Curriculum Map Reception EYFS FMS – Run, hop, jump, throw and catch

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Aims of unit	To jump and land safely. To hop on both feet. To underarm and overarm throw for distance. To catch with increasing accuracy. To rave under, over and through equipment.	To jump and land safely. To throw underarm. To throw overarm To balance in the shape of a star. To travel on hands and feet To balance on equipment.	To underarm and overarm throw for distance. To travel on hands and feet. To perform different rolls. To carry equipment safely.	To jump and land safely. To roll a ball. To underarm and overarm throw for distance. To carry equipment safely.	To jump and land safely. To run fast. To balance on a range of body parts. To jump in different ways.	To jump and land safely. To run fast. To underarm and overarm throw for distance. To catch a large ball. To carry equipment safely.
Lesson	FMS	FMS – How to catch a star	FMS – Rumble in the Jungle	FMS Castles	FMS Hungry Caterpillar	FMS Seaside
Character Values	Confidence	Confidence	Confidence	Confidence	Confidence	Confidence
Aims of unit	To run fast. To roll in different ways. To jump and land safely. To underarm and overarm throw for distance. To carry equipment safely.	To jump for distance and to land safely. To underarm and overarm throw for distance. To hop on both feet. To explore different ways of travelling using apparatus and equipment.	To jump and land safely. To underarm and overarm throw for distance. To travel on hands and feet. To hop on both feet. To catch a large ball. To carry equipment safely.	To jump and land safely. To roll a ball. To underarm and overarm throw for distance. To catch a large ball. To combine travelling using apparatus.	To jump and land safely. To underarm and overarm throw for distance. To hop on both feet. To catch a large ball. To carry equipment safely. To roll a ball with a partner.	To jump and land safely. To underarm and overarm throw for distance. To roll a ball. To carry equipment safely.
Lesson 2	FMS - Space	FMS – Rosie's Walk	FMS - Superworm	FMS Mini Beasts	FMS Jack and the Beanstalk	FMS Transport
Character Values	Confidence	Confidence	Confidence	Confidence	Confidence	Confidence