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| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Foundation** | *Indoor* | Gross motor - Climbing under, over and through obstacles, uses large construction to build. Developing shoulder pivots using pom poms and throwing activities. | | Gross motor - Can use large construction equipment to build. Can throw, kick, pass and catch a large ball. Able to balance on and off equipment, including bikes. Can jump safely from a piece of equipment. Can throw, kick, pass and catch a large ball. | | Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. | |
| *Outdoor* | Body Management Unit 1 | Body Management Unit 2 | Manipulation & Coordination Unit 1 | Manipulation & Coordination Unit 2 | Speed Agility Travel Unit 1 | Speed Agility Travel Unit 2 |
| **Year 1** | *Indoor* | Gymnastics Unit 1 | Foundations | Dance Unit 1 | Gymnastics Unit 2 | Dance Unit 2 | Well Being |
| *Outdoor* | Attack, defend, shoot Unit 1 | Attack, defend, shoot Unit 2 | Hit, catch, run Unit 1 | Hit, catch, run Unit 2 | Sports Day Practice | Run, jump, throw |
| **Year 2** | *Indoor* | Dance Unit 1 | Gymnastics Unit 1 | Distanced PE Fitness Unit 1 | Dance Unit 2 | Gymnastics Unit 2 | Well Being |
| *Outdoor* | Attack, defend, shoot Unit 1 | Attack, defend, shoot Unit 2 | Hit, catch, run Unit 1 | Hit, catch, run Unit 2 | Sports Day Practice | OAA |
| **Year 3** | *Indoor* | Gymnastics Unit 1 | Distance PE Fitness Unit 2 (KS1) | Dance Unit 1 | Dodge ball | Gymnastics Unit 2 | Well Being |
| *Outdoor* | Hockey | Tag Rugby | Basketball | Basketball | Sports Day Practice | Rounders |
| **Year 4** | *Indoor* | Dance Unit 1 | Gymnastics Unit 1 | Swimming | Gymnastics Unit 2 | Dodge ball | Well Being |
| *Outdoor* | Tag Rugby | Hockey | Netball | Netball | Sports Day Practice | Tennis |
| **Year 5** | *Indoor* | Gymnastics Unit 1 | Distance Fitness Unit 1 (KS2) | Dance Unit 1 | Dodge ball | Gymnastics Unit 2 | Well Being |
| *Outdoor* | Hockey | Tag Rugby | Basketball | Basketball | Sports Day Practice | OAA |
| **Year 6** | *Indoor* | Gymnastics Unit 1 | Dance Unit 1 | Distance Fitness Unit 2 (KS2) | Gymnastics Unit 2 | Dodge ball | Well Being |
| *Outdoor* | Tag Rugby | Hockey | Netball | Netball | Sports Day Practice | Rounders |

A logo of a school

AI-generated content may be incorrect.**Physical Education Curriculum Map 2024-25**