



# FS – KS1 PE Curriculum and Knowledge Map



## LKS2

Health and Fitness  
 Invasion Games – Football  
 Gymnastics  
 Dance  
 Net/Wall Games  
 Invasion Games – Basketball  
 OAA  
 Striking & Fielding – Rounders and Cricket  
 Athletics

### Pentecost 1 Athletics

- I can take part in a relay race with my friends.
- I can take part in the egg and spoon race following all the rules of the race.
- I can change my speed and way of travelling when jumping over a series of hurdles.

### Pentecost 2 Striking & Fielding (Cricket)

- I can strike a ball off a T in a chosen direction.
- I know that I need to run between the stumps to score runs for my team
- I can explain to my friend the aim of fielder in a game of cricket.

### Lent 2 OAA

- I can explain the importance of working in a team and sharing ideas. (advancing)
- I can apply knowledge of positional language when given instructions. (clockwise and anticlockwise, North, South, East or West).

### Lent 2 Health & Fitness

- I have the physical stamina to complete a circuit session.
- I can take part in continuous physical exercise for up to three minutes.

### Pentecost 1 Striking & Fielding (Rounders)

- I can strike a rolled ball and make runs for my team.
- I can return the ball back to the base/ wickets.
- I can describe to my friend the aim of the batter in a rounders game.

### Pentecost 1 Athletics (Running)

- I can take part in a relay race with my friends.
- I can change my speed and direction whilst running.
- I can explain to my friends how to use my arms to drive forward in a running race.

### Lent 1

#### Invasion Games - Basketball

- I can pass a basketball using a chest pass.
- I can pass a ball between a group of 3 people to an end zone.
- I can describe a game of end zone to my friend. (basic)

### Lent 1

#### Net/Wall Games

- I can pass a tennis ball to my partner using an under-arm throw.
- I can hit a rolling ball from a static position back to my partner.
- I can rally a rolled ball with my partner controlling the power of each shot.

### Advent 2

#### Dance – Rock 'n' Roll

- I can perform a dance with two moves with a smooth transition and to the beat.
- I can use dynamics to innovate a dance routine.
- I can give a partner positive feedback to help them improve their routine.

### Advent 2 Gymnastics

- I can transition smoothly between the gymnastics shapes (star, pike, straddle, tuck, straight).
- I can perform a five-part sequence in unison with a friend.
- I can identify 1 thing that my friend performed well and 1 thing they need to improve in their sequence.

### Pentecost 2

#### Striking & Fielding (Cricket)

- I can strike a ball off in a chosen direction.
- I can run between the stumps after I strike a ball.
- I can explain why we retrieve and return a ball after a strike.

### Pentecost 1 Athletics

- I can work as a team to complete a race.
- I can use my body to help me balance a bean bag on my head.
- I can show how to change my way of travelling when jumping over an object.

Year 2

### Advent 1

#### Health & Fitness

- I have the physical stamina to complete a circuit session.
- I can take part in continuous activity for up to three mins.
- I describe what happens to my body when I take part in exercise. (basic)

### Advent 1

#### Invasion Games – Football

- I can pass and stop a ball to a team mate accurately.
- I can demonstrate how to intercept a moving ball..
- I can dribble a ball at a running pace.

### Pentecost 1 Athletics (Running)

- I can follow the correct procedure when starting a race (on your marks, get set, GO)
- I can use my arms to push forward when running.
- I can run from a start point to an end point.

### Pentecost 1

#### Striking & Fielding (Rounders)

- I can show how to roll a small ball with control. (advancing)
- I can retrieve a ball and return to a partner with accuracy.
- I can give constructive feedback to a partner on their pass and return.

### Lent 2 Health & Fitness

- I have the physical stamina to complete a basic circuit session.
- I can take part in continuous physical exercise for up to two minutes.

### Lent 2

#### OAA

- I can explain the importance of working in a team and sharing ideas. (advancing)
- I can follow simple instructions to move from one place to another.

### Advent 2 Gymnastics

- I can perform a simple sequence with a start and finish position.
- I can show different levels when performing a sequence. (advancing)
- I can identify and comment positively on a partner's performance. (advancing)

### Advent 2 Dance - Superheroes

- I can respond to a stimulus with a movement.
- I can link shapes and travelling to form a sequence.
- I can describe to a friend what levels are in a dance. (basic)

### Lent 1

#### Net/Wall Games

- I can show how to position my body correctly to send an object accurately. (advancing)
- I can throw accurately at a range of targets.
- I can explain the importance of communication during a game. (advancing)

### Lent 1

#### Invasion Games – Basketball

- I can explore throwing and catching in different ways.
- I can throw a ball accurately at a target using increasing control.
- I can work with a partner in a throwing and catching game.

### Advent 1

#### Invasion Games - Football

- I can kick a ball in a chosen direction (using side of foot).
- I can dribble a ball at walking pace.
- I can describe the aim of a football game. (basic)

### Advent 1 Health & Fitness

- I can describe what happens to my body when I take part in exercise. (basic)
- I can take part in continuous physical exercise for up to two minutes.

Year 1

EYFS  
 Moving to rhymes, Nativity  
 Dance, Gymnastics,  
 Fundamentals,  
 Games, Sports Day