



St John's Primary School

PHYSICAL EDUCATION CURRICULUM MAP

2024 / 2025



PE Curriculum Map - Autumn Term						
Term	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	<p>Multi skills/ Boot camp They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Mighty Movers (Running)/ Story Time Dance <i>Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i> <i>Pupils should be taught to perform dances using simple movement patterns.</i></p>	<p>Multi Skills/Boot Camp Mighty Movers(Running) <i>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</i></p> <p>Ugly Bug Ball Dance <i>Pupils should be taught to perform dances using simple movement patterns.</i></p>	<p>Active Athletics/Fitness Frenzy <i>They should enjoy communicating, collaborating and competing with each other.</i> <i>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination</i></p> <p>Throwing and Catching/ Cool core (strength) <i>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.</i> <i>Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic principles suitable for attacking and defending.</i></p>	<p>Nimble Nets/Cool core (strength) <i>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.</i> <i>Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p> <p>Invaders/ Boot camp <i>Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic principles suitable for attacking and defending.</i> <i>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination</i></p>	<p>Gym sequence/ Step to the Beat <i>Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p> <p>Invaders/Boot camp <i>Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic principles suitable for attacking and defending.</i> <i>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.</i></p>	<p>Gym sequence/ Step to the beat <i>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best. Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.</i></p> <p>Dynamic Dance/ Mighty Movers (Boxercise) <i>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best. Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</i></p>
PE Curriculum Map - Spring Term						
Spring	<p>Skip to the Beat/Groovy Gymnastics <i>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</i></p> <p>Brilliant Ball Skills/ Gymfit Circuits <i>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</i></p>	<p>Skip to the Beat/Groovy Gymnastics <i>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</i></p> <p>Brilliant Ball Skills/Gym fit Circuits <i>Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i></p>	<p>Skip to the beat/ Groovy gymnastics <i>Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p> <p>Brilliant Ball Skills/ Gym fit circuits <i>They should enjoy communicating, collaborating and competing with each other.</i> <i>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best</i></p>	<p>Gym Sequence/ Step to the beat <i>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best. Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best</i></p> <p>Dynamic Dance/ Mighty Movers <i>Pupils should be taught to perform dances using a range of movement patterns. Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p>	<p>Dynamic Dance/ Mighty Movers (Boxercise) <i>They should enjoy communicating, collaborating and competing with each other.</i> <i>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination</i></p> <p>Nimble nets/ Cool core (strength) <i>They should enjoy communicating, collaborating and competing with each other.</i> <i>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best</i></p>	<p>Nimble Nets/ Cool core (Pilates) <i>Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic principles suitable for attacking and defending.</i> <i>Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</i></p> <p>Invaders/ Boot Camp <i>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best. Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</i></p>
PE Curriculum Map - Summer Term						
Summer	<p>Throwing and Catching/ Cool Core (Strength) <i>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</i></p> <p>Active Athletics/ Fitness Frenzy <i>Pupils should be taught to participate in team games, developing simple tactics for attacking and defending. Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i></p>	<p>Throwing and Catching/Cool Core (strength) <i>Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i></p> <p>Active Athletics/Fitness Frenzy <i>Pupils should be taught to participate in team games, developing simple tactics for attacking and defending</i></p>	<p>Mighty movers (running)/ African Dance <i>Pupils should be taught to perform dances using a range of movement patterns. Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination</i></p> <p>Multi Skills/Boot Camp <i>Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p>	<p>Striking and Fielding/ Gym fit Circuits <i>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic principles suitable for attacking and defending</i></p> <p>Young Olympians/ Fitness Frenzy <i>Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.</i></p>	<p>Striking and fielding/ Gym fit circuits <i>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i></p> <p>Young Olympians/Fitness Frenzy <i>Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i></p>	<p>Striking and Fielding/ Gym fit Circuits <i>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic principles suitable for attacking and defending</i></p> <p>Young Olympians/ Fitness Frenzy <i>Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination. Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p>

Subject Intent

Children have an interest and enthusiasm towards a range of sports, inside and out of school. They acquire a repertoire of skills and apply them confidently through practice and competitive performance. Their knowledge of sport and exercise help them to lead a healthy lifestyle. Through evaluating their own and others' performance, children challenge themselves to become more competent in sport.