



FS2 PE Curriculum Map

Autumn 1 <i>Learning through Play: Playing through games</i>		Spring 1 <i>Dance: Nursery Rhymes</i>		Summer 1 <i>Ball Skills: Rackets, Bats, Balls and Balloons</i>	
Lesson 1	To explore different ways of playing with equipment.	Lesson 1	To explore different movements using different parts of the body.	Lesson 1	To explore different ways of keeping a balloon up in the air.
Lesson 2	To explore different ways of playing with equipment safely, with a partner.	Lesson 2	To create their own movement ideas relating to specific words.	Lesson 2	To develop their ability to keep a balloon up in the air using their hands.
Lesson 3	To play with a partner, using their imagination to create new games.	Lesson 3	To create simple movement sequences that relate to specific words.	Lesson 3	To apply their understanding of why we need to push/hit the balloon with accuracy and control in order to be successful in keeping the balloon up in the air.
Lesson 4	To explore different ways of using equipment and other objects to travel on.	Lesson 4	To explore larger scale travelling movements, responding to words or music.	Lesson 4	To explore different ways of hitting a balloon into space.
Lesson 5	To explore different ways of using equipment and other objects to travel on and around a marked-out course.	Lesson 5	To respond to words and music using their bodies.	Lesson 5	To explore different ways of balancing an object (beanbag, balloon and a ball) using a racket/bat.
Lesson 6	To explore different ways of using equipment and other objects to travel to a destination.	Lesson 6	To explore character movements with a partner.	Lesson 6	To develop their balancing skills so that they can try to balance an object on a racket/bat when pressure is applied to them. E.g during a race or a game.
Autumn 2 <i>Gymnastics: High, Low, Over and Under</i>		Spring 2 <i>Ball Skills: Hands 1</i>		Summer 2 <i>Locomotion: Jumping</i>	
Lesson 1	To introduce, 'champion gymnastics' by moving in a high way and explore making high shapes.	Lesson 1	To explore different ways of pushing a ball.	Lesson 1	To explore jumping, in different directions, at different speeds and different levels.
Lesson 2	To apply, 'champion gymnastics' by moving in a low way and explore making low shapes.	Lesson 2	To explore different ways of rolling a ball.	Lesson 2	To explore how and why we jump, using our head, arms and feet, applying the basic jumping technique.
Lesson 3	To apply, 'champion gymnastics' while exploring how to move safely using apparatus.	Lesson 3	To explore different ways of bouncing a ball.	Lesson 3	To develop their jumping technique applying it into a game.
Lesson 4	To apply, 'champion gymnastics' to explore movements and shapes in high and low ways on the apparatus.	Lesson 4	To explore and develop different ways of bouncing a ball whilst moving into space.	Lesson 4	To explore jumping for distance.
Lesson 5	To apply, 'champion gymnastics' to explore movements and shapes in high, low, over and under ways on the apparatus.	Lesson 5	To explore different ways of rolling and pushing a ball.	Lesson 5	To explore jumping for height.
Lesson 6	To apply, 'champion gymnastics' to explore movements and shapes in high, low, over and under ways on the apparatus.	Lesson 6	To explore different ways of rolling, pushing and bouncing a ball with a partner.	Lesson 6	To exploring hopping in a variety of ways; in different directions, at different speeds and different levels.