



Curriculum Map

PE	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Physical movement Balance Eye co-ordination Core stability	Body awareness (move to learn) Incorporating spatial awareness Dance	Gymnastics	Gymnastics Outside travel – avoiding obstacles, change pace and direction	Ball Skills (move to learn) Throwing and catching Racket skills Racket skills – targets	Dance – traditional Basic Athletics – linked to Sports Day
Year 1	Multi-Skills Boot Camp	Mighty Movers (Running) Story Time Dance	Skip to the Beat Groovy Gymnastics	Brilliant Ball Skills Gymfit Circuits	Throwing and Catching Cool Core (Strength)	Active Athletics Fitness Frenzy
Year 2	Mighty Movers (Running) Ugly Bug Ball Dance	Multi-skills Boot Camp	Skip to the Beat Groovy Gymnastics	Brilliant Ball Skills Gymfit Circuits	Active Athletics Fitness Frenzy	Throwing and Catching Cool Core (Strength)
Year 3	Active Athletics Fitness Frenzy	Throwing and Catching Cool Core (Strength)	Skip to the Beat Groovy Gymnastics	Brilliant Ball Skills Gymfit Circuits	Mighty Movers (Running) African Dance	Multi-skills Boot Camp
Year 4	Nimble Nets Cool Core (Pilates)	Invaders Boot Camp	Gym Sequences Step to the beat	Dynamic Dance Mighty Movers (Boxercise)	Striking and Fielding Gymfit Circuits	Young Olympians Fitness Frenzy
Year 5	Gym Sequences Step to the beat	Invaders Boot Camp	Dynamic Dance Mighty Movers (Boxercise)	Nimble Nets Cool Core (Pilates)	Striking and Fielding Gymfit Circuits	Young Olympians Fitness Frenzy
Year 6	Gym Sequences Step to the beat	Dynamic Dance Mighty Movers (Boxercise)	Nimble Nets Cool Core (Pilates)	Invaders Boot Camp	Striking and Fielding Gym Fit Circuits	Young Olympians Fitness Frenzy