



P.E. Curriculum Map

PE Curriculum Intent:

At Heather Avenue Infant School, we understand and recognise the needs of all our children and families, and in response offer a story rich, topic based curriculum, underpinned by the Early Years Foundation Stage or National Curriculum.

We believe that each child should complete their time with us as an enthusiastic learner across all areas of a broad and balanced curriculum, ready for the next phase of their educational journey.

Children are encouraged to develop skills of agility, coordination, balance and team-work. Children will work individually, with a partner and as part of a small team, achieving their best in all they do.

We believe that each child should develop the skills necessary to enjoy and participate in a lifelong active healthy lifestyle. We foster attitudes of kindness and compassion, supporting children to make a positive contribution in all their endeavours. By promoting positive mental and physical awareness, we aim to provide children with the skills to lead happy, healthy and safe lives.

We strive to prepare pupils for the opportunities, responsibilities and experiences of the next phase of their education and future life by giving them a wide range of real-life, memorable experiences.

PE Curriculum Implementation:

All staff members are given training on our curriculum areas and how to effectively implement them; the majority of this is completed as part of our staff meetings and led by subject leaders, but also by relevant external providers. Teachers have a good understanding of the curriculum areas and their component parts (e.g. P.E curriculum- dance, gymnastics and games).



Our PE Curriculum map (with identified key vocabulary) is used to create medium term plans for each year group which show the sequence of learning and links to our class topics. PE lessons are taught using a specific scheme (REAL P.E) with external training provided and revisited during staff meetings or coaching sessions. This ensures that identified schemes / concepts are taught correctly and in-line with the research on which the scheme is based. P.E is taught during 2 lessons per week in Key Stage 1 and in the Early Years Foundations Stage is taught through specific P.E lessons from Spring Term, and during continuous provision throughout the year.

All staff ensure that there are high expectations across school, with high challenge/low threat leading to a growth mindset and lots of genuine positive praise for positive behaviours, progress and success in all areas of school life.

Teachers are adept at assessing children using their own professional knowledge via formative and summative assessments, assessments are recorded on Classroom Monitor and Tapestry. Children who require additional support are quickly identified and supported via differentiation / intervention. Those requiring extension are identified and mastery approaches used to further progress their learning.

Consistently high standards of teaching are implemented across the curriculum and can be seen via learning walks, learning journals and through discussions with children and staff. The PE subject leader, in conjunction with the SLT, plays a pivotal role in monitoring this process. Our Local Advisory Board and Wensum Trust further monitor our provision. Our Healthy School awards process further promotes the continuing development of our outstanding PE curriculum.

PE Curriculum Impact

Children achieve well in PE at Heather Avenue Infant School and leave with firm foundations for continued success and the next phase of their educational journey.



Children are equipped with positive learning behaviours including a developing ability to self-regulate and manage themselves positively. Stakeholder questionnaires tell us that children and their families are happy with the provision and care provided by Heather Avenue Infant School.

P.E Curriculum Map

★ **Bold** - exceeding age expectations.

→ Expected age expectations

● Working towards age expectations

<p>Reception</p>	<p><u>Personal</u></p> <ul style="list-style-type: none"> ★ I can follow instructions ★ I can practise safely ★ I can work on simple tasks independently → I can work on simple tasks with help <p><u>Social</u></p> <ul style="list-style-type: none"> ★ I can work sensibly with others ★ I can take turns and share → I can play with others and take turns and share with Help 	<p><u>Personal</u></p> <ul style="list-style-type: none"> ★ I know why following instructions is important ★ I know why I need to practise safely → I know that physical activity is supposed to be Enjoyable <p>Vocabulary: instructions, safe, enjoyable, physical, activity</p> <p><u>Social</u></p> <ul style="list-style-type: none"> ★ I know why it is important to be sensible with others ★ I know why it is important to take turns and share 	<p>Topic titles</p> <p>Autumn: Magical Me</p> <p>Spring : To Infinity and Beyond / Dinosaur Roar</p> <p>Summer: Journeys</p>
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	<p><u>Cognitive</u></p> <ul style="list-style-type: none">★ I can understand and follow simple rules★ I can name some things I am good at→ I can follow simple instructions <p><u>Creative</u></p> <ul style="list-style-type: none">★ I can explore different movements★ I can describe different movements→ I can observe and copy others <p><u>Applying Physical</u></p>	<p>→ I know that playing is better when you take turns and share</p> <p>Vocabulary: sensible, others, turns, share</p> <p><u>Cognitive</u></p> <ul style="list-style-type: none">★ I know why games have rules★ I know that games are more enjoyable if players follow the rules★ I know some things I am good at→ I know what instructions are <p>Vocabulary: rules, enjoyable, instructions</p> <p><u>Creative</u></p> <ul style="list-style-type: none">★ I know why I need to explore different movements★ I know why I need to describe different movements→ I know that I can be more creative by observing and copying good ones <p>Vocabulary: explore, movements, describe, copy, observe, creative</p> <p><u>Applying Physical</u></p>	
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	<ul style="list-style-type: none"> ★ I can perform a single skill or movement with some control ★ I can perform a small range of skills and link two movements together → I can move confidently in different ways <p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> ★ I am aware of why exercise is important for good health → I am aware of the changes of the way I feel when I exercise 	<ul style="list-style-type: none"> ★ I know that movements must be controlled ★ I know that linking more than one movement together leads to better performance → I know that I can move in different ways <p>Vocabulary: movement, control, linking, performance</p> <p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> ★ I know why exercise is important for good health → I know the way I feel changes when I exercise <p>Vocabulary: exercise, health, change, exercise</p>	
Year 1	<p><u>Personal</u></p> <ul style="list-style-type: none"> ★ I try several times ★ If I don't succeed the first time I can ask for help when appropriate → I can follow instructions, practise safely and work on simple tasks independently ● I enjoy working on simple tasks with help social ★ I can help, praise and encourage others in their 	<p><u>Personal</u></p> <ul style="list-style-type: none"> ★ I know that trying several times leads to improvement ★ I know that if I don't succeed the first time I can ask for help when appropriate → I know why following instructions is important 	<p>Topic Titles</p> <p>Autumn: Street Detectives or Turn Back Time</p> <p>Spring Let's Go on a Super Safari or Jungle Fever</p> <p>Summer: My Amazing Body or Get Set Go!</p>



	<p>learning →I can work sensibly with others →I can take turns and share ● I can play with others and take turns and share with help</p> <p><u>Social</u> ★ I can help, praise and encourage others in their learning → I can work sensibly with others → I can take turns and share ● I can play with others and take turns and share with help</p> <p><u>Cognitive</u> ★ I can begin to order instructions, movements and skills ★ With help I can recognise similarities and differences in performance</p>	<p>→I know why I need to practise safely</p> <p>Vocabulary: instructions, safe, enjoyable, physical, activity, try, improvement, success, ask, help, practise, safe</p> <p><u>Social</u> ★ I know that it is important to help, praise and encourage others in their learning →I know why it is important to be sensible with others →I know why it is important to take turns and share</p> <p>Vocabulary: sensible, others, turns, share, help, praise, encourage</p> <p><u>Cognitive</u> ★ I know that ordering instructions, movements and skills leads to good performance ★ I know what a similarity is</p>	<p>Autumn : Games / Dance Spring: Gym / Dance Summer: Gym / Games</p>
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	<p>★ I can explain why someone is working or performing well → I can understand and follow simple rules → I can name some things I am good at</p> <ul style="list-style-type: none">● I can follow simple instructions <p><u>Creative</u></p> <p>★ I can begin to compare my movements and skills with others ★ I can select movements together to fit a theme → I can explore and describe different movements</p> <ul style="list-style-type: none">● I can observe and copy others	<p>★ I know what a difference is ★ I know how explaining helps me → I know why games have rules → I know that games are more enjoyable if players follow the rules → I know some things I am good at</p> <p>Vocabulary: rules, enjoyable, instructions, order, movement, skill, performance, similarity, difference, explain</p> <p><u>Creative</u></p> <p>★ I know what comparing is ★ I know why selecting movements to fit a purpose leads to good performance → I know why I need to explore different movements → I know why I need to describe different movements</p> <p>Vocabulary: explore, movements, describe, copy, observe,</p>	
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	<p><u>Applying Physical</u></p> <ul style="list-style-type: none"> ★ I can perform a range of skills with some control and consistency ★ I can perform a sequence of movements with some changes of level, direction or speed → I can perform a single skill or movement with some control → I can perform a small range of skills and link two movements together ● I can move confidently in different ways <p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> ★ I can say how my body feels before, during and after exercise ★ I use equipment appropriately ★ I can move and land safely ● I am aware of the changes of the way I feel when I exercise ● I am aware of why exercise is important for good 	<p>creative, compare, select, purpose, performance</p> <p><u>Applying Physical</u></p> <ul style="list-style-type: none"> ★ I know what control is and why it is important ★ I know what consistency is and why it is important ★ I know the effect that changes of level, direction or speed has → I know that movements must be controlled → I know that linking more than one movement together leads to better performance <p>Vocabulary: movement, control, linking, performance, consistency, effect, level, direction, speed</p> <p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> ★ I know how my body feels before, during and after exercise ★ I know why equipment must be used for its purpose ★ I know some ways to move and land safely 	
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	health	<ul style="list-style-type: none"> ● I know why exercise is important for good health <p>Vocabulary: exercise, health, change, exercise, body, before, during, after equipment, purpose, move, land, safe</p>	
Year 2	<p><u>Personal</u></p> <ul style="list-style-type: none"> ★ I have begun to challenge myself →I try several times →If I don't succeed the first time I can ask for help when appropriate <p>I can follow instructions, practise safely and work on simply tasks independently</p> <p><u>Social</u></p> <ul style="list-style-type: none"> ★ I show patience and support others ★ I can listen well to them about our work ★ I am happy to show and tell them about my ideas →I can help, praise and encourage others in their 	<p><u>Personal</u></p> <ul style="list-style-type: none"> ★ I know where I am with my learning ★ I know the importance of challenging myself →I know that trying several times leads to improvement →I know that if I don't succeed the first time I can ask for help when appropriate <p>Vocabulary: instructions, safe, enjoyable, physical, activity, try, improvement, success, ask, help, practise, safe, challenge</p> <p><u>Social</u></p> <ul style="list-style-type: none"> ★ I know what patience is and why it is helpful ★ I know that supporting others is a good life skills 	<p>Topic Titles</p> <p>Autumn: Street Detectives or Turn Back Time</p> <p>Spring Let's Go on a Super Safari or Jungle Fever</p> <p>Summer: My Amazing Body or Get Set Go!</p> <p>Autumn : Games / Dance</p> <p>Spring: Gym / Dance</p> <p>Summer: Gym / Games</p>



	<p>learning</p> <ul style="list-style-type: none"> ● I can work sensibly with others ● I can take turns and share <p><u>Cognitive</u></p> <ul style="list-style-type: none"> ★ I can understand simple the tactics of attacking and defending ★ I can explain what I am doing well ★ I can begin to identify areas of improvement →I can begin to order instructions, movements and skills →With help I can recognise similarities and differences in performance →I can explain why someone is working or performing well →I can understand and follow simple rules ● I can name some things I am good at 	<ul style="list-style-type: none"> ★ I know listening well to others helps the group ★ I know that showing and telling others about my ideas helps the group →I know that it is important to help, praise and encourage others in their learning <p>Vocabulary: sensible, others, turns, share, help, praise, encourage, patience, helpful, support, listening, group</p> <p><u>Cognitive</u></p> <ul style="list-style-type: none"> ★ I know what tactics are and how they help ★ I know what attacking is ★ I know what defending is ★ I know that explaining what I am doing is an important skill ★ I know that identifying areas of improvement helps me get better →I know that ordering instructions, movements and skills leads to good performance →I know what a similarity is →I know what a difference is 	
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	<p><u>Creative</u></p> <ul style="list-style-type: none"> ★ I can make up my own rules and versions of activities ★ I can respond differently to a variety of tasks or music ★ I can recognise similarities and differences in movements and expression → I can begin to compare my movements and skills with others → I can select movements together to fit a theme ● I can explore and describe different movements 	<p>→ I know how explaining helps me</p> <p>Vocabulary: rules, enjoyable, instructions, order, movement, skill, performance, similarity, difference, explain, tactics, attacking, defending, improvement</p> <p><u>Creative</u></p> <ul style="list-style-type: none"> ★ I know that I can make up my own rules and versions of activities ★ I know that I can respond differently to a variety of tasks or music ★ I know that there are similarities and differences in movements and expression → I know what comparing is → I know why selecting movements to fit a purpose leads to good performance <p>Vocabulary: explore, movements, describe, copy, observe, creative, compare, select, purpose, performance, rules, version, activity, respond, variety, expression, similarity, difference</p>	
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	<p><u>Applying Physical</u></p> <ul style="list-style-type: none"> ★ I can perform and repeat longer sequences with clear shapes and controlled movement ★ I can select and apply a range of skills with good control and consistency ★ I can perform a range of skills with some control and consistency → I can perform a sequence of movements with some changes of level, direction or speed → I can perform a single skill or movement with some control ● I can perform a small range of skills and link two movements together <p><u>Health and fitness</u></p> <ul style="list-style-type: none"> ★ I can describe how my body feels during and after exercise and why ★ I can explain why we need to warm up and cool down ★ I can say how my body feels before, during and after exercise 	<p><u>Applying Physical</u></p> <ul style="list-style-type: none"> ★ I know that longer sequences with clear shapes and controlled movement leads to a good performance ★ I know that selecting and applying a range of skills with good control and consistency leads to good performance → I know what control is and why it is important → I know what consistency is and why it is important → I know the effect that changes of level, direction or speed has <p>Vocabulary: movement, control, linking, performance, consistency, effect, level, direction, speed, sequence, shape, select, apply, range</p> <p><u>Health and fitness</u></p> <ul style="list-style-type: none"> ★ I know how my body feels during and after exercise and why ★ I know why we need to warm up and cool down → I know how my body feels before, during and after exercise 	
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	<ul style="list-style-type: none">→ I use equipment appropriately→ I can move and land safely● I am aware of why exercise is important for good health	<ul style="list-style-type: none">→ I know why equipment must be used for its purpose→ I know some ways to move and land safely <p>Vocabulary: exercise, health, change, exercise, body, before, during, after, equipment, purpose, move, land, safe, warm up, cool down</p>	
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