



Park Gate Primary School Physical Education Curriculum Map

Year group	Autumn (1)	Autumn (2)	Spring (1)	Spring (2)	Summer (1)	Summer (2)
R	Dance – Nursery Rhymes	Dance - Seasons	Gymnastic – Flight, bouncing, jumping and landing.	Locomotion	Stability (Static and dynamic balance)	Athletics
	Fine Motor Skills	Fundamental Movement Skills	Object Manipulation	Net and Wall Game Skills	Striking and Fielding Game skills.	Target Games
1	Gymnastics – Pathways, mall and long	Yoga - Storybook	Gymnastics – Wide, narrow, curled rolling and balancing	Dance – Fire of London	Gymnastics – Balancing and spinning on points and patches.	Dance – Under the sea.
	Target Games 2	Fundamental Movement Skills 2	Invasion Games 1	Object Manipulation 2	Locomotion 2	Athletics
2	Gymnastics – Pathways: straight, zigzag and curving	Dance - Animals	Yoga	Gymnastics – Spinning, turning and twisting.	Gymnastics- Stretching, curling and arching	Dance - Pirates
	Fundamental Movement Skills 3	Target Games 3	Invasion Game Skills 2	Time to Shine Cricket	Striking and fielding game skills 2	Athletics
3	Gymnastics – Linking movements together	Yoga	Dance – Dance around the world	Gymnastics – Receiving body weight.	Gymnastics – Symmetry and asymmetry	Rounders
	Invasion Game Skill 3	Football	Netball	Time to Shine Cricket	Athletics	Dodgeball
4	Gymnastics – Pushing and pulling.	QAA	Health Related Fitness	Gymnastics – Arching and bridges	Dance Romans	Gymnastics – Rolling and travelling low
	Netball	Tag Rugby	Basketball	Hockey	Cricket / Swimming	Swimming / Cricket
5	Swimming/ Ball Skills	Gymnastics – Matching, mirroring and contrasting.	Gymnastics – Synchronisation and cannon.	Dance – WW2	Handball	Yoga
	Invasion Game Skills 4	Football	Netball	QAA	Athletics	Rounders
6	Heath Related Fitness	Gymnastics – Counterbalance and counter tension.	Gymnastics- Flight	Dance – The Haka	Gymnastics – Group sequencing	Dance – British Values
	Dodgeball	Hockey	Basketball	Tag Rugby	Cricket	Athletics