linking jumps together.

**Use** correct running technique when sprinting.

**Pass** a relay baton securely and quickly.

**Throw** an object using an over-arm technique for accuracy and distance.

**Take-off** and **land** with control and jump for height and distance.

**Apply** athletics techniques in a competition environment