

Uley Curriculum map for P.E. EYFS and KS1

Year 2023/2024	Autumn 1	Autumn 2	Spring 1	Spring 2		Summer 1	Summer 2
Reception	<p style="text-align: center;">High, low, over and under</p> <p>Introduction to High Introduction to Low Introduction to apparatus High and low apparatus High low, over and under (extended)</p>	<p style="text-align: center;">Moving</p> <p>Explore moving and making shapes using body parts Explore moving in different directions Explore big and small ways of moving and making shapes Moving in pairs Creating shapes in pairs Zonal work</p>	<p style="text-align: center;">Ourselves (foundation)</p> <p>Moving in sequence Responding in movements to words and music Moving with props and contrasting tempos Creating their own movements Exploring opposites and creating simple movement sequences Working with a partner exploring character movements</p>	<p style="text-align: center;">Hand 1</p> <p>Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing</p>	<p style="text-align: center;">Hands 2</p> <p>Explore throwing Explore throwing (underarm) Explore throwing (overarm) Explore rolling Explore stopping a ball (small ball) Explore catching</p>	<p style="text-align: center;">Jumping 1</p> <p>Explore jumping Develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping</p>	<p style="text-align: center;">Walking 1</p> <p>Explore walking Develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game</p>

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Year 1/Year 2	<p style="text-align: center;">Team building (yr 2)</p> <p>Introduce teamwork: Inclusion Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork</p>	<p style="text-align: center;">Linking (yr 2)</p> <p>Developing linking Linking on apparatus Jump, roll, balance sequences Jump, roll, balance on apparatus Creation of sequences Completion of sequences and performance</p>	<p style="text-align: center;">Explorers (Yr 2)</p> <p>Preparing for an expedition: Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending sequences with a partner in our character (explorer and jungle animal) Extending our motifs Sequences, relationships and performance</p>	<p style="text-align: center;">Hands 1 (Yr2)</p> <p>Developing dirbbling: Keeping possession Develop passing and receiving: Keeping possession Combine dribbling, passing and receiving, keeping possession Develop dribbling to score a point Develop passing and receiving to score a point Combine dribbling, passing and receiving to score a point</p>	<p style="text-align: center;">Feet 1 (Yr2)</p> <p>Develop dribbling: Keeping possession Develop passing and receiving: Keeping possession Combine dribbling, passing, receiving, keeping possession Develop dribbling to score a point Combine dribbling, passing and receiving to score a point Apply dribbling, passing and receiving as a team to score a point</p>	<p style="text-align: center;">Games for understanding (yr 2)</p> <p>Understanding the principles of attack Apply attacking principles into a game Understanding the principles of defence Applying defending principles into a game Consolidate attacking Consolidate defending</p>	<p style="text-align: center;">Dodging 1 (Yr 2)</p> <p>Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams Consolidate dodging Level 1 tournament</p>	Health activator (Move More)
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