

**EYFS – Understanding the World**  
**Personal, Social and Emotional**  
**Development**

**EYFS**

Understanding different body movements and ways to transport on or not on forms of equipment.

**KS1**

Invasion Games  
Understanding principles of attack and defense

Gymnastics – basic movements and control of the body

Dance – simple movements and patterns

Net and wall games – basic concepts of co-ordination

Sticking and fielding – basic concepts of catching and throwing

Multiskills and athletics – basic concepts of simple movements like jumping

# Physical Education Curriculum Roadmap

*1 year rolling plan*

**LKS2**

Multiskills and athletics – apply concepts of simple movements like jumping in combination

Sticking and fielding - apply concepts of catching and throwing to a game scenario

Net and wall games – apply concepts of co-ordination in combination

Dance – apply movements and patterns to perform.

Gymnastics – apply movements and control in combination

Invasion Games – applying principles of attack and defense with tactics

**UKS2**

Invasion Games – participate in competitive games, applying tactical understanding

Gymnastics – continue to apply movement and control in combination with being able to explain the process

Dance – build on previously learnt movements and patterns, comparing previous performances and understanding improvement

Net and wall games - apply concepts of co-ordination in combination to a competitive scenario

Sticking and fielding - apply concepts of co-ordination in combination with an understanding of how to improve

Multiskills and athletics - apply concepts of simple movements like jumping in combination with an understanding how to improve

**KS3**

