



PE Curriculum map overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS & Year 1	Fundamental Movements: Throwing & Catching Dance	Team Games – simple attacking and defending skills Gymnastics	Swimming	Swimming	Bat and ball games Gymnastics	Athletics: Running, hopping, skipping races Core balance
Year 2	Throwing and catching – accuracy and aim Dance	Team Games - kicking, simple attacking and defending skills Gymnastics	Swimming	Swimming	Bat and ball games Gymnastics	Athletics: Long jump & relay Core balance
Year 3	Fundamental Skills attacking and defending Invasion Games – Football Dance	Net/wall – netball, Volleyball Gymnastics	Swimming Invasion games – Dodgeball, attacking and defending Core balance	Swimming Invasion Games – Quicksticks/Hockey Dance	Striking and Fielding <i>Rounders</i> Gymnastics	Athletics: Athletics – high jump/hurdles Core balance
Year 4	Invasion Games – Football Dance	Net/wall – netball, Volleyball Gymnastics	Invasion games – Dodgeball, attacking and defending Core balance	Invasion Games – Hockey Dance	Striking and Fielding <i>Rounders</i> Gymnastics	Athletics: Athletics – high jump/hurdles Core balance
Year 5&6	Invasion Games – Football and Tag Rugby Dance	Net/wall — Basketball , Boccia – precision skills Gymnastics	Invasion games – Hockey Core balance	Invasion games – Dodgeball Net/Wall tennis Dance	Striking and Fielding <i>Cricket</i> Gymnastics	Athletics: Javelin, shot put and Discus – field events Core balance