

## EYFS Physical Education (PE) Curriculum Map

The EYFS PE curriculum supports pupils to develop their **communication and language** skills, their **physical development** as well support their **personal, social and emotional development**.

At Montpellier we use the **real PE** programme to deliver a high-quality PE curriculum. (<https://realpe.co.uk>)

**real PE** is an inclusive approach with the ambition that PE is a positive experience for EVERY child. It teaches children Fundamental Movement Skills (FMS) and key learning behaviours to help achieve that ambition.

The ambitious **real PE** curriculum enables all children to flourish and experience success throughout their primary school phase. Through a carefully planned and sequenced curriculum, which starts in EYFS, children build, revisit, and develop skills and knowledge as they progress through school, thereby developing a strong sense of self-efficacy.

**real PE** is a curriculum that includes:

- structured and progressive physical development challenges
- skill application opportunities that involve rules
- strategies and tactics that are age and stage appropriate
- integrated review sessions that focus on healthy participation.

Over the year, the **real PE** units focus on developing a range of personal, social, physical, health & fitness, cognitive and creative abilities. The units also develop the Fundamental Movement Skills (FMS) of Balance, Coordination and Agility.

Reception also take part in a weekly dance lesson led by an external dance specialist.

### EYFS

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Real PE Unit 1</b> <b>Personal skills</b> <b>FMS:</b> Coordination (footwork) Static Balance (One Leg)	<b>Real PE Unit 2</b> <b>Social Skills</b> <b>FMS:</b> Dynamic Balance to agility Jumping and landing & Static Balance Seated	<b>Real PE Unit 3</b> <b>Cognitive Skills</b> <b>FMS:</b> Dynamic Balance (on a line) Static Balance (Stance)	<b>Real PE Unit 4</b> <b>Creative Skills</b> <b>FMS:</b> Coordination (Ball Skills) Counter Balance (with a partner)	<b>Real PE Unit 5</b> <b>Physical Skills</b> <b>FMS:</b> Coordination (Sending and Receiving) Agility (Reaction and response) * <b>Sports day prep to take place alongside real PE</b>	<b>Real PE Unit 6</b> <b>Health and Fitness</b> <b>FMS:</b> Agility (Ball chasing) Static Balance (Floor Work)