

Physical Education Curriculum Map 2026-27

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	<i>Indoor</i>	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.	
	<i>Outdoor</i>	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	<i>Indoor</i>	Gymnastics Unit 1	Foundations	Dance Unit 1	Gymnastics Unit 2	Dance Unit 2	Well Being
	<i>Outdoor</i>	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	<i>Indoor</i>	Dance Unit 1	Gymnastics Unit 1	Distanced PE Fitness Unit 1	Dance Unit 2	Gymnastics Unit 2	Well Being
	<i>Outdoor</i>	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	<i>Indoor</i>	Gymnastics Unit 1	Distance PE Fitness Unit 2 (KS1)	Dance Unit 1	Dodge ball	Gymnastics Unit 2	Well Being
	<i>Outdoor</i>	Hockey	Tag Rugby	Basketball	Basketball	Sports Day Practice	Rounders
Year 4	<i>Indoor</i>	Dance Unit 1	Gymnastics Unit 1	Gymnastics Unit 2	Swimming	Dodge ball	Well Being
	<i>Outdoor</i>	Tag Rugby	Hockey	Netball	Netball	Sports Day Practice	Tennis
Year 5	<i>Indoor</i>	Gymnastics Unit 1	Distance Fitness Unit 1 (KS2)	Dance Unit 1	Dodge ball	Gymnastics Unit 2	Well Being
	<i>Outdoor</i>	Hockey	Tag Rugby	Basketball	Basketball	Sports Day Practice	OAA
Year 6	<i>Indoor</i>	Gymnastics Unit 1	Dance Unit 1	Distance Fitness Unit 2 (KS2)	Gymnastics Unit 2	Dodge ball	Well Being
	<i>Outdoor</i>	Tag Rugby	Hockey	Netball	Netball	Sports Day Practice	Rounders