



Physical Education Curriculum Map 2025-26

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE Coach (Early Years)	<p style="text-align: center;"><u>Fundamentals</u></p> <ul style="list-style-type: none"> - Use space safely and effectively. - Travel with increasing control and co-ordination. - Chase and dodge. - Perform basic fundamental movements such as jumping, hopping & skipping. - Work cooperatively within a group. 	<p style="text-align: center;"><u>Focus on Using Beanbags</u></p> <ul style="list-style-type: none"> - Work cooperatively with a partner. - Throw & catch a beanbag at different heights. - Balance a beanbag on a range of body parts. - Aim and throw a beanbag at a target. - Send a beanbag to a partner. 	<p style="text-align: center;"><u>Focus on Using Balls</u></p> <ul style="list-style-type: none"> - Throw a ball accurately with control. - Catch a ball thrown by a partner. - Roll a ball into a space and towards a target. - Pass a ball using their feet. - Receive a ball with control from a partner. 	<p style="text-align: center;"><u>Throwing and Catching</u></p> <ul style="list-style-type: none"> - Catch a ball using cup and W shapes. - Throw a beanbag/ball in different directions & heights. - Throw a ball to hit a variety of different targets. - Perform underarm and overarm throws. 	<p style="text-align: center;"><u>Introduction to Teams Games</u></p> <ul style="list-style-type: none"> - Learn & understand how to work within a team. - Understand the basic rules of football, hockey & handball. - Throw and catch within a team using underarm and overarm throws. - Tackle and intercept a ball from an opposing player. 	<p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> - Run at different speeds. - Throw a ball for distance. - Jump for distance. - Perform a range of fundamental movements at speed.
Early Years	<p style="text-align: center;"><u>First PE</u></p> <p><i>Skills:</i> Experiment with different ways of moving. Negotiate space and to be safe when moving. Begin balancing objects on their body.</p>	<p style="text-align: center;"><u>First PE</u></p> <p><i>Skills:</i> Experiment with different ways of moving. Negotiate space and to be safe when moving. Begin balancing objects on their body.</p>	<p style="text-align: center;"><u>Dinosaur Dance</u></p> <p>Moving in time to different music. Experiment with actions at different levels.</p>	<p style="text-align: center;"><u>Gymnastics</u></p> <p>Experiment with different ways of rolling in small shape. Experiment with balancing on different body parts.</p>	<p style="text-align: center;"><u>Multi-skills</u></p> <p>Experiment with different ways of balancing Experiment with different ways of moving ball with different body parts (co-ordination)</p>	<p style="text-align: center;"><u>Enjoy a ball</u></p> <p>(progresses through to ball skills and invasion games in KS1 AND KS2) Throw to self, catching a soft ball. Experiment with rolling the ball, throw and catch to</p>

		Coordination skills using a ball or a balloon.	Experiment with different ways of moving. Moving around showing different actions as characters	Moving along the floor in different ways like aliens sliding, rolling, stretching etc	Experiment with different ways of moving (agility) Working with friends in a team. (taking turns)	self and to a partner. Moving around a spot/ area, experimenting with different ways of moving e.g. jumping, hopping, skipping. Introducing fun games e.g. player in the middle, defending hoops.
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 Coach	<u>Sending and Receiving Skills</u> - Explore ways to send a variety of equipment. - Retrieve and stop a ball using different parts of the body. - Track balls and other equipment sent to them, moving in line with the ball to collect it. - Accurately send equipment to a static and moving target. - Show an understanding of basic tactics and strategies related to team games.	<u>Bat and Ball Skills</u> - Hold a bat using the correct grip. - Hit a ball with a Tennis racket & cricket bat. - Use a bat to hit a ball accurately at a target. - Balance, steer and hit a ball with control. - Choose different ways of hitting, throwing or striking a ball.	<u>Gymnastics</u> - Explore and develop basic gymnastic actions on the floor and using apparatus. - develop jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. - Create sequences to include the use of shapes, levels and directions.	<u>Invasion Games</u> - Explore different ways using a ball. - Play a variety of running and avoiding games. - Participate in simple team games. - Develop simple attacking and defending techniques. - Pass and receive a ball in different ways with increased control.	<u>Striking and Fielding Games</u> - Focus on technique when striking a ball with control when shown. - Focus on technique when fielding a ball using under and overarm throwing. - Able to play simple games in small groups, applying rules and skills that have been taught.	<u>Athletics</u> - Use a variety of speeds when running. - Demonstrate different methods of throwing. - Practice short distance running. - Explore how arms help with running.

Y1 Teacher	<p><u>Fairytale Dance</u></p> <p><i>Skills:</i> Listen to music and begin to move in time with it. Perform different actions and move with control. Begin to use dance movements using space. Begin to change speed of chosen actions.</p>	<p><u>Fitness</u></p> <p><i>Skills:</i> Balance on different parts of the body while performing exercises Co-ordinate body whilst beginning to move with control. Begin to understand what is happening to your body when exercising.</p>	<p><u>Multi-skills</u></p> <p><i>Skills:</i> Balance on lines and use equipment to balance on different parts of the body. Co-ordinate body whilst beginning to move with equipment.</p>	<p><u>Yoga</u></p> <p><i>Skills:</i> Perform basic Yoga poses with some balance. Begin to relax the body in rest pose. Perform Sun Pose (beginning of sun salutation) To try some of the challenge poses e.g. snake pose</p>	<p><u>Pirate Fitness</u></p> <p><i>Skills:</i> Balance on different parts of body performing static and some moving exercises. Co-ordinating body whilst beginning to move with control. Beginning to understand what is happening to your body when exercising</p>	<p><u>Pirate Dance</u></p> <p><i>Skills:</i> Begin to dance with a partner. Begin to use dance movements using space e.g levels, direction and travelling. Use a story to create a dance with a start and finish</p>
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2 Coach	<p><u>Throwing and Catching/Inventing Games</u></p> <ul style="list-style-type: none"> - Confidently perform an underarm and overarm throw. - Throw and catch a ball whilst moving. - Demonstrate how to catch a ball at different heights. 	<p><u>Bat and Ball Games</u></p> <ul style="list-style-type: none"> - Hit a ball into an open space to gain an advantage over opposition. - Hit a moving ball with a Tennis racket & cricket bat. - Show an understanding of rules involved in bat & ball games ie. Tennis 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> - To perform gymnastic shapes and link them together. - To be able to use shapes to create balances. - To be able to link travelling actions and balances using apparatus. 	<p><u>Invasion Games</u></p> <ul style="list-style-type: none"> - Develop control and accuracy when moving with a ball. - Pass and receive a ball with more control and accuracy. - Recognise the best ways to score points and stop points being scored. 	<p><u>Striking and Fielding Games</u></p> <ul style="list-style-type: none"> - Choose, use and vary simple tactics. Recognise good quality in performance. - Participate in team games. - Perform fielding techniques with increased control and co-ordination. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> - Run with agility and confidence. - Learn the best jumping techniques for distance. - Complete an obstacle course. - To run for distance.

	<ul style="list-style-type: none"> - Use throwing and catching skills within team games. - Use creative thinking to invent rules and games. 		<ul style="list-style-type: none"> - To demonstrate different shapes, take off and landings when performing jumps. 	<ul style="list-style-type: none"> - Make it difficult for opponents to score. - Understand and develop tactics for attacking and defending. 		
Y2 Teacher	<p><u>Jungle Dance</u></p> <p><i>Skills:</i> Listen to the beat of the music and move in time with it. Perform fast or slow actions with control. Dance with my partner/group. Travel in a variety of ways and directions.</p>	<p><u>Fitness</u></p> <p><i>Skills:</i> Balancing in exercises static and when moving building control when performing movements. Co-ordinating body whilst beginning to move at different speeds. Understanding what is happening to your body when exercising and how to feel a pulse.</p>	<p><u>Multi-skills</u></p> <p><i>Skills:</i> Balance on low equipment with good control. Co-ordinate body whilst beginning to move at different speeds with various equipment Complete challenges as a team in various games.</p>	<p><u>Swimming</u></p> <p><i>Skills:</i> Use a range of strokes effectively to swim competently, confidently and proficiently over a set distance.</p>	<p><u>Pirate Fitness</u></p> <p><i>Skills:</i> Balance in static exercises and when moving, build control when performing movements. Co-ordinating body whilst beginning to move at different speeds. Understand what is happening to your body when exercising and how to feel a pulse.</p>	<p><u>Pirate Dance</u></p> <p><i>Skills:</i> Use different levels in a dance, travel in a variety of ways and directions. Change the speed of movements in dance. Respond imaginatively to a story.</p>

		<i>Plan: Passing</i>				
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 Coach	<p><u>Invasion Games</u></p> <ul style="list-style-type: none"> - Throw and catch with control to keep possession and score 'goals'. - Be aware of space and use it to support team- mates and cause problems for the opposition. - Understand and use rules fairly to keep games going. - Keep possession with some success 	<p><u>Invasion Games</u></p> <ul style="list-style-type: none"> - Throw and catch with control to keep possession and score 'goals'. - Be aware of space and use it to support team- mates and cause problems for the opposition. - Understand and use rules fairly to keep games going. - Keep possession with some success 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> - Develop balancing, rolling and jumping skills individually and in combination. - Develop sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. 	<p><u>Striking and Fielding Games</u></p> <ul style="list-style-type: none"> - Use a range of skills, e.g. throwing, striking, intercepting and stopping a ball, with some control and accuracy. - To know rules and use them fairly to keep games going. 	<p><u>Net/Wall Games</u></p> <ul style="list-style-type: none"> - Understand the point of the game. - Keep to rules effectively and fairly. - Keep up a continuous game, using a range of throwing and catching skills and techniques. - Use a small range of basic racket skills. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> - Run at fast, medium and slow speeds, changing speed and direction. - Link running and jumping activities with some fluency, control and consistency. - Make up and repeat a short sequence of linked jumps. - Take part in a relay activity, remembering when to run and what to do. - To throw a variety of objects, changing their action for accuracy and distance.
Y3 Teacher	<p><u>Greatest Showman Dance</u></p> <p><i>Skills:</i> Move in time to music with expression Perform leaps, turns and balances at different speeds with control. Dance in unison.</p>	<p><u>Fitness</u></p> <p><i>Skills:</i> Balancing with control, focusing on preferred and non-preferred leg. Co-ordinate body to perform a combination of</p>	<p><u>Swimming</u></p> <p><i>Skills:</i> Use a range of strokes effectively to swim competently, confidently and proficiently over a set distance.</p>	<p><u>Multi-skills</u></p> <p><i>Skills:</i> Balance on various body parts while moving. To change direction at speed. Co-ordinate body to perform a combination</p>	<p><u>Indoor Athletics</u></p> <p><i>Skills:</i> Jumping bending knees, use arms for distance. Speed bounce develop control over a mat. Skipping – with control, head up.</p>	<p><u>Rounders</u></p> <p><i>Skills:</i> Throw under/over arm and catch a ball with control and some accuracy. Bowling a ball (between the</p>

	Begin to perform with expression and energy. Begin to use their own movements to create a performance.	movements in a variety of exercises. Take pulse before exercise. Understand how your body is getting stronger when exercising.		of movements. Complete a variety of fitness tests successfully.	Vertical jump – standing side on, jumping up to target, bending your knees.	batters knee and head) from a short distance. Using various equipment to strike the ball with adapted bats e.g tennis racket, rounders bat. Begin to apply some basic principles, through striking and fielding.
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4 Coach	<u>Invasion Games</u> - Play games with some fluency and accuracy, using a range of throwing and catching techniques. - Find ways of attacking successfully when using other skills. - Use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score. - Understand the rules of the games. - Understand that they need to defend as well as attack.	<u>Invasion Games</u> - Play games with some fluency and accuracy, using a range of throwing and catching techniques. - Find ways of attacking successfully when using other skills. - Use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score. - Understand the rules of the games. - Understand that they need to defend as well as attack.	<u>Gymnastics</u> - Develop balancing, rolling, jumping and inverted movements and use these skills to create more complex sequences. - Demonstrate control in their behaviour to create a safe environment for themselves and others to work in. - Work independently and in collaboration with others to create and develop sequences	<u>Striking and Fielding Games</u> - Choose and vary skills and tactics to suit the situation in a game. - Carry out tactics successfully. - Set up small games.	<u>Net/Wall Games</u> - To choose and use a range of simple tactics for sending the ball in different ways to make it difficult for their opponent. - To choose and use a range of simple tactics for defending their own court. - To adapt and refine rules. - To make up their own net games.	<u>Athletics:</u> Understand and demonstrate the difference between sprinting and running for sustained periods. - Know and demonstrate a range of throwing techniques. - Throw with some accuracy and power into a target area. - Perform a range of jumps, showing consistent technique and sometimes using a short run up.

						- Take on different roles in small groups.
Y4 Teacher	<p><u>Fitness</u> <i>Skills:</i> Balancing in different directions e.g. on leg- forward backward and side to side . Co-ordinate body efficiently to perform a combination of movements or actions when exercising. Begin to know different types of fitness. Take pulse before and after exercise.</p>	<p><u>Swimming</u> <i>Skills:</i> Use a range of strokes effectively to swim competently, confidently and proficiently over a set distance.</p>	<p><u>Science Dance</u> <i>Skills:</i> Cooperate to make a dance warm up. Respond imaginatively to a stimulus. Dance in unison with a partner/group performing a range of movement patterns.</p>	<p><u>Multi-skills</u> <i>Skills:</i> Balancing confidently using various equipment and body parts. To change direction at speed with good technique. Co-ordinate body efficiently to perform a combination of movements or actions. Complete a variety of fitness tests confidently.</p>	<p><u>Indoor Athletics</u> <i>Skills:</i> Jumping bending knees, use arms for distance measure with some accuracy. Speed bounce- increase speed and coordination over the speed bounce mat. Skipping – with rhythm and focus. Vertical jump – lower in to squat position, feet hip width apart.</p>	<p><u>Rounders</u> <i>Skills:</i> Throw over/under arm and catch a ball with control and accuracy. Begin to bowl from the correct distance (7.5m). Step into hit the ball with a rounders bat. Encourage ch to think of tactics when striking and fielding.</p>
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5 Coach	<p><u>Invasion Games</u> - Pass, dribble and shoot with control in games. - Identify and use tactics to help their team keep the ball and take it towards the opposition’s goal. - Mark opponents and help each other in defence. - Know and carry out warmup activities that use exercises helpful for invasion games.</p>	<p><u>Invasion Games</u> - Pass, dribble and shoot with control in games. - Identify and use tactics to help their team keep the ball and take it towards the opposition’s goal. - Mark opponents and help each other in defence. - Know and carry out warmup activities that use exercises helpful for invasion games.</p>	<p><u>Gymnastics</u> - Develop balancing, rolling, jumping and inverted movements. - Explore partner relationships such as canon and synchronisation and mirroring. - Receive and provide feedback in order to make improvements on their performances.</p>	<p><u>Striking and Fielding Games</u> - Strike a bowled ball. - Use a range of fielding skills, e.g. catching, throwing, bowling, intercepting, with growing control and consistency. - Work collaboratively in pairs, group activities and small-sided games.</p>	<p><u>Net/Wall Games</u> <u>Skills:</u> - Understand the need for tactics. - Use forehand, backhand and overhead shots increasingly well in the games they play. - Play cooperatively with a partner. - Apply rules consistently and fairly.</p>	<p><u>Athletics:</u> - Choose the best pace for a running event, so that they can sustain their running and improve on a personal target. - Show control at take- off in jumping activities. - Show accuracy and good technique when throwing for distance.</p>

					- Recognise how these games make their bodies work.	
Y5 Teacher	<p><u>Swimming</u> <i>Skills:</i> Use a range of strokes effectively to swim competently, confidently and proficiently over a set distance.</p>	<p><u>Yoga Facts</u> <i>Skills:</i> Perform complex yoga poses with control, core strength and flexibility. Perform a variety of poses using breathing techniques. Perform extended poses e.g. extended cat pose.</p>	<p><u>Dance</u> <i>Skills:</i> Create a performance displaying dance elements performing with control. Demonstrate 'relationship' elements- unison, canon, matching, mirroring and formations. Perform some 'dynamic' elements in the dance- Energy, Speed and Flow</p>	<p><u>Fitness</u> <i>Skills:</i> Balancing on various parts of body when moving. Co-ordinate using both sides of the body when performing exercises. Create a warm up and cool down. Take pulse before and after exercise accurately.</p>	<p><u>Dodgeball</u> <i>Skills:</i> Throwing the ball overarm and underarm in a variety of directions with control and some speed. Aiming at the opposition with some precision and control. Catching the ball at different levels within a game situation.</p>	<p><u>Eco-Warrior Dance</u> <i>Skills:</i> Change my energy depending on time of the music. Begin to demonstrate more complex 'space' elements; levels, size of movement, directions and pathways. Translate ideas from a stimulus into a performance – and incorporate dance elements</p>
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6 Coach	<p><u>Invasion Games</u> - Use different techniques for passing, controlling, dribbling and shooting the ball in games. - Apply basic principles of team play to keep possession of the ball. - Use marking, tackling and/or interception to improve their defence.</p>	<p><u>Invasion Games</u> - Use different techniques for passing, controlling, dribbling and shooting the ball in games. - Apply basic principles of team play to keep possession of the ball. - Use marking, tackling and/or interception to improve their defence. - Play effectively as part of a team.</p>	<p><u>Gymnastics</u> - Develop knowledge of how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences.</p>	<p><u>Striking and Fielding Games</u> - Use and apply the basic rules consistently and fairly. - Understand and implement a range of tactics in games.</p>	<p><u>Net/Wall Games</u> - Use the volley in games where it is important. - Use the skills they prefer with competence and consistency. - Start to choose and use some tactics effectively. - Identify appropriate exercises and activities for warming up.</p>	<p><u>Athletics</u> - Perform smooth relay changeovers at high speed. - Show control when landing in jumping activities. - Identify techniques to increase distance of throw. - Organise and manage an athletic event well.</p>

	<ul style="list-style-type: none"> - Play effectively as part of a team. - Know what position they are playing in and how to contribute when attacking and defending. 	<ul style="list-style-type: none"> - Know what position they are playing in and how to contribute when attacking and defending. 	<ul style="list-style-type: none"> - Build trust when working collaboratively in larger groups, using formations to improve the aesthetics of their performances. 		<ul style="list-style-type: none"> - Pick out what they and others do well and suggest ideas for practices. 	
Y6 Teacher	<p><u>Multi-skills</u> <i>Skills:</i> Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately. Agility focus – can change direction at speed with balance. Co-ordinate using both sides of the body with fluency to perform a combination of movements or actions.</p>	<p><u>Yoga Facts</u> <i>Skills:</i> Perform complex Yoga poses with good core strength Perform extended version of cat and dog pose. Collaborate in a group to create a Yoga routine.</p>	<p><u>Dance</u> <i>Skills:</i> Create a performance displaying a range dance elements performing with good control. Demonstrate ‘relationship’ elements- unison, canon, matching, mirroring and formations.</p>	<p><u>Fitness</u> <i>Skills:</i> Balance on various body parts using harder balances. Co-ordinate using both sides of the body with fluency and speed to perform a combination of exercises. Create an exercise to improve a specific fitness e.g. strength</p>	<p><u>Dodgeball</u> <i>Skills:</i> Throwing the ball in a game with precision, control and speed. Aiming at the opposition, below the shoulder, using a variety of throwing techniques. Identify catching opportunities to claim a catch in a game.</p>	<p><u>World War II Dance</u> <i>Skills:</i> Keeping in time when transitioning from one part of the dance to another. Perform a variety of ‘dynamic’ elements in the dance- perform with control and fluency.</p>