

**Costock C of E Primary School**  
**P. E. Curriculum Map**

**EYFS PE Curriculum**

The EYFS PE Curriculum is centred on fine and gross motor movement skills. Throughout the year Twinkle class will take part in the following activities:

- Yoga
- Basic throwing and catching skills
- Gymnastics (rolls, tucks and balance)
- Basic athletics
- Rattle & Roll dance

	<b>Autumn 1</b>		<b>Autumn 2</b>		<b>Spring 1</b>		<b>Spring2</b>		<b>Summer1</b>		<b>Summer2</b>	
<b>KS1 A</b>	<b><u>Fundamental Movement Skills</u></b> Throwing and catching with accuracy	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>Invasion Games</u></b> Travelling with the ball	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>Gym</u></b> Travelling	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>Games</u></b> Netball	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>S&amp;F Games</u></b> Rounders	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>Athletics</u></b>	<b><u>Dance led by Rattle &amp; Roll</u></b>
<b>KS1 B</b>	<b><u>Fundamental Movement Skills</u></b> Jumping	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>S&amp;F Games</u></b> Dodgeball	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>Gym</u></b> Counter Balance	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>Games</u></b> Benchball	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>Invasion Games</u></b> Teamwork and formations	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>Athletics</u></b>	<b><u>Dance led by Rattle &amp; Roll</u></b>
<b>Y3/ 4 A</b>	<b><u>Swimming</u></b>	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>Swimming</u></b>	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>Swimming</u></b>	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>N&amp;W Games</u></b> Tennis	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>Invasion Games</u></b> Creating space and passing	<b><u>Dance led by Rattle &amp; Roll</u></b>	<b><u>Athletics</u></b>	<b><u>Dance led by Rattle &amp; Roll</u></b>

<b>Y3/ 4 B</b>	<u>Fundamental Movement Skills</u> Throwing and catching with accuracy	<u>Dance led by Rattle &amp; Roll</u>	<u>Invasion Games</u> Shooting and keeping	<u>Dance led by Rattle &amp; Roll</u>	<u>Gym</u> Stretching and curling	<u>Dance led by Rattle &amp; Roll</u>	<u>Games</u> Tag Rugby	<u>Dance led by Rattle &amp; Roll</u>	<u>S&amp;F Games</u> Cricket	<u>Dance led by Rattle &amp; Roll</u>	<u>Athletics</u>	<u>Dance led by Rattle &amp; Roll</u>
<b>Y5/ 6 A</b>	<u>Games</u> Hockey	<u>Dance led by Rattle &amp; Roll</u>	<u>Fitness Sessions</u> Core strength	<u>Dance led by Rattle &amp; Roll</u>	<u>Gym/Fundamental Movement Skills</u> Balancing/receiving body weight	<u>Dance led by Rattle &amp; Roll</u>	<u>Invasion Games</u> Tactics/markin g and tackling	<u>Dance led by Rattle &amp; Roll</u>	<u>S&amp;F Games</u> Rounders	<u>Dance led by Rattle &amp; Roll</u>	<u>Athletics</u>	<u>Dance led by Rattle &amp; Roll</u>
<b>Y5/ 6 B</b>	<u>Games</u> Football	<u>Dance led by Rattle &amp; Roll</u>	<u>N&amp;W Games</u> Table Tennis	<u>Dance led by Rattle &amp; Roll</u>	<u>Gym/Fundamental Movement Skills</u> Agility/Spi nning and turning	<u>Dance led by Rattle &amp; Roll</u>	<u>S&amp;F Games</u> Dodgeball	<u>Dance led by Rattle &amp; Roll</u>	<u>S&amp;F Games</u> Cricket	<u>Dance led by Rattle &amp; Roll</u>	<u>Athletics</u>	<u>Dance led by Rattle &amp; Roll</u>

The PE curriculum is a 2 year cycle where children will cover all key areas throughout their time at primary school. Certain areas and skills are repeated, this is based on children’s general enjoyment of areas as well as teaching strengths. Children will take part in a Rattle & Roll dance lesson on a weekly basis.

Summer athletics is compulsory each year for every class.

The athletics activities children will take part in are:

- Track events (sprinting and long distance running)
- Jumping (long jump, triple jump and hurdles)
- Field events (javelin, shotput, chest push)