

Physical Development (P.D.) CURRICULUM MAPS - Years 1 & 2 - KS1



	Autumn	Spring	Summer
Yr R	KEY AREA/TOPIC: MULTISKILLS To experience and explore basic actions and single movements. To copy and repeat familiar single body actions. To make a short sequence.	KEY AREA/TOPIC: MULTISKILLS To respond to new activities and experiences. To perform actions by trial and improvement i.e. to balance across low apparatus with support To actively explore space and move around it with support.	KEY AREA/TOPIC: GAMES To explore basic sensory movements, hands and feet. To develop simple skills to track range of objects. To copy actions i.e. rolling, throwing.
	To experience and explore a small range of basic body parts in response to a variety of stimuli. To select, copy and repeat 1 or 2 familiar actions. To perform a sequence of actions with some control and co-ordination.	To engage in creative exploration of space. To explore and use a range of materials i.e. scarves, ribbons. To follow simple commands to stop and start – sign, physical symbol and/or gestures.	To initiate interactions i.e. throwing and catching. To observe the result of own actions and learned responses i.e. throwing at a target. To control and co-ordinate body i.e. stand and throw ball into basketball net.
Yr 1	KEY AREA/TOPIC: MULTISKILLS To explore and develop their basic body actions and single movements. To copy and repeat familiar actions. To make a short sequence.	KEY AREA/TOPIC: MULTISKILLS To be still when choosing a balance. To repeat two basic actions with support. To run, travel forward and stop on request.	KEY AREA/TOPIC: GAMES To explore and experience basic sending and receiving skills. To develop skills to throw and pass with some control. To observe and comment on what they are doing.
	To experience and explore a range of basic body actions. To copy and repeat a simple sequence of movements with support. To attempt to create their own sequence of body actions.	To move in a variety of ways around a space without colliding with another pupil. To follow simple warm up and cool down activities. With support to learn to observe movements and communicate likes, dislikes.	To identify the person to throw object to. To develop skills to stop with some control. To communicate how their body feels after exercise, through sign, symbol and/or gesture.
Yr 2	KEY AREA/TOPIC: MULTISKILLS To use floor mats and low apparatus safely – with support. To perform 2balances at different levels. To observe and identify some actions of a partner.	KEY AREA/TOPIC: MULTISKILLS To perform slow fast movements with direction. To perform two balances linked together in a sequence. To identify all the actions they are doing and how they could improve them.	KEY AREA/TOPIC: GAMES To explore sending and receiving a range of large and small equipment. To work collaboratively in a group. To use the equipment with more control in a game situation.
	To follow simple movement patterns – less support To repeat simple sequences of actions independently. To link simple actions together i.e. step patterns, independently.	To explore travelling and body movements directed by teacher. To move in a variety of ways inc. height. To recognise the need to work in own space.	To move to a directed space. To begin to develop skills to aim at a target. To observe and adapt our own performances.

Physical Development (P.D.) CURRICULUM MAPS - Years 1 & 2 - KS2



	Autumn	Spring	Summer
Yr 3	KEY AREA /TOPIC: Invasion Games To use equipment to throw, catch. To kick, bounce and aim at a target. To participate in activities that increases their heart rate.	KEY AREA/TOPIC: Gymnastics To explore shapes in their body actions and movements. To develop familiar actions and movements to make own sequence. To communicate how warm up / cool down activities make them feel.	KEY AREA/TOPIC: Striking & Fielding Games To develop skills to bat. To develop skills to send, hit or strike a ball to a partner. To listen and follow directions.
	KEY AREA /TOPIC: Dance To experience and explore improving their own performance. To perform movements and dance patterns with an awareness of rhythm. To participate in a range of dance activities for a longer period of time.	KEY AREA /TOPIC: Net and Ball Games To develop spatial awareness through warm up activities. To consolidate skills to co-ordinate and control ball and racket. To develop skills to hit at floor level.	KEY AREA /TOPIC: Athletics To experience and explore a range of travelling activities. To co-ordinate and control body to use a variety of athletic equipment. To learn how to run in a group.
Yr 4	KEY AREA /TOPIC: Invasion Games To send a ball to a partner. To use space correctly and score. To evaluate own performance.	KEY AREA/TOPIC: Gymnastics To use shapes in their body actions and movements. To develop and link actions and movements to form a sequence. To recognise movements and actions used in their own work.	KEY AREA/TOPIC: Striking & Fielding Games To control ball with other equipment, to stop. To send, hit, strike a ball into correct spaces and not off side. To work collaboratively as part of a team.
	KEY AREA /TOPIC: Dance To experience and explore improving with a partner. To perform movements and dance patterns with an awareness of dynamics. To practice and improve their own dance patterns and share with a partner.	KEY AREA /TOPIC: Net and Ball Games To develop their accuracy to throw. To develop skills to pass more accurately. To co-ordinate and control ball to hit over a barrier.	KEY AREA /TOPIC: Athletics To explore a range of throwing activities. To develop skills to aim at a target. To evaluate own performance and how to improve it.
Yr 5	KEY AREA /TOPIC: Invasion Games To control balls using hands, feet. To send and receive a ball and keeping possession. To design simple method to keep the score in a game situation.	KEY AREA/TOPIC: Gymnastics To improve the quality of their movements by adding twisting and turning actions. To link twisting and turning actions to travelling movements to create a sequence. To evaluate and help improve others' performance.	KEY AREA/TOPIC: Striking & Fielding Games To develop skills to score. To send, hit, strike a ball to a target. To learn roles/rules of simple game.
	KEY AREA /TOPIC: Dance To explore creating characters and acting out narratives in response to a range of stimuli. To perform movements and dance patterns that communicate character and stories. To rehearse and perform narrative dance to an audience.	KEY AREA /TOPIC: Paralympic sports To develop skills to control and co-ordinate Boccia and Kurling equipment. To develop skills to strike accurately. To learn basic tactics for games: Boccia and Kurling.	KEY AREA /TOPIC: Athletics To explore a range of jumping activities. To develop controlled jumping. To comment on others performances and how they could improve.
Yr 6	KEY AREA /TOPIC: Invasion Games To develop skills to attack and defend using a variety of equipment. To develop skills to tackle opponents. To pass, dribble, shoot, track, mark an opponent and score in a game.	KEY AREA/TOPIC: Gymnastics To develop increasing control and accuracy in their actions, movements and body shapes. To perform balances and movements with increasing consistency and control. To select balances, movements and shapes to create a composition of movements.	KEY AREA/TOPIC: Striking & Fielding Games To control a ball to bowl in a variety of ways. To learn how to field using different body parts. To work collaboratively as a team in a variety of game situations.
	KEY AREA /TOPIC: Dance To explore and create dances from different styles, working alone, with a partner or in a group. To explore and improve movement ideas using different visual and auditory images. To create and perform short dances using step formations and patterns from a variety of styles.	KEY AREA /TOPIC: Paralympic sports To develop skills to co-ordinate a poly bat or table cricket bat To develop skills to keep a ball moving across the table for longer periods. To use tactics and score correctly.	KEY AREA /TOPIC: Athletics To extend their range of running skills through the use of sprinting techniques. To develop correct body positions to improve their jumping skills. To develop and practice different throwing actions, i.e. javelin, shot, discus