

PE Curriculum Map

	AUTUMN 1		AUTUMN 2		SPRING 1		SPRING 2		SUMMER 1		SUMMER 2	
EY FS	All activities indoor and out meet the Early Learning Goals and include: Personal, social, emotional development, Being imaginative, physical development, expressive arts, building relationships and gross motor skills including balance and coordination.											
Year 1		GYM- Listening, changing shape, height and speed		DANCE – expression and formation		DANCE – beat, speed and performance		DANCE – sequences, expression and shape		GYM – jumps rolls and linking		GYM – balance, flow and breathing
		GAMES – Foundation Ball Skills and fundamental movements		GAMES – Foundation Ball Skills and fundamental movements		GAMES – team invasion games		GAMES – Athletics, running, throwing, jumping		GAMES – Net and wall games fundamental movements with bats and rackets		GAMES – Striking and fielding – fundamental striking and fielding
Year 2		DANCE – Building core strength		GYM- travelling, rolling, balancing and jumping		GYM – body tension, control and balance		DANCE – teamwork, respect and coordination		DANCE- travelling, jumping and turning		GYM – rolls, jumps and balances
		GAMES – Foundation Ball Skills and fundamental movements		GAMES – Foundation Ball Skills and fundamental movements		GAMES – team invasion games		GAMES – Athletics, running, throwing, jumping		GAMES – Net and wall games fundamental movements with bats and rackets		GAMES – Striking and fielding – fundamental striking and fielding
Year 3		GYM – Shapes and balance		GYM – jumps and balance		DANCE – collaboration, beat and adaptation		DANCE- improvise, link and combine		DANCE – different planes of movement, cultural dance		GYM – personal best, keeping fit and healthy
		GAMES – Invasion skills and ball control - individual		GAMES – Invasion skills and ball control - individual		GAMES – Team games and invasion games – develop attacking and defending		GAMES – Athletics, running, throwing, jumping		GAMES – Net and wall games developing sending and receiving skills		GAMES – Striking and fielding – fundamental striking and fielding using bats and clubs
Year 4		GYM - travelling, rolling, jumping and equipment		DANCE – in unison, cannon and expression		DANCE – copy and repeat movement skills around a theme		GYM – pilates core strength agility and coordination		DANCE – sequences and small group		GYM – floor and vault jump and turns
		GAMES – Invasion skills and ball control - individual		GAMES – Invasion skills and ball control - individual		GAMES – Team games and invasion games – develop attacking and defending		GAMES – Athletics, running, throwing, jumping		GAMES – Net and wall games developing sending and receiving skills		GAMES – Striking and fielding – fundamental striking and fielding using bats and clubs
Year 5		GYM – flexibility and strength floor and vault		DANCE- expression around a theme		GYM – pilates, core strength agility and coordination		DANCE – travelling, turning, expression around a theme		GYM – travel, roll, balance, jump, equipment		DANCE – dynamics in dance to fit a theme
		GAMES – Invasion skills and ball control – individual and team		GAMES – Invasion skills and ball control – individual and team		GAMES – Team games – inter class competition developing teamwork and tactics		GAMES – Athletics strength and coordination in running and jumping		GAMES – Net and wall games developing sending and receiving skills and tactical decision making		GAMES – Striking and fielding – developing striking and fielding using bats and clubs with tactical decision making
Year 6		GYM – flexibility and control with jumps leaps and straddles		DANCE – gesture, creation and imagination around a theme		DANCE – Interpretive dance, musicality and choreography		GYM – pilates core strength agility and coordination		GYM – climbing and travelling using large equipment		DANCE- choreography and performance to a stimulus
		GAMES – Invasion skills and ball control – individual and team		GAMES – Invasion skills and ball control – individual and team		GAMES – Team games – inter class competition developing teamwork and tactics		GAMES – Athletics strength and coordination in running and jumping		GAMES – Net and wall games developing sending and receiving skills and tactical decision making		GAMES – Striking and fielding – developing striking and fielding using bats and clubs with tactical decision making

■ = Invasion Games

■ = Foundation skills

■ = Dance

■ = Gym

■ = Athletics

■ = Net and WALL

■ = Striking and fielding