

Elmlea Infant School PE Curriculum Map

Elmlea
Schools' Trust

The Journey Starts

All children to achieve a ELG by end of Reception

EYFS Physical Development Requirements

Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being

Early
Years

Year
R

By the end of Reception

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and coordination when playing
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Competition

Children will be introduced to competition – Intra / Inter Sportsday / Panathlon / School Games



KS1 PE AIMS

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Interventions to support in KS1

Children identified for additional support with gross & fine motor skills (Enabling / Accessing)



Fundamental Movement Skills

Will be developed over KS1



The Body

Children will start to learn about their bodies

Year
1

Key
Stage
1



Will explore transferable skills, knowledge & understanding

Shine Clubs

Children will be encouraged to join local clubs – Exit Routes / Sign-posting



Health



Children will learn about the importance of Healthy Eating, Sleep, Well-being



Hygiene

Children will learn about the importance of Hygiene & Well-being



Dance

Children will start to explore different cultures through Dance

Year
2



Sports Specific Skills

Children will learn specific sports skills within lessons applying them in different scenarios and related sports

By the end of KS1

Most children will be able to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

The Journey Continues...

Children will leave with a love of PE, physical activity & sport