

PE CURRICULUM MAP



Athletics



EYFS & Key Stage One

YEAR
2

Y2 Athletics - Learning Objectives

- To develop the sprinting action
- To develop jumping for distance
- To develop technique when jumping for height
- To develop throwing for distance
- To develop throwing for accuracy
- To select and apply knowledge and technique in an athletics carousel

Y2 Athletics - Learning outcomes

- Describe how my body feels during exercise
- Identify good technique
- Jump and land with control
- Use an overarm throw to help me throw for distance
- Work with others, taking turns and sharing ideas
- Show balance and co-ordination when running at different speeds.

YEAR
2

Year 2

Y1 Athletics - Learning outcomes

- Throw towards a target
- Begin to show balance and co-ordination when changing direction
- Begin to develop overarm throwing
- Recognise changes in the body during exercise
- Run at different speeds
- Work with others and make safe choices
- Understand the difference between a jump, a leap and a hop and choose which allows to jump the furthest.

Y1 Athletics - Learning Objectives

- To move at different speeds over varying distances
- To develop balance
- To develop changing direction quickly
- To explore hopping, jumping and leaping for distance
- To develop throwing for distance
- To develop throwing for accuracy

KEY
STAGE
1

Year 1

YEAR
1

ELG: Gross Motor Skills-

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Reception -

- Revise and refine fundamental movement skills they have already acquired: - rolling, walking, running, skilling, crawling, jumping, hopping, climbing
- Combine different movements with ease and fluency
- Develop overall body-strength, balance, co-ordination and agility.

EYFS
Reception

Emphasis on exploration in the Early Years with emphasis on Physical Development and Gross Motor Skills

Nursery - Children at the expected level of development for the end of nursery will:

- Move safely around a familiar environment, negotiating obstacles with a sense of danger and awareness of when to stop.
- Be able to push the pedals around on a trike or bike.
- Have developed finger strength and control in order to be able to manipulate and use tools independently and effectively

EYFS

Emphasis on exploration in the Early Years with emphasis on Physical Development and Gross Motor Skills

EYFS
NURSERY



- Nursery -
- Develop security in walking upright using feet alternately and can also run short distances.
 - Jump into the air with both feet leaving the floor and can jump forward a small distance
 - Walk down steps or slopes whilst carrying a small object, maintaining balance and stability