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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 developmentConfidence 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 developmentConfidence 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 developmentConfidence 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 developmentConfidence 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 developmentConfidence 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 developmentConfidence 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 developmentConfidence 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
 |