

KS1 PE Curriculum Map 2025-2026

Outdoor Adventure	Dance	Gymnastics	Swimming	Invasion Games	Athletics	Striking and Fielding
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Year	Lesson	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	1	Beanbag Skills Fundamental Games	Turn Taking on Holidays Striking and Fielding Fundamentals	Gymnastics Stretching Shapes	Dance The UK Weather	Bats and Balls at the Circus Net and Wall Fundamentals	Athletics Fun with Quoits
	2	Gymnastics Balance	Fun and Games with Friends Outdoor Adventure	Ball Skills at the Zoo Fundamental Games	Gymnastics Jumping and Balancing	Dance Fictional characters- Julia Donaldson	Dance Animals- Mini Beasts
1	1	Gymnastics Balance and Agility	Creative Play Outdoor Adventure	Ball Control Games	Athletics FUNdamentals	Dodgeball	Striking and Fielding
	2	Throwing and Catching Games	Introduction to Invasion (Basic Movement and dribbling)	Dance The UK Celebrations	Gymnastics Positions and Direction	Dance Fictional Characters- Traditional Tales	Athletics Track and Field
2	1	Dance the UK Traditional Dances	Kicking and Dribbling Hockey / Football	Striking for Accuracy Net Games	Gymnastics (2-D and 3-D Shapes)	Striking and Fielding	Athletics Track and Field
	2	Rule Making Outdoor Adventure	Gymnastics Balance and Co-ordination	Dance Fictional Characters- Pirates	Sending and Receiving Games	Gymnastics Famous People	Kinetics Tag Rugby

KS2 PE Curriculum Map 2025-202

Outdoor Adventure	Dance	Gymnastics	Swimming	Invasion Games	Athletics	Striking and Fielding
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Year	Lesson	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	1	Gymnastics Jumping Splashing Rivers	Dance Bollywood	Thinking Aloud Outdoor Adventure	Net Games Volleyball	Dance Ancient Egyptians	Athletics Track and Field
	2	Passing for Possession Handball	Dribbling to Invade Football	Invasion Tag Rugby	Gymnastics Symmetrical Shapes	Net Games Tennis	Striking and Fielding Cricket
4	1	Gymnastics Perfecting the sequencing of the water cycle	Quidditch	Dance (Science- Electricity)	Gymnastics What's my Direction	Dance Style Charleston	Striking and Fielding Cricket
	2	Passing and Moving Netball	Tennis	Decisions Outdoor Adventure	Invasion Games Rugby League	Swimming	Athletics Track and Field
5	1	Accuracy & Rallies Badminton	Rules and Concepts Invasion - Netball	Dance (Science and space)	Gymnastics (Abstract Angles)	Swimming	Athletics Track and Field
	2	Invasion in a Team Hockey	Gymnastics (Viking Balance)	Flag Football (NFL)	Outdoor Adventure (Leadership)	Dance Rock and Roll	Exploring Striking and Fielding Rounders
6	1	Invasion Competitive Basketball	Dance Street Dance	Outdoor Adventure (Finding success)	Gym Perfecting Which Quadrant	Net Games for Points Tennis, badminton, volleyball	Athletics Track and Field
	2	Gymnastics Complex Sequences Mountains	Invasion to Score Hockey	Dance (WW2)	Dodgeball	Handball	Fielding and Striking Rounders