

PE Whole School Curriculum Map 2025-2026

Team Donaldson EYFS Physical Development	During continuous provision alongside taught PE sessions					
	Autumn 1 7 weeks 3 days	Autumn 2 7 weeks	Spring 1 7 weeks	Spring 2 6 weeks	Summer 1 4 weeks	Summer 2 7 weeks
EYFS	Me & Myself	Gymnastics	Dance*	Ball Skills	Throwing and Catching	Fun and Games
	Fitness (Fundamental Movement skills)			Gymnastics		Athletics
Donaldson yr 1	Fitness (Fundamental Movement skills)	Gymnastics	Dance	Handball	Volley Ball	Athletics
				Gymnastics		Orienteering
Team Cherry yr 1, 2	Fitness (Fundamental Movement skills)	Gymnastics	Dance	Handball	Volley Ball	Athletics
				Gymnastics		Orienteering
Team Cowell Yr 3 & 4	Handball	Gymnastics	Dance	Gymnastics	Orienteering	Athletics
				Swimming	Swimming	
Team Souder yr 4, 5	Gymnastics*	Handball	Dance	Handball/ Volleyball	Orienteering	Athletics*
	Swimming	Swimming				
Team Morpurgo Yr 5, 6	Handball *	Gymnastics	Dance	Gymnastics	Orienteering	Athletics
			Swimming	Volleyball	Rounders*	Swimming year 6 only

Key areas- Gymnastic skills Dance skills Games skills Athletics OAA Swimming and Water safety

Swimming- All KS2 children will access 1 full term of swimming. Year 6 children will receive sustained swimming sessions across the year until they achieve competence and confidence in swimming a minimum of 25m and perform water safety self-rescue skills.

*Festivals/Competitions available within this subject

EYFS		
<p>Physical Development is one of the three prime areas that are particularly important for learning and forming relationships. They build a foundation for children to thrive and provide the basis for learning in all areas.</p> <p>Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Curriculum PE lessons will focus mainly on 'gross motor experiences'.</p> <p><u>ELG: Gross Motor Skills Children at the expected level of development will:</u></p> <ul style="list-style-type: none">❖ Negotiate space and obstacles safely, with consideration for themselves and others.<ul style="list-style-type: none">❖ Demonstrate strength, balance and coordination when playing.❖ • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.		
National Curriculum Physical Education		
Purpose of study	Aims	Attainment targets
<p>A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.</p>	<p>The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none">♣ develop competence to excel in a broad range of physical activities♣ are physically active for sustained periods of time<ul style="list-style-type: none">♣ engage in competitive sports and activities♣ lead healthy, active lives.	<p>By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study</p>
<p>Key stage 1 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. 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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">♣ 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♣ participate in team games, developing simple tactics for attacking and defending<ul style="list-style-type: none">♣ perform dances using simple movement patterns.	<p>Key stage 2 Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">♣ use running, jumping, throwing and catching in isolation and in combination♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]<ul style="list-style-type: none">♣ perform dances using a range of movement patterns♣ take part in outdoor and adventurous activity challenges both individually and within a team♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best	
Swimming and water safety		
<p>All schools must provide swimming instruction either in key stage 1 or key stage 2.</p> <p>In particular, pupils should be taught to:</p> <ul style="list-style-type: none">♣ swim competently, confidently and proficiently over a distance of at least 25 metres♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]<ul style="list-style-type: none">♣ perform safe self-rescue in different water-based situations.		

