

Curriculum Map Two Year Cycle

Term A	Autumn 1				Autumn 2			
Topic (Higher age group)	EYFS Football Infants Real PE (Unit 1) ~ Personal – Keep Trying Football Lower Juniors Real PE (Unit 1) ~ Personal – Accept Challenge Football Upper Juniors Real PE (Unit 1) ~ Personal – Consistently Try to Improve Football UJ1 - Swimming				EYFS Tag Rugby Infants Real Dance ~ Social – Help and Encourage Tag Rugby Lower Juniors Real Dance ~ Social – Support Others Tag Rugby Upper Juniors Real Dance ~ Social - Organise & Guide Others Tag Rugby UJ1 - Swimming			
Outcomes	EYFS	INFANTS	LOWER JUNIORS	UPPER JUNIORS	EYFS	INFANTS	LOWER JUNIORS	UPPER JUNIORS
	- 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	REAL PE - Coordination – footwork - Balance (one leg)	REAL PE - Coordination – footwork - Static balance (one leg)	REAL PE - Coordination – ball skills - Agility – reaction/response	- 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	REAL DANCE - change rhythm, speed, level and direction in my dance - dance with control and coordination - make a sequence by linking sections together - use dance to show a mood or feeling	REAL DANCE - take the lead when working with a partner or group - use dance to communicate an idea	REAL DANCE - develop sequences in a specific style - choose my own music and style
		FOOTBALL - use kicking and/or rolling in a game - decide the best space to be in during a game - use one tactic in a game - follow rules	FOOTBALL - catch with one hand - throw and catch accurately - pass a ball accurately with control - keep possession of the ball - vary tactics and adapt skills depending on what is happening in a game	FOOTBALL - play to agreed rules - explain rules - referee - make a team and communicate plan - lead others in a game situation		TAG RUGBY - use kicking and/or throwing in a game - decide the best space to be in during a game - use one tactic in a game - follow rules	TAG RUGBY - catch with one hand - throw and catch accurately - hit a ball accurately with control - keep possession of the ball - vary tactics and adapt skills depending on what is happening in a game	TAG RUGBY - play to agreed rules - explain rules - referee - make a team and communicate plan - lead others in a game situation
Term A	Spring 1				Spring 2			

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Topic (Higher age group)	EYFS Netball Infants Real PE (Unit 3) ~ Cognitive – Understand Performance Netball Lower Juniors Real PE (Unit 3) ~ Cognitive – Identify Areas to Improve Netball Upper Juniors Real PE (Unit 3) ~ Cognitive – Make Good Decisions Netball UJ2 - Swimming				EYFS Hockey Infants Real Gym (Unit 1) ~ Creative – Link Movements Hockey Lower Juniors Real Gym (Unit 1) ~ Creative – Recognise and Respond Hockey Upper Juniors Real Gym (Unit 1) ~ Creative - Adapt/Change Activity Hockey (UJ2 - Swimming			
Outcomes	EYFS - 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	INFANTS	LOWER JUNIORS	UPPER JUNIORS	EYFS - 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	INFANTS	LOWER JUNIORS	UPPER JUNIORS
		REAL PE - Balance on a line - Static balance – stance	REAL PE - Dynamic balance on a line - Coordination – ball skills	REAL PE - Dynamic balance on a line - Counterbalance with a partner		REAL GYM - plan and perform a sequence of movements - improve my sequence based on feedback - think of more than one way to create a sequence which follows some 'rules' - work on my own and with a partner	REAL GYM - work in a controlled way - include change of speed and direction - include a range of shapes - work with a partner to create, repeat and improve a sequence with at least three phases	REAL GYM - combine my own work with that of others - link sequences to specific timings
		NETBALL - use throwing in a game - decide the best space to be in during a game - use one tactic in a game - follow rules	NETBALL - catch with one hand - throw and catch accurately - hit a ball accurately with control - keep possession of the ball - vary tactics and adapt skills depending on what is happening in a game	NETBALL - play to agreed rules - explain rules - umpire - make a team and communicate plan - lead others in a game situation		HOCKEY - use hitting in a game - decide the best space to be in during a game - use one tactic in a game - follow rules	HOCKEY - hit a ball accurately with control - keep possession of the ball - vary tactics and adapt skills depending on what is happening in a game	HOCKEY - play to agreed rules - explain rules - umpire - make a team and communicate plan - lead others in a game situation
Term A	Summer 1				Summer 2			
Topic (Higher age group)	EYFS Cricket/Rounders Infants Real PE (Unit 5) ~ Physical – Sequence Movements and Skills Cricket/Rounders Lower Juniors Real PE (Unit 5) ~ Physical – Select and Apply Cricket/Rounders Upper Juniors Real PE (Unit 5) ~ Physical – Link Actions to Flow Cricket/Rounders UJ3 - Swimming				EYFS Athletics Infants Real Gym (Unit 2) ~ Health and Fitness – Practice Safely Athletics Lower Juniors Real Gym (Unit 2) ~ Health & fitness – Prepare for Activity Athletics Upper Juniors Real Gym (Unit 2) ~ Health & Fitness – Monitor Activity Athletics UJ3 - Swimming			

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Outcomes	EYFS	INFANTS	LOWER JUNIORS	UPPER JUNIORS	EYFS	INFANTS	LOWER JUNIORS	UPPER JUNIORS
	- 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	REAL PE - Sending & receiving - Agility – reaction/response	REAL PE - Agility – reaction/response - Static Balance – floor work	REAL PE - Static Balance – stance - Coordination – footwork	- 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	REAL GYM - make my body curled, tense, stretched and relaxed - control my body when travelling and balancing - copy sequences and repeat them - roll, curl, travel and balance in different ways	REAL GYM - adapt sequences to suit different types of apparatus and criteria - explain how strength and suppleness affect performance - compare gymnastic sequences	REAL GYM - make complex extended sequences - combine action, balance and shape - perform consistently to different audience
		CRICKET/ROUNDERS - use hitting in a game - decide the best space to be in during a game - use one tactic in a game - follow rules	CRICKET/ROUNDERS - throw and catch accurately - hit a ball accurately with control - keep possession of the ball - vary tactics and adapt skills depending on what is happening in a game	CRICKET/ROUNDERS - play to agreed rules - explain rules - umpire - make a team and communicate plan - lead others in a game situation		ATHLETICS - copy and remember actions - talk about what is different from what I did and what someone else did	ATHLETICS - run over a long distance - sprint over a short distance - throw in different ways - hit a target - jump in different ways	ATHLETICS demonstrate stamina
Term B	Autumn 1				Autumn 2			
Topic (Lower age group)	EYFS Football Infants Real Dance ~ Personal – Stay on Task Football Lower Juniors Real Dance ~ Personal – Know Where I Am With My Learning Football Upper Juniors Real Dance ~ Personal – React Positively to Change Football UJ1 Swimming				EYFS Tag rugby Infants Real PE (Unit 2) ~ Social – Understand Others Tag rugby Lower Juniors Real PE (Unit 2) ~ Social – Share Ideas Tag rugby Upper Juniors Real PE (Unit 2) ~ Social – Provide Helpful Feedback Tag rugby UJ1 Swimming			
Outcomes	EYFS	INFANTS	LOWER JUNIORS	UPPER JUNIORS	EYFS	INFANTS	LOWER JUNIORS	UPPER JUNIORS
	- 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,	REAL DANCE - move to music - copy dance moves - perform my own dance moves - make up a short dance - move safely in a space	REAL DANCE - improvise freely and translate ideas from a stimulus into movement - share and create phrases with a partner and small group - repeat, remember and perform phrases	REAL DANCE - compose my own dances in a creative way - perform to an accompaniment - dance shows clarity, fluency, accuracy and consistency	- 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,	REAL PE - Dynamic balance – jumping & landing - Static balance – seated	REAL PE - Dynamic balance – jumping & landing - Static balance – seated	REAL PE - Static balance – seated - Static Balance – floor work

Curriculum Map Two Year Cycle

	hopping, skipping and climbing	FOOTBALL - throw underarm - move and stop safely - throw and catch with both hands - throw and kick in different ways - group games - making rules	FOOTBALL - kick with control - be aware of space and use it to support team-mates and to cause problems for the opposition - know and use rules fairly	FOOTBALL - gain possession by working as a team - pass in different ways - choose a tactic for defending and attacking - use several techniques to pass, dribble and shoot	hopping, skipping and climbing	TAG RUGBY - throw underarm - move and stop safely - throw and catch with both hands - throw and kick in different ways - group games - making rules	TAG RUGBY - throw and catch with control - be aware of space and use it to support team-mates and to cause problems for the opposition - know and use rules fairly	TAG RUGBY - gain possession by working as a team - pass in different ways - choose a tactic for defending and attacking - use several techniques to pass, dribble and shoot
Term B	Spring 1				Spring 2			
Topic (Lower age group)	EYFS Netball Infants Real Gym (Unit 1) ~ Cognitive – Observe and Describe Netball Lower Juniors Real Gym (Unit 1) ~ Cognitive – Recognise Success Netball Upper Juniors Real Gym (Unit 1) ~ Cognitive – Judge Performance Netball UJ2 Swimming				EYFS Hockey Infants Real PE (Unit 4) ~ Creative – Explore and Describe Hockey Lower Juniors Real PE (Unit 4) ~ Creative – Respond Differently Hockey Upper Juniors Real PE (Unit 4) ~ Creative – Express Ideas Hockey UJ2 Swimming			
Outcomes	EYFS - 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	INFANTS REAL GYM - plan and perform a sequence of movements - improve my sequence based on feedback - think of more than one way to create a sequence which follows some 'rules' - work on my own and with a partner	LOWER JUNIORS REAL GYM - work in a controlled way - include change of speed and direction - include a range of shapes - work with a partner to create, repeat and improve a sequence with at least three phases	UPPER JUNIORS REAL GYM - combine my own work with that of others - link sequences to specific timings	EYFS - 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	INFANTS REAL PE - Ball skills – coordination - Counterbalance with partner	LOWER JUNIORS REAL PE - Coordination – sending & receiving - Counterbalance with partner	UPPER JUNIORS REAL PE - Dynamic balance to agility – jumping & landing - Static balance – one leg
		NETBALL - throw underarm - move and stop safely - throw and catch with both hands - throw and kick in different ways - group games - making rules	NETBALL - throw and catch with control - be aware of space and use it to support team-mates and to cause problems for the opposition - know and use rules fairly	NETBALL - play to agreed rules - explain rules - umpire - make a team and communicate plan - lead others in a game situation		HOCKEY - hit a ball with a bat - move and stop safely	HOCKEY - hit a ball accurately with control - keep possession of the ball - vary tactics and adapt skills depending on what is happening in a game	HOCKEY - pass in different ways - use stick correctly and effectively - choose a tactic for defending and attacking
Term B	Summer 1				Summer 2			

Curriculum Map Two Year Cycle

Topic (Lower age group)	EYFS Cricket/Rounders Infants Real Gym (Unit 2) ~ Physical – Control Movement Cricket/Rounders Lower Juniors Real Gym (Unit 2) ~ Physical – Perform and Repeat Cricket/Rounders Upper Juniors Real Gym (Unit 2) ~ Physical - Combining Skills in Specific Contexts Cricket/Rounders UJ3 Swimming				EYFS Athletics Infants Real PE (Unit 6) ~ Health and Fitness – Exercise the Body Athletics Lower Juniors Real PE (Unit 6) ~ Health & Fitness – Know How and Why the Body Changes Athletics Upper Juniors Real PE (Unit 6) ~ Health & Fitness – Describe Basic Fitness Components Athletics UJ3 Swimming			
Outcomes	EYFS - 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	INFANTS REAL GYM - make my body curled, tense, stretched and relaxed - control my body when travelling and balancing - copy sequences and repeat them - roll, curl, travel and balance in different ways	LOWER JUNIORS REAL GYM - adapt sequences to suit different types of apparatus and criteria - explain how strength and suppleness affect performance - compare gymnastic sequences	UPPER JUNIORS REAL GYM - make complex extended sequences - combine action, balance and shape - perform consistently to different audience	EYFS - 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	INFANTS REAL PE - Agility – ball chasing - Floor work	LOWER JUNIORS REAL PE - Agility – ball chasing - Static balance - stance	UPPER JUNIORS REAL PE - Coordination – sending & receiving - Agility – ball chasing
		CRICKET/ROUNDERS - hit a ball with a bat - move and stop safely	CRICKET/ROUNDERS - hit a ball accurately with control - keep possession of the ball - vary tactics and adapt skills depending on what is happening in a game	CRICKET/ROUNDERS - use different bowling techniques - use different strikes - choose a tactic for fielding and batting		ATHLETICS - copy actions - repeat actions and skills - move with control and care - use equipment safely	ATHLETICS - run at fast, medium and slow speeds, changing speed and direction - take part in a relay, remembering when to run and what to do	ATHLETICS - control when taking off and landing - throw with accuracy - combine running and jumping