

Concept Map – Physical Education

Concept	EYFS ELG	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Movement 	Using a beanbag Using a ball Hoops and Quoits Ropes, bats and balls Skipping Athletic Activities	Gymnastics Dance Throwing & catching Bat/ball Skills Athletics	Gymnastics Dance Throwing & catching Hitting, kicking & aiming Athletic Activities	Gymnastics Dance Athletics Invasion games	Gymnastics Dance Athletics Invasion games	Gymnastics Dance In/Out Athletics Quadkids Invasion games	Gymnastics Dance In/Out Athletics Quadkids Invasion games
Tactics and strategy 	Fundamental skills 2 and 3	Throwing & catching Bat/ball Skills Partner Work Invasion Games Athletics Gymnastics Skipping	Throwing & catching Hitting, kicking & aiming Group Games Inventing Rules Invasion Games Athletic Activities Gymnastics	Netball Hockey Handball Repeat one of above Dodgeball Tennis Athletics	Netball Hockey Basketball Dodgeball Orienteering Cricket Rounders Athletics	Netball Hockey Handball Repeat one of above Tennis Dodgeball In/Out Athletics Gymnastics Quadkids	Netball Hockey Basketball Rounders Orienteering Cricket Table Tennis In/Out Athletics Quadkids
Individual Performance 	Using a beanbag Using a ball Hoops and Quoits Ropes, bats and balls Skipping Athletic Activities	Throwing & catching Bat/ball Skills Athletics Gymnastics Skipping Dance	Throwing & catching Hitting, kicking & aiming Athletic Activities Gymnastics Dance	Gymnastics Dance Athletics Tennis Dance	Gymnastics Dance Athletics Dance	Gymnastics Dance In/Out Athletics Quadkids Dance Swimming	Gymnastics Dance In/Out Athletics Quadkids Table Tennis Dance
Teamwork 	Using a ball Hoops and Quoits Ropes, bats and balls	Partner Work Invasion Games Dance	Group Games Inventing Rules Invasion Games Dance	Netball Hockey Handball Dodgeball Dance	Hockey Netball Basketball Orienteering Cricket Rounders Dance	Netball Hockey Handball Dodgeball Dance	Hockey Netball Basketball Rounders Orienteering Cricket Table Tennis Dance
Leadership 	Using a ball Hoops and Quoits Ropes, bats and balls	Invasion Games	Group Games Inventing Rules Invasion Games	Netball Hockey Dodgeball Handball	Hockey Netball Basketball Orienteering Cricket Rounders	Netball Hockey Handball Dodgeball	Hockey Netball Basketball Rounders Orienteering Cricket
Healthy living 	All units	All units	All units	All units	All units	All units	All units

Concept Curriculum Skills – Physical Education

Concept	EYFS ELG	KS1 Curriculum Skills	LKS2 Curriculum Skills	UKS2 Curriculum Skills
Movement 	<ul style="list-style-type: none"> -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. 	<ul style="list-style-type: none"> -To master basic movements. -To develop balance, agility and coordination. -To perform dances using simple movement patterns. 	<ul style="list-style-type: none"> -To use running, jumping, throwing and catching in isolation and in combination -To apply developed balance, agility and coordination to a range of physical activities. -To perform dances using increasingly challenging movement patterns. 	<ul style="list-style-type: none"> -To apply and develop a broader range of skills, creating sequences of movement. -To develop flexibility, strength, technique, control and balance. -To perform dances using a range of movement patterns.
Tactics and strategy 	<ul style="list-style-type: none"> -They adjust their behaviour to different situations -Set and work towards simple goals, being able to wait for what they want and control their impulses. -Give focussed attention to what the teacher says, responding appropriately when engaged in activity 	<ul style="list-style-type: none"> -To apply basic movements, balance, agility and coordination in a range of activities. -To develop simple tactics for attacking and defending 	<ul style="list-style-type: none"> -To play competitive games, and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> -To play competitive games, applying developed principles suitable for attacking and defending.
Individual Performance 	<ul style="list-style-type: none"> -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. -Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. 	<ul style="list-style-type: none"> -To show developed skills in mastering basic movements. -To be a good sportsman. 	<ul style="list-style-type: none"> -To compare their performances with previous ones and aim to improve their personal best. -To lead with good sportsmanship, including fairness and respect for others 	<ul style="list-style-type: none"> -To compare their performances with previous ones and demonstrate improvement to achieve their personal best. -To embody excellent sportsmanship during all physical activity. -To swim competently, confidently and proficiently over a distance of at least 25 metres. -To use a range of swimming strokes effectively. -To perform safe self-rescue in different water-based situations.
Teamwork 	<ul style="list-style-type: none"> -Children play co-operatively, taking turns -They take account of another's ideas about how to organise -Show sensitivity to their own and to others' needs. -Form positive relationships to adults and friendships with peers 	<ul style="list-style-type: none"> -To actively participate in team games. -To be a good sportsman. 	<ul style="list-style-type: none"> -To take part in adventurous activity challenges individually and within a team. -To lead with good sportsmanship, including fairness and respect for others 	<ul style="list-style-type: none"> -To actively and effectively participate in adventurous activity challenges individually and within a team. -To embody excellent sportsmanship during all physical activity.
Leadership 	<ul style="list-style-type: none"> -Children listen attentively and respond to what they hear. -Children express their ideas and feelings -Form positive attachments to adults their own and others' needs. 	<ul style="list-style-type: none"> -To set a good example. -To be a good sportsman. -To communicate well with others, including speaking and listening skills. -To encourage others. 	<ul style="list-style-type: none"> -To always set a good example, individually and within a team. -To lead with good sportsmanship, including fairness and respect for others -To encourage others to achieve their best, even 	<ul style="list-style-type: none"> -To embody excellent sportsmanship during all physical activity. -To model perseverance. -To hone decision making abilities. -To practice confident communication. -To encourage work others to persevere, including

	<ul style="list-style-type: none"> -Have confidence in their own abilities -They take account of another's ideas about how to organise their activity 		<ul style="list-style-type: none"> when competing against them. -To communicate effectively with others, including speaking and listening skills. 	<ul style="list-style-type: none"> giving constructive feedback. -To model a hardworking attitude. -To be willing to serve others.
Healthy living 	<ul style="list-style-type: none"> -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 	<ul style="list-style-type: none"> -To understand that physical activity contributes to a healthy lifestyle. 	<ul style="list-style-type: none"> -To understand how physical activity contributes to a healthy lifestyle. 	<ul style="list-style-type: none"> -To become physically confident and fully understand how this contributes to their health and fitness.