

# Whole School Curriculum Road Map for PE

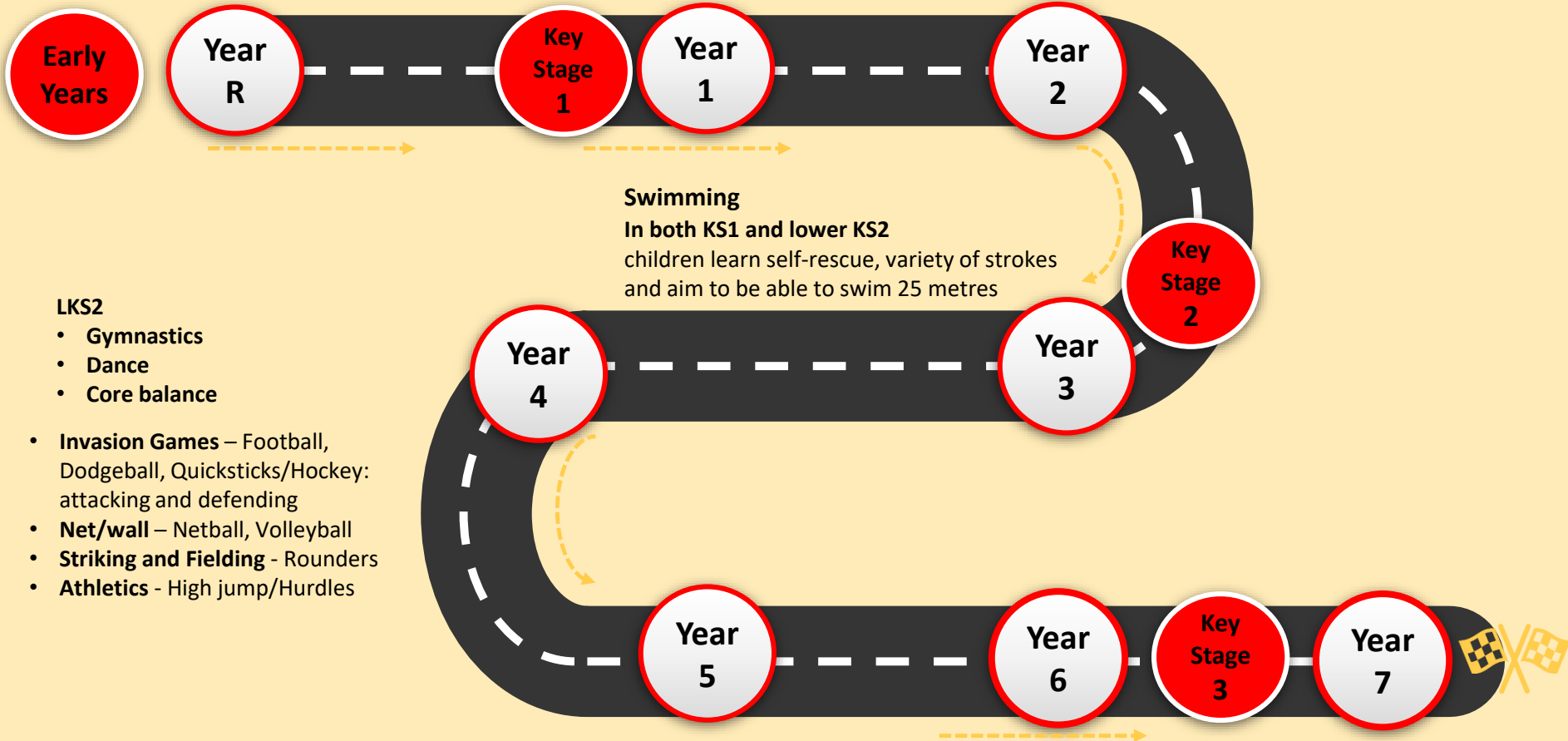
## EYFS

Students to be confident movers and spatially aware through structured free play, begin to compete against themselves and others

## KS1

- **Gymnastics**
- **Dance**
- **Core balance**

- **Fundamental Movements** - Throwing & Catching: accuracy & aim
- **Team Games** – kicking, simple attacking and defending skills
- **Bat and ball games**
- **Athletics** - Running, hopping, skipping races, long jump & relay



## Swimming

In both KS1 and lower KS2

children learn self-rescue, variety of strokes and aim to be able to swim 25 metres

## LKS2

- **Gymnastics**
- **Dance**
- **Core balance**
- **Invasion Games** – Football, Dodgeball, Quicksticks/Hockey: attacking and defending
- **Net/wall** – Netball, Volleyball
- **Striking and Fielding** - Rounders
- **Athletics** - High jump/Hurdles

## UKS2

- **Gymnastics**
- **Dance**
- **Core balance**
- **Invasion Games** – Football, Tag Rugby, Hockey, Dodgeball
- **Net/wall** – Basketball, Boccia, tennis – precision skills
- **Striking and Fielding** - Cricket
- **Athletics** - Javelin, Shot put and Discus – field events

## Year 7

**Focus: Physical Literacy and Social Belonging**  
 e.g. Team Challenges Team Sports Fitness Challenge Orienteering, rugby, gymnastics, trampolining, athletics, rounders, cricket, tennis, softball, basketball, handball, football