

Premier Education Curriculum Map



Multi Skills 🌸 Gymnastics 🌸 Dance 🌸 Athletics 🌸 Outdoor and Adventurous Activities 🌸 Games; Invasion 🌸 Net and Wall 🌸 Striking and Fielding

Class / Term	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>EYFS Early Learning Goals:</p> <p>Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p> <p>Experiments with different ways of moving. 🌸 Jumps off an object and lands appropriately. 🌸 Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. 🌸 Travels with confidence and skill around, under, over and through balancing and climbing equipment. 🌸 Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <p>Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p> <p>🌸 Eats a healthy range of foodstuffs and understands need for variety in food. 🌸 Usually dry and clean during the day. 🌸 Shows some understanding that good practices with regards to exercise, eating, sleeping and hygiene can contribute to good health. 🌸 Shows understanding of the need for safety when tackling new challenges and considers and manages some risks. 🌸 Shows understanding of how to transport and store equipment safely. 🌸 Practices some appropriate safety measures without direct supervision.</p> <p>Additional descriptors: play co-operatively, taking turns with others 🌸 confident to try new activities 🌸 choose the resources they need for their chosen activities 🌸 say when they do or don't need help 🌸 talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable 🌸 work as part of a group or class, and understand and follow the rules 🌸 adjust their behaviour to different situations, and take changes of routine in their stride 🌸 listen to stories, accurately anticipating key events and respond to what they hear with relevant comments, questions or actions 🌸 talking about events that have happened or are to happen in the future 🌸 count reliably with numbers from one to 20 🌸 solve problems, including doubling, halving and sharing 🌸 sing songs, make music and dance, and experiment with ways of changing them 🌸 represent their own ideas, thoughts and feelings through art, music, dance, role play and stories.</p>						
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EYFS	Movement games and spatial awareness	Moving with equipment	Dance – Moving to music and making shapes	Gymnastics – Agility, Balance, Coordination	Athletics – Sports Day Prep	Striking and Fielding – Hitting equipment using objects. Turn taking

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National curriculum guidelines Key Stage 1: Pupils should be taught 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

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Year 1	Multi Skills - Fundamentals of movement	Gymnastics - Balance and Shape	Gymnastics - Jumping and turning	Dance – Animals and Life Cycles	Athletics – Running, Jumping, Throwing in different ways	Striking and Fielding - Cricket
Year 2	Multi Skills - Fundamentals of movement	Gymnastics - Balance and Shape	Gymnastics - Jumping and turning	Dance – Animals and Life Cycles	Athletics – Running, Jumping, Throwing in different ways	Striking and Fielding - Cricket

National curriculum guidelines Key Stage 2: Pupils should be taught to:

Use running, jumping, throwing and catching in isolation/combination 🌟 Play competitive games, modified where appropriate [e.g. **badminton, basketball, cricket, football, hockey, netball, rounders and tennis**], and apply basic principles suitable for attacking and defending 🌟 Develop flexibility, strength, technique, control and balance [e.g. through **athletics** and **gymnastics**] 🌟 Perform dances using a range of movement patterns 🌟 Take part in outdoor and adventurous activity challenges both individually and within a team 🌟 Compare their performances with previous ones and demonstrate improvement to achieve their personal best

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Year 3	Invasion Games Football and Handball	Invasion Games Basketball and Hockey	Dance – Exploring Characters	Gymnastics - Turning and Sequencing	Athletics - Measuring and recording	Striking and Fielding – Scatterball, Kickball
Year 4	Invasion Games Football and Handball	Invasion Games Basketball and Hockey	Gymnastics - Turning and Sequencing	Swimming and Water Safety	Athletics - Measuring and recording	Striking and Fielding – Scatterball, Kickball
Year 5	Invasion Games Football and Netball	Invasion Games Rugby and Basketball	Dance - Emotion	Gymnastics - Large equipment and evaluating in groups	Athletics - Setting and beating your personal best	Striking and Fielding - Cricket and Rounders
Year 6	Invasion Games Football and Netball	Invasion Games Rugby and Basketball	Dance – Story Telling	Gymnastics - Large equipment and evaluating in groups	Athletics - Setting and beating your personal best	Striking and Fielding - Cricket and Rounders

Specific Ideas:

Gymnastics – Rhythmic gymnastics, travelling, levels, shapes, directions, speeds, balancing, jumping, flight, rolling, turning, pathways, symmetry, counterbalance, counter tension, lifts, holds, synchronisation, canon, sequencing, partner work, group work, tumbling, vaulting...

Invasion Games – Football, Rugby, Netball, Basketball, Hockey, Lacrosse, Rugby, Handball, Benchball, American Football, Ultimate Frisbee, Korfball, Goal ball...

Target Games – Golf, Archery, Bowling, Curling, Fencing, Dodgeball...

Net and Wall Games – Tennis, Badminton, Table Tennis, Squash, Volleyball, Dodgeball, ...

Dance – Line dance, cheerleading, street dance, characters, timing, storytelling, synchronicity, group work...

Striking and Fielding Games – Cricket, Rounders, Softball, Baseball, Scatterball, Kickball...

Athletics – Running for speed/distance, jumping for speed/distance/height, throwing for distance/accuracy, measuring and recording...

Outdoor Adventurous Activities/Health and Fitness – Orienteering, Cross country, Circuit Training, Skipping, Sailing...

Swimming and Water Safety

Inclusive activities - Adapted versions of above plus, sitting volleyball, boccia, new age kurling, goalball...

Enrichment Activities – Archery, fencing, balance bikes, bikeability, quidditch, korfball