

Curriculum Map for Physical Education

	15 weeks			12 weeks			12 weeks	
	Autumn 1		Autumn 2	Spring 1	Spring 2		Summer 1	Summer 2
EYFS	OAA Fundamentals (communication, exploration, movement and using space)	Dance Fundamentals (Multi-skills - coordination, balance, agility, to dance to different types of music)	Gymnastics Fundamentals (Adapting floor work to large apparatus, benches, balancing tables etc., crawling, rolling, climbing, jumping and balancing)	Fundamental Skills (3 weeks) Fundamentals (fitness, stretching, the effects exercise has on the body, healthy lifestyle)	Invasion Games Fundamentals (locomotion of movement, rolling, pushing, patting and kicking an object, able to look for a space)		Athletics Fundamentals (Run, jump, throw)	Games Fundamentals (Racquet skills, sending / receiving a ball)
Year 1	OAA (3 weeks) Fundamentals (communication, exploration)	Dance Fundamentals (Multi-skills - coordination, balance, agility, leaping)	Gymnastics Fundamentals (Adapting floor work to large apparatus, benches, balancing tables etc.)	Fundamental Skills (3 weeks) Fundamentals (Strength, fitness, stretching, the effects exercise has on the body, object control)	Invasion Games Fundamentals (be aware of space and are able to competently change the level of speed, use space to avoid capture)	Net Games (runs into summer term) Fundamentals (racquet skills, rolling, pushing, patting and kicking an object, able to throw and catch an object)	Athletics Fundamentals (Run, jump, throw, leap, bound)	Striking and Fielding Fundamentals (sending / receiving a ball using an under or overarm throw)

Year 2	OAA (3 weeks) Fundamentals (communication, exploration)	Dance Fundamentals (Multi-skills - coordination, balance, agility, target work)	Gymnastics Fundamentals (Adapting floor work to large apparatus, benches, balancing tables etc.)	Fundamental Skills (3 weeks) Fundamentals (Strength, fitness, stretching, the effects exercise has on the body)	Invasion Games Fundamentals (throwing and catching an object individuals and working in pairs or small groups)	Net Games (runs into summer term) Fundamentals (racquet skills, successfully stop capture/stop another child movement)	Athletics Fundamentals (Run, jump, throw)	Striking and Fielding Fundamentals (sending / receiving a ball, be aware of space in front/behind them)
Year 3	OAA (3 weeks) Fundamentals (teamwork, communication, exploration)	Dance Fundamentals (creatively, control, perform, dance, jumps, spins, movement)	Gymnastics Fundamentals (Shapes, balances, strength, flexibility, rolls)	Invasion Games Fundamentals (passing, controlling, dribbling, shooting, team play, marking, tackling, interception, attacking, defending)	Health and Fitness Circuits (3 weeks) Fundamentals (Stamina, strength, fitness, cardio, stretching, the effects exercise has on the body)	Net games runs into summer term Fundamentals (forehand / backhand / overhead shots, volley, tactics, cooperate with a partner)	Athletics Fundamentals (running, Jumping, Throwing, stamina)	Striking and Fielding Fundamentals (fielding skills, e.g. catching, throwing, bowling, intercepting, with growing control)
Year 4	OAA (3 weeks) Fundamentals (teamwork, communication, exploration)	Dance Fundamentals (creatively, control, perform, dance, jumps, spins, movement)	Gymnastics Fundamentals (Shapes, balances, strength, flexibility, rolls)	Invasion Games Fundamentals (passing, controlling, dribbling, shooting,	Health and Fitness Circuits (3 weeks) Fundamentals (Stamina, strength, fitness, cardio, stretching, the	Net games runs into summer term Fundamentals (forehand / backhand / overhead shots, volley, tactics,	Athletics Fundamentals (running, Jumping, Throwing, stamina)	Striking and Fielding Fundamentals (fielding skills, e.g. catching, throwing, bowling, intercepting,

				team play, marking, tackling, interception, attacking, defending)	effects exercise has on the body)	cooperate with a partner)		with growing control)
Year 5	OAA (3 weeks) Fundamentals (teamwork, leadership, communication, exploration)	Dance Fundamentals (creatively, control, perform, dance, jumps, spins, movement)	Gymnastics Fundamentals (Shapes, balances, strength, flexibility, rolls)	Invasion Games Fundamentals (passing, controlling, dribbling, shooting, team play, marking, tackling, interception, attacking, defending)	Health and Fitness Circuits (3 weeks) Fundamentals (Stamina, strength, fitness, cardio, stretching, name muscles, the effects exercise has on the body)	Net games runs into summer term Fundamentals (forehand / backhand / overhead shots, volley, tactics, cooperate with a partner)	Athletics Fundamentals (running, Jumping, Throwing, stamina)	Striking and Fielding Fundamentals (fielding skills, e.g. catching, throwing, bowling, intercepting, with growing control)
Year 6	OAA (3 weeks) Fundamentals (teamwork, leadership, communication, exploration)	Dance Fundamentals (creatively, control, perform, dance, jumps, spins, movement)	Gymnastics Fundamentals (Shapes, balances, strength, flexibility, rolls)	Invasion Games Fundamentals (passing, controlling, dribbling, shooting, team play, marking, tackling, interception,	Health and Fitness Circuits (3 weeks) Fundamentals (Stamina, strength, fitness, cardio, stretching, name muscles, the	Net games runs into summer term Fundamentals (forehand / backhand / overhead shots, volley, tactics, cooperate with a partner)	Athletics Fundamentals (running, Jumping, Throwing, stamina)	Striking and Fielding Fundamentals (fielding skills, e.g. catching, throwing, bowling, intercepting, with growing control)

				attacking, defending)	effects exercise has on the body)			
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