

# Little Thurrock Primary School

## Whole School Curriculum Map – PE



EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Communication</b>						
<p>(Self Regulation) Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions</p>	<p>Discuss own performances</p> <p>Discuss how to improve in different physical activities</p>	<p>Evaluate own and others' performances</p> <p>Identify how to improve in different physical activities</p>	<p>Communicate and compete with each other</p> <p>Begin to show an understanding of how to improve own and others' performances</p>	<p>Communicate and compete with each other</p> <p>Understand how to improve own and others' performances</p>	<p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</p> <p>Evaluate and recognise own and others' success and identify strategies for improvement</p>	<p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</p> <p>Evaluate and recognise own and others' success and identify strategies for improvement</p>
<b>Participation</b>						
<p>(Managing Self) Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p> <p>(Building Relationships) Work and play cooperatively and take turns with others</p> <p>(Being Imaginative and Expressive) When appropriate – try to move in time with music.</p>	<p>Participate in team games</p> <p>Begin to develop simple tactics for attacking and defending</p>	<p>Participate in team games following simple rules</p> <p>Develop simple tactics for attacking and defending</p>	<p>Participate in team games understanding the rules</p> <p>Develop a wider range of tactics for attacking and defending</p> <p>Participate in outdoor and adventurous activities</p>	<p>Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect</p> <p>Understand basic principles suitable for attacking and defending</p> <p>Participate in outdoor and adventurous activities</p>	<p>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</p> <p>Apply principles suitable for attacking and defending</p> <p>Participate in outdoor and adventurous activities</p>	<p>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</p> <p>Apply range of principles suitable for attacking and defending</p> <p>Participate in outdoor and adventurous activities</p>

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### Competence

<p>(Self Regulation) Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate</p> <p>(Physical Development) Negotiate space and obstacles safely, with consideration for themselves and others</p> <p>Demonstrate strength, balance coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>	<p>Practise basic movements including running, jumping, throwing and catching</p> <p>Develop balance and agility</p>	<p>Master basic movements including running, jumping, throwing and catching.</p> <p>Develop and apply balance, agility and co-ordination</p>	<p>Begin to use running, jumping, throwing and catching in isolation and in combination</p> <p>Further develop flexibility, strength, control and balance</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Further develop flexibility, strength, technique, control and balance</p>	<p>Use a broad range of skills in isolation and in combination to become physically confident</p> <p>Develop mastery of flexibility, strength, technique, control and balance</p>	<p>Use a broad range of skills in isolation and in combination to become physically confident</p> <p>Master flexibility, strength, technique, control and balance</p>
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### Performance

<p>(Managing Self) Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p> <p>(Building Relationships) Work and play cooperatively and take turns with others</p>	<p>Perform simple dances</p>	<p>Perform dances using simple movement patterns</p>	<p>Perform dances and gymnastic routines on own and with others using movement patterns</p> <p>Compare performances with previous ones</p> <p>Begin to demonstrate improvement to achieve personal best</p>	<p>Perform dances and gymnastic routines on own and with others using movement patterns</p> <p>Compare performances with previous ones</p> <p>Demonstrate improvement to achieve personal best</p>	<p>Perform dances and gymnastic routines on own and with others using a range of movement patterns</p> <p>Evaluate and compare performances with previous ones</p>	<p>Perform dances and gymnastic routines on own and with others using a range of movement patterns</p> <p>Evaluate and compare performances with previous ones</p>
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<p>(Being Imaginative and Expressive) Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.</p>					<p>Demonstrate improvement to achieve personal best</p>	<p>Demonstrate improvement to achieve personal best</p>
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