

PE Curriculum Map – Outdoor



Nursery						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Multiskills	LO: I can run, climb, jump, hop and peddle and dodge using the equipment in the Nursery environment Jumping with both legs at a time, jumping over a distance.					
Dance	LO: I can create shapes and movements to represent Halloween creatures (slow and floaty)		LO: I can create shapes and movements to represent fireworks (fast and jagged)		LO: I can create a variety of movements to retell a story – The Nativity	
Balance	LO: I can balance using different parts of my body		LO: I can climb and balance		LO: I can climb and balance	
Movement	LO: I can travel using my body in different ways (high low, fast, slow)		LO: I can combine stationary movements and different ways of travelling to tell a story		LO: I can climb, balance and travel across equipment (obstacle course)	
Ball skills	LO: I can aim and roll a ball		LO: I can throw and catch a ball		LO: I can balance a ball on a racket	
Ball skills	LO: I can dribble a ball in a straight line		LO: I can dribble a ball around obstacles		LO: I can begin to aim and shoot a ball	
Reception						
Aut 1 Multi skills	LO: I can freeze and listen when the whistle blows.	LO: I can jump and land with 2 feet.	LO: I can jump from 2 feet and land on 1 foot	LO: I can jump from 1 foot to 1 foot.	LO: I can lift my knees and swing my arms as I skip.	LO: I can gallop forwards and to the side.
Autumn 2 Tag rugby	LO: I can hold a rugby ball. I can run with a rugby ball.	LO: I can put down and pick up a rugby ball.	LO: I can run and dodge with a rugby ball.	LO: I can run and dodge with a ball and tag other children.	LO: I can throw and catch a rugby ball. I can play mini tag rugby.	LO: I can kick a rugby ball I can play mini tag rugby.
Spring 1 Hockey CN	LO: I can hold hockey stick. I can move with a hockey stick.	LO: I can dribble in a straight line with a hockey stick.	LO: I can dribble in and out of cones with a hockey stick.	LO: I can hit a puck.	LO: I can pass a puck to another teammate.	LO: I can aim and hit a puck into a goal.
Spring 2 Tennis CN	LO: I can practise an underarm throw with a beanbag. <i>I can keep my body still and steady when balancing in different ways</i>	LO: I can balance a beanbag on my tennis racket whilst moving. <i>I can keep my body steady when balancing in different ways.</i>	LO: I can catch a beanbag on my tennis racket. <i>I can keep my body still and steady when balancing in different ways.</i>	LO: I can throw a ball to the ground and catch it using both hands.	LO: I can scoop a ball from the floor using a tennis racket. I can balance a ball on my tennis racket.	LO: I can hit a ball up and down with my tennis racket. I can drop a ball and hit it with my tennis racket.
Sum 1 Football	LO: I can dribble a football across a pitch.	LO: I can dribble a football in and out of cones.	LO: I can pass a ball using my feet.	LO: I can aim and shoot a ball towards/ into a goal.	LO: I can complete an obstacle course with a ball and shoot the ball towards a goal.	LO: I can control, pass and shoot a ball in a mini game of football.
Sum 2 Athletics	LO: I can run efficiently. I can improve my running reaction time.	LO: I can jump up with both feet together. I can improve my jumping reaction times.	LO: I can jump forward.	LO: I can throw a beanbag long distance using an overarm throw.	LO I can throw a beanbag long distance using an overarm throw.	SPORTS DAY
Year 1						
Autumn 1 Multiskills CN	LO: I can balance on one leg. I can move up and down whilst balancing on one leg.	LO: I can walk/ run along a straight line on tiptoes. I can hold a one-leg balance for 3 seconds..	LO: I can throw a beanbag underarm. I can throw a beanbag higher than my head and catch it.	LO: I can follow instructions and join in with a team game. I can hop at speed. I can hop whilst balancing a beanbag.	LO: I can coordinate my feet on a flat ladder at different speeds. I can coordinate my hands and feet at speed to move through a flat ladder. I can hop in different directions.	LO: I can follow instructions and join in with a team game. I can use the movement of an underarm throw to keep a volleyball in the air.
Autumn 2 Hockey CN	LO: I can move with a hockey stick. I can dribble a ball/puck in and out of cones using a hockey stick.	LO: I can pass a puck using a hockey stick.	LO: I can shoot different balls/pucks at a target against a wall using a hockey stick	LO: I can dribble and then pass (combining both skills).	LO: I can dribble and pass when moving at different speeds.	LO: I can combine dribbling, passing and shooting in a miniature game of hockey.
Spring 1 Netball	LO: I can throw and catch a netball using a chest pass.	LO: I can improve my reaction time when catching a netball.	LO: I can throw and catch a netball using a bounce pass.	LO: I can practise using a chest pass and bounce pass appropriately and interchangeably with a partner.	LO: I can shoot a netball into a net using an overarm pass.	LO: I can pass, catch and shoot a netball into a net.
Spr 2 rugby	LO: I can hold and move with a rugby ball.	LO: I can pass a rugby ball hand to hand)	LO: I can pass a rugby ball over head.	.LO: I can run, pass & touch down ball.	LO: I can run and jump with the ball.	LO: I can kick the ball aiming at a target.
Summer 1 cricket	LO: I can roll a ball to a partner from an increasing distance. I can collect a rolling ball from a partner from an increasing distance.	LO: I can roll a ball to a partner from a distance, then increase distance. I can collect a rolling ball from a partner from a distance.	LO: I can throw a large ball underarm. I can catch a large ball. I can throw small ball underarm. I can catch a small ball.	LO: I can overarm throw a knobble ball to a partner. I can catch an overarm thrown knobble ball from a partner.	LO: I can hit a ball with a cricket bat.	LO: I can use the skills I've learned about throwing and catching to take part in a cricket game.
Summer 2 Tennis	LO: I can hold a tennis racket accurately.	LO: I can balance a ball on a tennis racket whilst moving.	LO: I can hit and bounce a ball with a tennis racket.	LO: I can hit a 'forehand'.	LO: I can hit a 'backhand'.	LO: I can practise a tennis rally with a partner.
Year 2						
Autumn 1 Multiskills	LO: I can keep my body steady whilst performing different balances.	LO: I can balance with an object whilst moving.	LO: I can change my speed and direction using different cues.	LO: I can send and receive an object.	LO: I can intercept an object.	LO: I can aim and control an object.
Autumn 2 Netball	LO: I can catch a netball. I can use a chest passes. I can use an over arm passes.	LO: I can practise catching a netball. I can use a chest passes. I can use an over arm passes. I can use a bounce passes.	LO: I can pivot with a ball.	LO: I can spread out and negotiate space on a netball court.	LO: I can attack and defend.	LO: I can apply all skills learnt in a mini match.
Spring 1 Football	LO: I can Dribble – with a focus on which part of foot to use and where to keep ball.	LO: I can dribble, pass and receive a ball.	LO: I can pass the ball using the top of my foot 'the chip' (prep for goal scoring).	LO: I can shoot a ball.	LO: I can tackle the opposition.	LO: I can play a mini football match using the skills I have learnt.
Spring 2 Hockey	LO: I can hold a stick (not lifting above waste, not using back of stick) I can control the ball with a stick – dribbling to a walk.	LO: I can pass accurately and stop the ball/ puck.	LO: I can pass and shoot accurately.	LO: I can start playing a simple hockey match (focus on passing and scoring) I can practise a short pass and a long pass.	LO: I can 'attack' and 'defend' in a hockey match.	LO: I can work with a partner and small groups to improve skills and beat 'personal best' and 'team best'.
Summer 1 Tennis CN	LO: I can aim and control a ball. I can hit a forehand.	LO: I can practise a forehand. I can hit a ball and sidestep.	LO: I can control the amount of power put into each strike.	LO: I can increase my control of the ball off the racket and the accuracy of my strike.	LO: I can keep a rally going.	LO: I can send and receive an object. I can volley.
Summer 2 Rounders / Cricket CN	LO: I can under arm throw and catch. I can roll and catch. I can feed the ball to a bat. I can hit a ball with a bat.	LO: I can over arm throw and catch. I can feed the ball to a bat. I can hit the ball with a bat.	LO: I can play mini rounders. I can transfer weight whilst hitting the ball.	LO: I can catch a bouncing ball. I can play a game of mini cricket.	LO: I can bowl the ball to the batter. I can play a game of mini cricket.	SPORTS DAY