

Thornborough Infant School

Physical Development and Physical Education Curriculum Map

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
EYFS Gross motor	Spatial awareness and multi step instruction games Running, jumping, using tricycles and scooters outside with increasing control.	Spatial awareness and coordination games, throwing and catching Dance to music, moving with control around the floor	Invasion games, throwing and catching Balance-standing on one leg, walking along a bench, climbing.	Team games and ball skills including using a racquet Running, jumping, hopping from foot to foot, running around obstacles	Team games including relay races, using racquets and balls, throwing and catching Running, jumping, hopping, skipping, jumping over obstacles, skipping with a rope	Racing and obstacle courses – skills for sports day Running, jumping, hopping, skipping, travelling under and over obstacles, throwing and catching
EYFS Fine motor	Small tools; cutlery, tweezers, pipettes, scissors. Cutting paper, card, fabric, tracing, using templates, playdough Drawing myself; what features do I have?	Small tools; cutlery, tweezers, pipettes, scissors Drawing maps, transport, junk modelling vehicles	Small tools; cutlery, tweezers, pipettes, scissors Drawing and painting	Small tools; cutlery, tweezers, pipettes, scissors. Cutting shapes e.g. spirals Drawing and painting plants and flowers, leaf rubbings, pencil control	Small tools; cutlery, tweezers, pipettes, scissors. Cutting shapes e.g. spirals Drawing, painting and modelling dough animals, pencil control	Small tools; cutlery, tweezers, pipettes, scissors. Cutting textured paper, tracing, using templates, playdough Drawing, painting, weaving or simple sewing.
EYFS Discreet PE lessons	<p>Games</p> <ul style="list-style-type: none"> • Begin to use rolling, hitting, running, jumping, catching and kicking skills in combination. • Use the terms ‘opponent’ and ‘team-mate’. 	<p>Dance</p> <ul style="list-style-type: none"> • Begin to copy and remember moves and positions. • Begin to move with careful control and coordination. • Begin to link two or more actions to perform a sequence. • Begin to choose movements to communicate a mood, feeling or idea. 	<p>Games</p> <ul style="list-style-type: none"> • Begin to develop tactics. 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Copy and remember actions. • Begin to move with some control and awareness of space. • Begin to link two or more actions to make a sequence. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Begin to travel by rolling forwards, backwards and sideways. • Hold simple positions whilst balancing on different points of the body. • Climb safely on equipment. • Stretch and curl to develop flexibility. • Begin to jump in a variety of ways and land with increasing control and balance. 	<p>Games</p> <ul style="list-style-type: none"> • Begin to lead others when appropriate. 	<p>Athletics</p> <ul style="list-style-type: none"> • Sprint over a short distance • Begin to throw under arm and over arm • Begin to throw with developing accuracy to hit a target • Begin to jump in a number of ways • Compete with others and aim to improve personal best performances.
Year 1/2	<p>Games</p> <ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Use the terms ‘opponent’ and ‘team-mate’. 	<p>Dance</p> <ul style="list-style-type: none"> • Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequence. • Choose movements to communicate a mood, feeling or idea. 	<p>Games</p> <ul style="list-style-type: none"> • Develop tactics. • Follow the rules o the game and play fairly. 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Travel by rolling forwards, backwards and sideways. • Hold a position whilst balancing on different points of the body. • Climb safely on equipment. • Stretch and curl to develop flexibility. • Jump in a variety of ways and land with increasing control and balance. 	<p>Games</p> <ul style="list-style-type: none"> • Lead others when appropriate. • Maintain possession of a ball (• Pass to team mates at appropriate times. • Lead others and act as a respectful team member. 	<p>Athletics</p> <ul style="list-style-type: none"> • Sprint over a short distance up to 25 metres. • Begin to run over a longer distance, conserving energy in order to sustain performance. • Begin to use a range of throwing techniques (such as under arm, over arm). • Begin to throw with accuracy to hit a target or cover a distance. • Begin to jump in a number of ways, using a run up where appropriate. • Compete with others and aim to improve personal best performances.