



Early Years PE KNOWLEDGE Subject Map

Stretch and Movement	Stretch and Movement Introduction to PE	Fundamental skills	Dance	Ball Skills	Gymnastics
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DRIVER WORDS	
Early Years	Year 1
Develop, Revise , Refine	Travel, Copy, Move, Run, Jump, Balance

	KNOWLEDGE		KNOWLEDGE
ATHLETICS	K1. Running: know that I use big steps to run and small steps to stop. K2. Know that moving into space away from others helps to keep me safe. K3. Jumping: know that bending my knees will help me to land safely. K4. Throwing: understand that bigger targets are easier to hit. K5. Rules: know that rules help us to stay safe.	BALL SKILLS	K6. Sending: know to look at the target when sending a ball. K7. Catching: know to have hands out ready to catch. K8. Tracking: know to watch the ball as it comes towards me and scoop it with two hands. K9. Dribbling: know that keeping the ball close will help with control.
DANCE	K10. Actions: understand that I can move my body in different ways to create interesting actions. K11. Dynamics: understand that I can change my action to show an idea. K12. Space: know that if I move into space it will help to keep me and others safe. K13. Performance: know that when watching others I sit quietly and clap at the end. K14. Strategy: know that if I use lots of space, it helps to make my dance look interesting.	FITNESS	K15. Agility: know that moving into space away from others helps to keep me safe. K16. Balance: know that I can hold my arms out to help me to balance. K17. Co-ordination: know that moving my arms and legs at the same time helps me to walk, run and jump. K18. Speed: know that I use big steps to run and small steps to stop. K19. Strength: understand that I can hold my weight on different parts of my body. K20. Stamina: understand that moving for a long time can make me feel tired.
FUNDAMENTALS	K21. Running: know that I use big steps to run and small steps to stop. K22. Know that moving into space away from others helps to keep me safe. K23. Balancing: know that I can hold my arms out to help me to balance. K24. Jumping: know that bending my knees will help me to land safely. K25. Hopping: understand that i use one foot to hop. K26. Skipping: know that if I hop then step that will help me to skip.	GYMNASTIC	K27. Shapes: understand that I can make different shapes with my body. K28. Balances: know that I should be still when holding a balance. K29. Rolls: know that I can change my body shape to help me to roll. K30. Jumps: know that bending my knees will help me to land safely. K31. Strategy: know that if I hold a shape and count to five people will see it clearly.
INVASION	K32. Sending & receiving: know to look at the target when sending a ball and watch the ball to receive it. K33. Dribbling: know that keeping the ball close will help with control. K34. Space: know that being in a space gives me room to play. K35. Attacking & defending: know that there are different roles in games. K36. Tactics: make simple decisions in response to a task. Rules: know that rules help us to stay safe.	NET AND WALL	K37. Hitting: know to point my hand/object at my target when hitting a ball. K38. Feeding and rallying: know to look at the target when sending a ball and watch the ball to receive it. K39. Footwork: know to use big steps to run and small steps to stop. K40. Tactics: make simple decisions in response to a task. K41. Rules: know that rules help us to stay safe.
OUTDOOR ADVENTUROUS ACTIVITIES	K46. Problem solving: make simple decisions in response to a task. K47. Navigational skills: know that moving into space away from others will help me to stay safe. K48. Know to leave a gap when following a path will help me to stay safe. K49. Communication: know that talking with a partner will help me to solve challenges e.g. 'let's go to the green hoop next'. K50. Reflection: begin to identify when I am successful. K51. Rules: know that rules help us to stay safe.	STRIKING AND FIELDING	K52. Striking: know to point my hand at my target when striking a ball. K52. Fielding: know to scoop a ball with two hands. K53. Throwing and catching: know to point my hand at my target when throwing. K54. Know to have hands out ready to catch. K54. Tactics: make simple decisions in response to a task. K55. Rules: know that rules help us to stay safe.
TARGET GAMES	K56. Throwing: know to point my hand at my target when throwing. K57. Catching: know to have hands out ready to catch. K58. Tactics: make simple decisions in response to a task. K59. Rules: know that rules help us to stay safe.	STRETCH AND MOVEMENT	K60. Balance: know that it is easier to balance using more parts of my body than fewer parts. K61. Flexibility: know that I can make my body longer by reaching out with my arms and legs. K62. Strength: understand that I can hold my weight on different parts of my body. K63. Mindfulness: understand how movement makes me feel.



Early Years PE SKILLS Subject Map

	SKILLS		SKILLS
ATHLETICS	S1. Running: explore running and stopping safely. S2. Jumping: explore jumping and hopping safely. S3. Throwing: explore throwing to a target.	BALL SKILLS	S4. Sending: explore sending an object with hands and feet. S5. Catching: explore catching to self and with a partner. S6. Tracking: explore stopping a ball with hands and feet. S7. Dribbling: explore dropping and catching with two hands and moving a ball with feet.
DANCE	S8. Actions: explore how my body moves. S9. Copy basic body actions and rhythms. S10. Dynamics: explore actions in response to music and an idea. S11. Space: begin to explore pathways and the space around me and in relation to others. S12. Performance: perform short phrases of movement in front of others.	FITNESS	S13. Agility: explore changing direction safely. S14. Balance: explore balancing whilst stationary and on the move. S15. Co-ordination: explore moving different body parts together. S16. Speed: explore moving and stopping with control. S17. Strength: explore taking weight on different body parts. S18. Stamina: explore moving for extended periods of time.
FUNDAMENTALS	S19. Running: explore running and stopping. Explore changing direction safely. S20. Balancing: explore balancing whilst stationary and on the move. S21. Jumping: begin to explore take off and landing safely. S22. Hopping: explore hopping on both feet. S23. Skipping: explore skipping as a travelling action.	GYMNASTIC	S24. Shapes: show contrast with my body including wide/narrow, straight/curved. S25. Balances: explore shapes in stillness using different parts of my body. S26. Rolls: explore rocking and rolling. S27. Jumps: explore jumping safely.
INVASION	S28. Sending & receiving : explore s&r with hands and feet using a variety of equipment. S29. Dribbling: explore dropping and catching with two hands and moving a ball with their feet. S30. Space: recognise their own space. S31. Attacking & defending: explore changing direction and tagging games.	NET AND WALL	S32. Hitting: explore hitting a ball with hands and pushing with a racket. S33. Feeding and rallying: explore sending and tracking a ball with a partner. S34. Footwork: explore changing direction, running and stopping.
OUTDOOR ADVENTUROUS ACTIVITIES	S35. Problem solving: explore activities where I have to make my own decisions. S36. Navigational skills: explore moving in space and following a path. S37. Communication: develop confidence in expressing myself.	STRIKING AND FIELDING	S38. Striking: explore sending a ball to a partner. S39. Fielding: explore tracking and stopping a rolling ball. S40. Throwing and catching: explore rolling, throwing and catching using a variety of equipment.
TARGET GAMES	S41. Throwing: explore throwing using a variety of equipment. S42. Catching: explore catching using a variety of equipment.	STRETCH AND MOVEMENT	S43. Balance: explore shapes in stillness using different parts of my body. S44. Flexibility: explore shapes and actions to stretch my body. S45. Strength: explore taking weight on different body parts. S46. Mindfulness: explore my own feelings in response to an activity or task.

PE VOCABULARY

attack, balance, catch, communicate, control, dribble, exercise,, fitness, games, health, healthy, hop, jump, movement, move, rules, running, roll, shape, skill, skip, space, speed, strength, team, teamwork , throw, travel