Grove Primary School

Whole School Physical Education Curriculum Map

2026-2027

Nursery

Physical Development PE coach Gross Motor	**Fundamental Movement** Experiments with different ways of moving. Begin to negotiates space successfully when walking, running and hopping. Wheeled toys Bikes, scooters and other wheeled toys.	**Climbing & Balance** Develop core muscles and strength to pull bodies up on climbing equipment . Work on balance when climbing and traveling over, under and around obstacles. Wheeled toys Bikes, scooters and other wheeled toys.	**Jumping** Practice pushing feet down into the ground to jump with increased height and distance. Wheeled toys Bikes, scooters and other wheeled toys.	**Throwing and Catching** Develop hand-eye coordination to propel objects further with increased accuracy and catch fast moving objects. Wheeled toys Bikes, scooters and other wheeled toys.	**Kicking and Batting** Develop co-ordination and eye tracking to kick small and large balls and use a begin to use a bat. Wheeled toys Bikes, scooters and other wheeled toys.	**Multi skills and Athletics** Practice key skills for Sports Day Activities. Wheeled toys Bikes, scooters and other wheeled toys.

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Whole School Physical Education Curriculum Map

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Reception

Physical Education	**Fundamental Movement** Experiments with different ways of moving. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. **Health & Self Care** To make independent choices for school lunches and request foods they likes in the canteen To carry their lunch tray independently and use cutlery to feed themselves To use the toilet independently in school and request the toilet when needed To put on aprons independently when choosing to play in the creative area or water tray To look after personal belongings by hanging their coat up and putting their book bag in their tray Learn to use equipment in the school's provision safely To wash and dry hands effectively	**Balance** Travels with confidence and skill around, under, over and through balancing and climbing equipment **Health & Self Care** To begin to dress and undress for PE sessions Talk about the changed in their body when engaging with exercise To look after their additional belonging for winter eg gloves, hats and scarves; to be able to take them on and off and store them appropriately To know how to move and store equipment safely and take carefully considerations about risks they take when playing	**Agility** Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. **Health & Self Care** **Children's Mental Health Week** Begin to talk about physical changed in the body when discusses different emotions for the Zones of Regulation Children to explore ways of keeping a healthy brain and mind as well as physical body	**Dance Gymnastics** Jumps off an object and lands appropriately. Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. **Health & Self Care** To talk about a healthy range of foods. Learn why it is important to make healthy food choices. Learn how to sort food into food groups and how to make a balanced meal.	**Co-ordination Ball skills** Runs safely on whole foot. Squats with steadiness to rest or play with object on the ground and rises to feet without using hands. Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment. Can kick a large ball. **Health & Self Care** Children independently dress and undress for PE Children to know a range of ways to help them look after their emotional health by having a tool box of strategies to help regulate their own emotions.	**Multi skills and Athletics** 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 **Health & Self Care** To know a range of ways to keep healthy, to develop language through the hospital role play Children to learn the names of different organs in the body and learn more about human growth, change and development For children to learn about the importance of oral hygiene and know how to brush their teeth effectively

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Whole School Physical Education Curriculum Map

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Year 1

PE	**Invasion** Sending and receiving **Basics**	**Personal Best** Coordination Agility Master basic movements such as	**Dance** Perform dances using simple movement patterns **Gymnastics**	**Multisport** Coordination Agility Master basic movements such as	**Problem solving** Responsibility Understanding Rules	**Athletics** Sports day Preparation **Multi Skills** Coordination
	Fundamental movements and skills (recap the ABCs) Effort Physical Ability	throwing and catching **Athletics** Technique Effort Confidence	Feedback Analysis Technique	throwing and catching **Invasion skills** Resilience Physical ability Confidence	**Striking & Feilding skills (Cricket)** Technique Confidence Rules **Sports Day prep** Feedback Rules Confidence	Agility Rules Master basic movements such as throwing and catching

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Year 2

	Feedback Confidence Technique				**Sports Day prep** Rules Confidence	

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Year Three

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Year Four

		Leadership				

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Whole School Physical Education Curriculum Map

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Year Five / Six

PE	**Personal best** **Challenge** Fundamental Movement Balance Master basic movements such as running, jumping. **Bee Netball** Problem solving Tactics Rules Physical ability	**Problem solving** Responsibility Understanding Rules **Tag Rugby** Communication Tactics Rules Teamwork Physical Ability Leadership	**Dance** Perform dances using a range of movement patterns **Gymnastics** Feedback Analysis Technique Physical ability	**Invasions Games** Basketball **Athletics** Technique Effort Confidence Rules	**Striking &Fielding** Softball/Rounders **Net & Wall Games** Tennis Technique Feedback Respect **Sports day Prep** Feedback Respect Understanding	**Athletics** Sports day Preparation **Striking &Fielding** (Cricket & Rounders) Tactics Technique Rules Understanding