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| **EPS Curriculum Map** | | **COMMUNICATION** | | **RESILIENCE** | | | **RESPECT** | | | | **ENVIRONMENT** | |
| **TERM 1**  **Autumn 1** | **TERM 2**  **Autumn 2** | | | **TERM 3**  **Spring 1** | | **TERM 4**  **Spring 2** | | **TERM 5**  **Summer 1** | | **TERM 6**  **Summer 2** |
| **EYFS**  **Reception** | ***LESSON 1*** | **Fundamentals Unit 1 (Part 1)**   * Movement experimentation * Body control & technique * Moving with speed & Changing direction safely | **Fundamentals Unit 1 (Part 2)**   * Moving with equipment or objects * Aiming, sending & receiving * Two handed catching * Stroking with feet | | | **Fundamentals Unit 2**   * Speed control * Changing direction * Combining movements & actions * Mirror, lead & follow partners | | **Fundamentals Unit 2**   * Speed control * Changing direction * Combining movements & actions * Mirror, lead & follow partners | | **Fundamentals**  **Tennis Any Age (Age 4-7)**   * Changing direction & footwork * Ready position & recovery * Two handed & one handed throwing, catching & striking * How to hold a racket * Forehand, backhand pushing/striking * Aiming & striking | | **Fundamentals Chance to Shine (Year 1 & 2)**   * Movement skills * Running & stopping * Throwing & catching * Bowling, feeding & striking |
| ***LESSON 2*** | **Gymnastics Unit 1**   * Individual & whole body shapes * Developing body control * Linking shapes & movement * Recognise & use space * Preform basic gymnastic sequences * Watch others work * Handle & use low level apparatus safely | **Gymnastics Unit 2**   * Learn & repeat basic core gymnastic balances, movement \* travel * Link movements balance, movement & travel * Compose, remember & repeat short gymnastic sequences * Develop clear start & finish to sequences | | | **Dance Unit 1**   * Copy steps & actions * Develop body control & coordination * Understand & work in unison * Compose remember & perform short dances * Link dance action to music | | **Dance Unit 2**   * Develop dance action, gesture & travel * Explore compositional ideas * Create dance motifs to music * Work with partners to create actions & motifs * Observe others & suggest ways to improve * Compose, remember & perform short dances | | **\*Fundamentals Athletic Activity**   * Link fundamental movement skills to athletic activities * Throwing for accuracy & distance * Running for speed & Relay running * Jumping for distance & height * Throwing actions | | **Swimming**  Stroke development  Confidence and skill development\* |
| **YEAR 1** | ***LESSON 1*** | **Fundamentals Unit 1**   * Moving with control & safely at speed * Change direction & avoid others * Send/receive in a variety of ways with control including rolling, throwing, bouncing & kicking & catching/trapping | **Fundamentals Unit 1**   * Moving with control & safely at speed * Change direction & avoid others * Send/receive in a variety of ways with control including rolling, throwing, bouncing & kicking & catching/trapping | | | **Fundamentals Unit 2**   * Refine the skills of running & agility * Improve change of direction including side step * Improve throwing & catching * Throw & catch whilst moving * Perform fundamental skills in game related activity | | **Fundamentals Unit 2**   * Refine the skills of running & agility * Improve change of direction including side step * Improve throwing & catching * Throw & catch whilst moving * Perform fundamental skills in game related activity | | **Fundamentals**  **Tennis Any Age (Age 4-7)**   * Changing direction & footwork * Ready position & recovery * Two handed & one handed throwing, catching & striking * How to hold a racket * Forehand, backhand, volley & underarm service technique * Aiming & striking with accuracy | | **Fundamentals Chance to Shine (Year 1 & 2)**   * Movement skills, changing direction, foot patterns with & without equipment * Special awareness * Underarm throwing for accuracy * Introduction to overarm throwing technique * Two handed, one handed catching & underarm feeding/ bowling * Striking & fielding safely * Eye hand coordination * Striking a static & moving ball |
| ***LESSON 2*** | **Gymnastics Unit 1**   * Jumping & leaping * Landing safely * Flight from low apparatus * Link jumping action to create short sequences * Link jumping, balance & movement to create short sequences on low level apparatus * Evaluate & improve their own & others performance | **Gymnastics Unit 2**   * Rocking & rolling with control * Link rocking & rolling with actions & shapes * Develop smooth transitions * Rotation & body shape * Link rolling & rotation with actions * Create gymnastic sequences linking rocking, rolling, action & shapes with smooth transitions * Create, remember, evaluate & perform sequences | | | **Dance Unit 1**   * Develop dance actions, gesture & travel * Use action words as stimulus for dance * Create & develop individual dance motifs to music * Explore & develop dance motifs with a partner * Stepping & spinning actions * Observe, evaluate & describe ways to improve * Create & perform short dances based on action words including travel & gesture | | **Dance Unit 2**   * Travel with control at different speeds, directions & levels * Use stimulus to create movement & travel * Link actions to music * Follow, mirror & lead a partner * Create, develop, refine, remember & perform individual & partner dances | | **Fundamentals Elevating Athletics (Age 5-7)**   * Travel with control, posture & balance * Starting, accelerating stopping, change direction & change of pace * Running in lanes or straight line * Jumping in response to instructions & for height & distance * Two footed & one footed jumping * Jumping combinations * Take off & landing safely & with control * Underarm & overarm throwing * Throwing for accuracy & distance | | **Swimming**  Stroke development  Confidence and skill development\* |
|  |  |  | | |  | |  | |  | |  |
| **YEAR 2** | ***LESSON 1*** | **Fundamentals Unit 1**   * Develop accurate throwing, bouncing & rolling * Move at speed, into space & changing direction with control * Move with equipment * Balance & control in movement * Perform throwing, catching, receiving & striking skills in small, conditioned games or competitions * Observe, describe & improve throwing, catching, striking actions | **Fundamentals Unit 1**   * Develop accurate throwing, bouncing & rolling * Move at speed, into space & changing direction with control * Move with equipment * Balance & control in movement * Perform throwing, catching, receiving & striking skills in small, conditioned games or competitions * Observe, describe & improve throwing, catching, striking actions | | | **Fundamentals Unit 2**   * Reinforce agility, balance & coordination * Move in space, change direction, stop & start safely with control * Develop agility, balance & coordination in games * Throw & catch whilst moving * Pass, receive & dribble with control & accuracy | | **OAA Unit KS1**   * Follow instructions, communicate with others & solve problems * Work with & direct others * Follow trails & use simple keys & maps * Develop teamwork skills | | **Fundamentals**  **Tennis Any Age (Age 4-7)**   * Changing direction & footwork * Ready position & recovery * Two handed & one handed throwing, catching & striking * How to hold a racket * Forehand, backhand, volley & underarm service technique * Aiming & striking with accuracy | | **Fundamentals Chance to Shine (Year 1 & 2)**   * Movement skills, changing direction, foot patterns with & without equipment * Underarm throwing & bowling for accuracy * Development of overarm throwing technique * Two handed, one handed catching & underarm feeding/ bowling under pressure * Stopping & retrieving techniques * Striking & fielding safely * Striking a static & moving ball with accuracy into space |
| ***LESSON 2*** | **Gymnastics Unit 1**   * Point balances with control * Perform balances showing different contact points * Transfer weight between balances/stillness with control * Create, remember & perform gymnastic sequences showing smooth links between balance/stillness, actions & travel | **Gymnastics Unit 2**   * Explore & refine balance, shapes & actions * Demonstrate a verity of balance, shape & action on the floor & low level apparatus * Explore the use of different levels * Show different levels in performance on the floor & low level apparatus * Create, remember & improve longer gymnastic sequences showing a variety of balance, shape, actions & levels on the floor & low level apparatus | | | **Dance Unit 1**   * Copy, create, develop, combine imaginative dance actions & travel in short dances * Create motifs & dances to a theme * Observe partners & provide feedback * Develop a whole dance to tell a story * Perform with expression, feeling & good technique | | **Dance Unit 2**   * Explore, select, link & perform imaginative & contrasting dance movements from stimuli * Copy, remember & perform taught movement phrases * Select & perform a variety of dance actions showing changes in speed & level * Develop the use of gesture & travel * Create, select & explore movements to express feelings * Create, develop & perform dances showing feelings of friendship between characters | | **Fundamentals Elevating Athletics (Age 5-7)**   * Travel with control, posture & balance * Starting, accelerating stopping, change direction & change of pace * Running in lanes or straight line * Jumping in response to instructions & for height & distance * Two footed & one footed jumping * Jumping combinations * Take off & landing safely & with control * Underarm & overarm throwing * Throwing for accuracy & distance | | **Swimming**  Stroke development  Confidence and skill development\* |
| **YEAR 3** | ***LESSON 1*** | **Games Unit 1**  **Ball Handling**   * Improve accuracy & consistency of throwing & catching * Throw & catch in a variety of ways & on the move * Improve ball handling skills & control whilst travelling * Apply & develop a range of ball handling skills in small games * Scoring & shooting * Play games showing an awareness of space & team mates * Observe & evaluate handling skills | **Games Unit 2**  **Ball Handling**   * Improve accuracy & consistency of throwing & catching * Throw & catch in a variety of ways & on the move * Improve ball handling skills & control whilst travelling * Apply & develop a range of ball handling skills in small games * Scoring & shooting * Play games showing an awareness of space & team mates * Observe & evaluate handling skills | | | **OAA Unit KS1**   * Develop communication & cooperation & trust skills through problem solving * Understand safe practice & recognise hazards * Discuss actions, listen too & give instructions * Follow & design a range of trails * Understand, read, orientate & follow a simple map | | **Games**  **Tennis Any Age (Age 7-9)**   * Changing direction & footwork * Ready position & recovery * Two handed & one handed throwing, catching & striking * Racket familiarisation & control * Forehand, backhand, volley & underarm service technique * Aiming & striking with accuracy * Individual & partner rallying * Cooperative rally * Conditioned competitive rallying & games | | **Games Unit 3**  **Striking/Fielding**   * Refine underarm throwing & develop overarm throwing * Observe, evaluate & suggest what needs to be practiced to improve throwing actions * Introduce fielding, receiving/stopping techniques * Grip hold & swing a bat to Strike from a batting tee * Aiming whilst striking/batting * Use a range of skills in small sided games to hit, field & throw * Understand, score & develop tactics in small sided games | | **Games**  **Chance to Shine (Year 3 & 4)**   * Running between wickets * Throwing, bowling, fielding & batting under pressure * Underarm & overarm bowling with line & length * Striking a static & moving ball * Bat control & manipulation * Hitting accuracy & placement * Playing competitive conditioned games * Decision making & selecting & applying the appropriate skills in games |
| ***LESSON 2*** | **Gymnastics Unit 1**   * Develop travel & balance actions and link to make gymnastic sequences * Developing & link arm action & patterns * Explore movement patterns * Create, remember & perform gymnastic sequences showing travel, balance, pathways, movement patterns & arm patterns | **Gymnastics Unit 2**   * Introduction & development of rhythmic gymnastics * Explore, incorporate & develop the use of equipment in gymnastic sequences * Create, remember, perform & improve longer movement phrases with selected equipment showing changes in speed, level & direction | | | **Dance Unit 1**   * Create, develop, refine & perform short movement phrases demonstrating different shapes, contrasting speeds & levels * Create & perform pair & group dances using stimuli & showing compositional principles * Observe, evaluate & comment on performance | | **Dance Unit 2**   * Create, develop, refine & perform short movement phrases demonstrating different shapes, contrasting speeds, levels & travel * Observe & evaluate performance * Develop & use dance vocabulary * Link small group motifs to create a whole class dance | | **Athletics**   * Running at different paces, at speed & over barriers * Jumping for distance & height * Pulling, pushing & sling throwing actions * Improve personal performance in running, jumping & throwing * Measure & compare personal performance * Relay running * Experience competition | | **Swimming**  Stroke development  Confidence and skill development\* |
| **YEAR 4** | ***LESSON 1*** | **Ball Games Unit 1**   * Practice & improve dribbling, control & passing skills * Introduction to defending & tackling * Perform passing, dribbling & controlling skills accurately in small sided games * Understand when & where to pass * How to shoot & score * Work as a team to keep possession of the ball in games | **Ball Games Unit 1**   * Practice & improve dribbling, control & passing skills * Introduction to defending & tackling * Perform passing, dribbling & controlling skills accurately in small sided games * Understand when & where to pass * How to shoot & score * Work as a team to keep possession of the ball in games | | | **Net Games**   * Ball & racket familiarisation * Hitting & moving a ball * Self-feed & strike a ball with accuracy * Strike a move a ball toward a partner, target or into space accurately * Ready position & recovery * Hit over a net into space & know where the ball is being hit * Rally over a net with a partner * Play games against a partner or pair | | **OAA**   * Develop communication & cooperation & trust skills through problem solving * Understand safe practice & recognise hazards * Discuss actions, listen too & give instructions * Follow & design a range of trails * Understand, read, orientate & follow a simple map | | **Games**  **Tennis Any Age (Age 7-9)**   * Changing direction & footwork * Ready position & recovery * Two handed & one handed throwing, catching & striking * Racket familiarisation & control * Forehand, backhand, volley & underarm service technique * Aiming & striking with accuracy * Individual & partner rallying * Cooperative rally * Conditioned competitive rallying & games | | **Games**  **Chance to Shine (Year 3 & 4)**   * Running between wickets * Throwing, bowling, fielding & batting under pressure * Underarm bowling with line & length * Striking a static & moving ball * Bat control & manipulation * Hitting accuracy & placement * Playing competitive conditioned games * Decision making & selecting & applying the appropriate skills in games |
| ***LESSON 2*** | **Gymnastics Unit 1**   * Explore balance action & the principles of balance to make balances harder or easier * Explore & develop transitions between balances performing balances at different levels & on small & large apparatus * Create, develop, remember & perform movement phrases on floor & apparatus showing transition in & out of balances | **Gymnastics Unit 2**   * Rolling & rotation actions * Link & perform basic roll, turn, twisting & spin actions with control * Create, remember, improve & perform movement phrases showing rolling, ration & changes of direction * Incorporate changes of levels, speed & direction into movement phrases | | | **Dance Unit 1**   * Crate, remember, refine & perform movements phrases showing stillness, step patterns & pathways * Work with partners to create dance phrases * Show characters or animals through dance actions & dance phrases | | **Dance Unit 2**   * Develop & perform compositional principles of mirroring, unison, travel, changes of formation, action & reaction & contact work * Compose, remember & perform small group dances depicting sporting games & incorporating compositional principles of mirroring, unison, travel, changes of formation, action & reaction & contact work * Perform showing rhythm & timing | | **Athletics**   * Refine sprinting, running for distance, jumping for distance, jumping for height technique * Refine pull, push & sling throwing technique * Perform as an athlete & an official in running, throwing & jumping event * Refine relay running technique, tactics & strategy * Participate in a multi-event athletics competition | | **Swimming**  Stroke development  Confidence and skill development\* |
| **YEAR 5** | ***LESSON 1*** | **Games Unit 1 Netball**   * Perform ball handling skills & passing with control & improved consistency in games * Use a variety of passes & understand the footwork rule * Develop team skills of keeping possession & moving into space * Select & apply attacking & defending strategies in games * Accurately shoot to score points * Learn & understand the rules of Bee Netball | **Games Unit 1 Netball**   * Perform ball handling skills & passing with control & improved consistency in games * Use a variety of passes & understand the footwork rule * Develop team skills of keeping possession & moving into space * Select & apply attacking & defending strategies in games * Accurately shoot to score points * Learn & understand the rules of Bee Netball | | | **Games Unit 2 Football**   * Pass, receive, dribble, turn & intercept with increased control & accuracy * Shooting at a goal or target to score with placement & power * Develop tackling & tackle safety * Develop team play of passing to keep possession & moving into space * Practice & refine all skills learnt in game situations * Participate in a small sided tournament or festival | | **OAA**   * Develop communication & cooperation & trust skills through problem solving * Understand safe practice & recognise hazards * Discuss actions, listen too & give instructions * Follow & design a range of trails * Understand, read, orientate & follow a simple map | | **Games**  **Tennis Any Age (Age 9-11)**   * Changing direction & footwork * Ready position & recovery * Two handed & one handed throwing, catching & striking * Racket familiarisation & control * Forehand, backhand, volley & overarm service technique * Aiming & striking with accuracy * Individual & partner rallying * Cooperative rally * Conditioned competitive rallying & games | | **Games**  **Chance to Shine (Year 5 & 6)**   * Running between wickets & backing up * Exploration of throwing, bowling, fielding & batting techniques under pressure * Underarm bowling with accurate line & length * Introduction & development of overarm bowling * Effective & consistent striking * Hitting accuracy & striking placement * Playing competitive conditioned games * Decision making & selecting & applying the appropriate skills in games * Creating & implementing fielding & batting tactics & strategies in games |
| ***LESSON 2*** | **Gymnastics Unit 1**   * Exploration of press & go actions & shapes * Linking press & go to other transition actions to create, develop, remember & perform continuously moving phrases * Create phrases showing variations in speed, level and direction * Explore a range of apparatus & | **Gymnastics Unit 2**   * Revisit a range of gymnastic actions & compositional ideas * Work with partners to create, develop, remember & perform pairs sequences showing a variety of gymnastic actions, unison, canon & meeting & parting * Explore, create & perform longer compositional sequences showing copying, contrasting & complimenting, speed, level, direction * Evaluate, discuss & improve sequences | | | **Dance Unit 1**   * Create dances based on themes & type of music * Compose movement phrases showing basic dance actions including gesture, travel & stillness * Give & receive feedback & use feedback to inform & improve performance * Create, practice, refine, remember & perform whole dances | | **Dance Unit 2**   * Copy repeat & explore rock ‘n’ roll hand/arm actions & steps * Explore travel to link hand/arm & step actions * Create & perform rock ‘n’ roll, twist & disco dance movements with a partner showing different levels, speed & direction. Use mirroring & matching to develop actions into a phrase * Copy & repeat night fever motif & explore disco movements with canon * Understand the characteristics of each dance style | | **Athletics**   * Develop sprint start & finish technique * Refine distance running strategy * Develop jump approaches, take off & landing * Develop hurdle technique * Refine pull, push & sling throwing technique * Refine relay running technique & strategy * Develop personal performance as an athlete & official * Experience a multi-event competition * Compete, measure, record & compare performances | | **Swimming**  Stroke development  Confidence and skill development\* |
| * perform press & go & rebound actions on apparatus |
| **YEAR 6** | ***LESSON 1*** | **Games Unit 1 Hockey**   * Use correct stance & grip * Improve passing, receiving & moving with the ball * Pass with accuracy over increasing distance & stop/control the ball with increased consistency * Develop shooting technique * Introduce & develop safe tackle technique * Understand & implement the basic rules of hockey in games * Apply passing, dribbling, receiving, intercepting & tackling skills in small sided games * Observe & evaluate individual & team performance & effectiveness * Compete in a quicksticks hockey competition or festival | **Games Unit 1 Hockey**   * Use correct stance & grip * Improve passing, receiving & moving with the ball * Pass with accuracy over increasing distance & stop/control the ball with increased consistency * Develop shooting technique * Introduce & develop safe tackle technique * Understand & implement the basic rules of hockey in games * Apply passing, dribbling, receiving, intercepting & tackling skills in small sided games * Observe & evaluate individual & team performance & effectiveness * Compete in a quicksticks hockey competition or festival | | | **Games Unit 1 Tag Rugby**   * Develop ball handling skills & passing & moving with the ball * Introduce & develop the tag * Evasion skills to beat defenders * Run with the ball, keep possession & make effective passes in games * Make decision on when to pass or run * Pass backwards & run forwards * Score tries correctly & develop attacking & defending strategies to apply in games * Take part in a tag rugby competition or festival | | **Games Unit 1 Tag Rugby**   * Develop ball handling skills & passing & moving with the ball * Introduce & develop the tag * Evasion skills to beat defenders * Run with the ball, keep possession & make effective passes in games * Make decision on when to pass or run * Pass backwards & run forwards * Score tries correctly & develop attacking & defending strategies to apply in games * Take part in a tag rugby competition or festival | | **OAA**   * Develop communication & cooperation & trust skills through problem solving * Understand safe practice & recognise hazards * Discuss actions, listen too & give instructions * Follow & design a range of trails * Understand, read, orientate & follow a simple map | | **Games**  **Chance to Shine (Year 5 & 6)**   * Running between wickets & backing up * Exploration of throwing, bowling, fielding & batting techniques under pressure * Underarm bowling with accurate line & length * Introduction & development of overarm bowling * Effective & consistent striking * Hitting accuracy & striking placement * Playing competitive conditioned games * Decision making & selecting & applying the appropriate skills in games * Creating & implementing fielding & batting tactics & strategies in games |
| ***LESSON 2*** | **Gymnastics Unit 1**   * Explore & link symmetrical body shapes & actions * Create, develop, remember & perform symmetrical phrases on the floor & low level apparatus * Explore & asymmetrical body shapes & actions * Create, develop, remember & perform asymmetrical phrases on the floor & low level apparatus * Combine symmetrical & asymmetrical actions & movements to create gymnastic phrases om the floor & low level apparatus * Perform routines with a partner * Create, develop, remember & perform more complex gymnastic sequences | **Gymnastics Unit 2**   * Explore stillness, partner work & small group work * The use of partners, group stillness to create balance * Incorporate the compositional ideas of unison & canon into routines * Adapt pair & group stillness, balance & routines to incorporate a range of apparatus * Create, develop, remember & perform more complex gymnastic sequences | | | **Dance Unit 1**   * Copy, repeat & develop gesture, travel, step patterns * Explore compositional ideas of action/reaction, speed, levels, unison, mirroring & canon * Link dance performance to a character, them or story * Compose, develop, remember & perform phrases & dances showing a variety of dance actions & compositional ideas | | **Dance Unit 2**   * Copy & repeat taught dance motifs * Explore feelings & emotions through dance * Create, develop, remember & perform movement phrases & dance based on a theme or to tell a story * Explore compositional ideas of action/reaction, speed, levels, unison, mirroring & canon * Understand & use dance terminology correctly * Explore action/reaction & crate contrasting movement phrases | | **Athletics**   * Develop knowledge of preparing for, participating in & recovering from training * Develop knowledge of interval, circuit, continuous training * Practice & refine running, relay, throwing & jumping techniques * Develop personal performance as an athlete & official * Experience a multi-event competition * Compete, measure, record & compare performances | | **Swimming**  Stroke development  Confidence and skill development\* |
| **Swimming** |  | **Beginners** | | | **Improvers** | | | | **Advanced** | | | |
|  | ***Stroke development*** | * Move around the pool independently * Float with the use of aids * Travel on front and/or back with aids * Travel on front and/or back without aids * Travel 10 metres on front and/or back without aids | | | * Know how to achieve a streamlined body position * Swim one stroke with good technique over 10m * Swim two strokes with good technique over 10m * Swim 3 strokes with good technique over 10m * Swim 25m competently and proficiently using at least one stroke | | | | * Know the importance of a streamlined body position * Swim 1 stroke with a controlled and efficient technique * Swim 2 strokes with a controlled and efficient technique * Swim 3 strokes with a controlled and efficient technique * Swim at least 25 metres using front crawl, backstroke and breaststroke | | | |
|  | ***Confidence and skill development*** | * Blow bubbles * Submerge whole head in water * Float without aids * Push and glide * Jump into the water\* | | | * Push and glide * Submerge to pick and object off of the bottom of the pool * Combine different floating shapes * Perform a sculling action * Jump into deep water\* | | | | * Tread water * Perform a sculling action * Demonstrate surface dives\* * Demonstrate a range of safe entry techniques * Identify areas of good technique and areas of improvemsnt | | | |