



# Physical Education Curriculum Map – 2022 / 2023

	AUTUMN TERM		SPRING TERM		SUMMER TERM Healthy Schools Week	
<b>YEAR 1</b>	Gymnastics Traditional tales  Multi – Skills Throwing and catching	Dance Starry Skies  Invasion Games Basic Skills	Circuit training  Multi-skills Bat and ball	Attacking and Defending  Multi-Skills Target games	Yoga  Games- Olympics	Mini athletics  Multi Skills Sports Day
<b>YEAR 2</b>	Gymnastics Under The Sea  Multi – Skills Throwing and catching	Dance Gunpowder Plot  Invasion Games Football	Circuit training  Multi-skills Bat and ball	Attacking and Defending  Multi-Skills Target games	Yoga  Multi- skills Running and Jumping	Mini athletics  Multi Skills Sports Day
<b>YEAR 3</b>	Dance –Extreme Earth  Invasion Games Basketball	Gymnastics Shape  Invasion Games Fundamentals	Athletics (indoor)  Outdoor Adventurous Activities (OAA)  Swimming (3M)	Circuit training  Striking and Fielding Fundamentals  Swimming (3B)	Yoga  Net and Wall Fundamentals	Striking and Fielding  Multi Skills Sports Day

<b>YEAR 4</b>	<p>Dance Carnival of the Animals</p> <p>Invasion Games Basketball</p>	<p>Gymnastics Shape &amp; Balance-Ancient Egypt</p> <p>Net and wall Games Fundamentals</p>	<p>Athletics (Indoor)</p> <p>OAA</p>	<p>Circuit training</p> <p>Athletics (Outdoor)</p>	<p>Yoga</p> <p>Net and Wall Games Netball</p>	<p>Striking and Fielding</p> <p>Multi Skills Sports Day</p>
<b>YEAR 5</b>	<p>Gymnastics Shape, Balance &amp; Space</p> <p>Invasion Games Basketball</p>	<p>Dance</p> <p>Invasion Games Football</p>	<p>Circuit Training</p> <p>Striking and Fielding Rounders</p>	<p>Net and Wall Volley Ball</p> <p>Athletics (outdoors)</p>	<p>Athletics (indoors)</p> <p>OAA</p>	<p>Striking and Fielding</p> <p>Multi Skills Sports Day</p>
<b>YEAR 6</b>	<p>Dance Dance through the Decades</p> <p>Invasion Games Basketball</p> <p>Swimming (6D)</p>	<p>Gymnastics Movements</p> <p>*OAA</p> <p>Swimming (6B)</p>	<p>Circuit Training</p> <p>*Striking and Fielding Cricket</p>	<p>Athletics (indoors)</p> <p>Rhythmic Gymnastics Rivers and Mountains</p>	<p>Net and Wall Tennis</p> <p>Athletics (outdoor)</p>	<p>Leadership in PE</p> <p>Multi Skills Sports Day</p>
<b>Hive</b>	<p>Dance Dance through the Decades</p> <p>Invasion Games Basketball</p>	<p>Gymnastics Rivers and Mountains Rhythmic Gymnastics</p> <p>* OAA</p>	<p>Circuit Training</p> <p>*Striking and Fielding Cricket</p>	<p>Athletics (indoors)</p> <p>Net and Wall Netball</p>	<p>Yoga</p> <p>Invasion Games Hockey</p>	<p>Dodgeball</p> <p>Multi Skills Sports Day</p>

Blue = Indoor session

Green = Outdoor session