PE Curriculum Map 2025-2026

EYFS	Term 1		Term 2		Term 3	
Nursery	**Fundamentals N** • Physical: balance, run, jump, hop, change direction • Social: support others, work safely, take turns • Emotional: honesty, determination • Thinking: decision making, comprehension, select and apply	**Gymnastics N** • Physical: shapes, balances, jumps, rocking, rolling, travel • Social: work safely, collaboration, share and take turns • Emotional: determination, confidence • Thinking: comprehension, creativity, select and apply	**Fundamentals N** • Physical: run, jump, hop, balance, change direction, travel • Social: work safely, support others, share and take turns, co-operation • Emotional: perseverance, honesty, determination, confidence, acceptance • Thinking: comprehension, creativity, select and apply, exploration	**PE Intro N** • Physical: run, jump, hop, skip, balance, crawl • Social: share, communication, work safely, co-operation, leadership • Emotional: independence, perseverance, confidence • Thinking: select and apply actions, comprehension, reflection, make decisions	**Gymnastics N** • Physical: shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling • Social: work safely, collaboration, share and take turns, support others • Emotional: determination, confidence • Thinking: comprehension, creativity, select and apply	**Ball Skills N** • Physical: roll, stop a rolling ball, throw, bounce, catch, dribble with feet, kick • Social: work safely, collaboration, co-operation, support others • Emotional: perseverance, independence, honesty • Thinking: use tactics, comprehension

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Reception	Fundamentals R	Gymnastics R	Fundamentals R	PE Intro R	Gymnastics R	Ball Skills R
	• Physical: balance, run, jump, hop, change direction • Social: support others, work safely, take turns • Emotional: honesty, determination • Thinking: decision making, comprehension, select and apply	• Physical: shapes, balances, jumps, rocking, rolling, travel • Social: work safely, collaboration, share and take turns • Emotional: determination, confidence • Thinking: comprehension, creativity, select and apply	• Physical: run, jump, hop, balance, change direction, travel • Social: work safely, support others, share and take turns, co-operation • Emotional: perseverance, honesty, determination, confidence, acceptance • Thinking: comprehension, creativity, select and apply, exploration	• Physical: run, jump, hop, skip, balance, crawl • Social: share, communication, work safely, co-operation, leadership • Emotional: independence, perseverance, confidence • Thinking: select and apply actions, comprehension, reflection, make decisions	• Physical: shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling • Social: work safely, collaboration, share and take turns, support others • Emotional: determination, confidence • Thinking: comprehension, creativity, select and apply	• Physical: roll, stop a rolling ball, throw, bounce, catch, dribble with feet, kick • Social: work safely, collaboration, co-operation, support others • Emotional: perseverance, independence, honesty • Thinking: use tactics, comprehension

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KS1	Term 1		Term 2		Term 3	
Year 1	**Fundamentals 1** • Physical: balance, jump, hop, run, speed, agility, dodge, skip, co-ordination • Social: collaboration, work safely, support others • Emotional: determination, self regulation, honesty, perseverance • Thinking: comprehension, select and apply skills	**Gymnastics 1** • Physical: travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll • Social: respect, collaboration, sharing, work safely • Emotional: confidence, self regulation, perseverance • Thinking: comprehension, select and apply action, creativity	**Dance 1** • Physical: actions, dynamics, space, relationships • Social: respect, work safely, collaboration, communication • Emotional: empathy, confidence, acceptance, determination, kindness • Thinking: creativity, select and apply actions, copy and repeat actions, provide feedback, recreate	**Ball Skills 1** • Physical: dribble with hands, roll, throw, catch, dribble with feet, track • Social: communication, support others, co-operation • Emotional: perseverance, honesty, determination • Thinking: exploration, make decisions, comprehension, use tactics	**Striking and fielding 1** • Physical: underarm throw, overarm throw, catch, track, bat • Social: communication, collaboration, support and encourage others, kindness • Emotional: manage emotions, honesty, perseverance • Thinking: comprehension, use tactics, select and apply, decision making	**Athletics 1** • Physical: run, balance, agility, co-ordination, hop, jump, leap, throw • Social: work safely, collaboration • Emotional: perseverance, independence, honesty, determination • Thinking: reflection, comprehension, select and apply skills

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Year 2	Fundamentals 2	Gymnastics 2	Dance 2	Ball Skills 2	Striking and Fielding 2	Athletics 2
	• Physical: run, speed, agility, dodge, balance, jump, hop, skip • Social: collaboration, respect, take turns, communication, encourage others • Emotional: determination, honesty, perseverance • Thinking: comprehension, make decisions, creativity, use tactics, recall	• Physical: shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward roll • Social: leadership, work safely, respect • Emotional: confidence, independence • Thinking: select and apply actions, creativity	• Physical: actions, dynamics, space, relationships • Social: respect, collaboration, work safely, communication • Emotional: independence, confidence, perseverance, determination • Thinking: provide feedback, comprehension, reflection, observation, creativity	• Physical: roll, track, dribble with feet, kick, throw, catch, dribble with hands • Social: inclusion, communication, collaboration, leadership • Emotional: independence, honesty, perseverance, determination • Thinking: comprehension, select and apply skills, use tactics	• Physical: underarm throw, overarm throw, catch, track, bowl, bat • Social: communication, encourage others, collaboration • Emotional: honesty, perseverance, determination, acceptance • Thinking: use tactics, comprehension, select and apply, decision making	• Physical: run, jump for distance, jump for height, throw for distance, throw for accuracy • Social: communication, work safely, support others • Emotional: determination, independence • Thinking: comprehension, observe and provide feedback, explore ideas, select and apply skills

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KS2	Term 1		Term 2		Term 3	
Year 3	Fundamentals 3	OAA 3	Dance 3	Ball Skills 3	Tag Rugby 3	Dodgeball 3
	• Physical: balance, run, dodge, hop, jump, skip • Social: respect, collaboration, support and encourage others • Emotional: determination, perseverance, honesty • Thinking: select and apply, observation, provide feedback, comprehension	• Physical: balance, co-ordination, run at speed, run over distance • Social: communication, co-operation, inclusion, collaborate • Emotional: determination, trust, confidence, honesty • Thinking: problem solving, evaluate, reflection, create, comprehension, select and apply	• Physical: actions, dynamics, space, relationships • Social: share ideas, respect, collaboration, inclusion, leadership, work safely • Emotional: confidence, acceptance, sensitivity, perseverance • Thinking: select and apply actions, creativity, observe and provide feedback	• Physical: track, throw, catch, dribble, kick • Social: communication, work safely, collaboration • Emotional: perseverance, personal challenge, calmness, fairness • Thinking: provide feedback, tactics, comprehension, reflection, make decisions	• Physical: throw, catch, run, change direction, change speed • Social: support others, inclusion, communication, collaboration, respect • Emotional: determination, honesty, independence, perseverance • Thinking: decision making, comprehension, select and apply, reflection, identify strengths and areas for development	• Physical: throw, catch, dodge, jump • Social: respect, communication, collaboration • Emotional: honesty, perseverance • Thinking: comprehension, make decisions, select and apply skills

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Year 4	Fundamentals 4	OAA 4	Dance 4	Ball Skills 4	Tag Rugby 4	Dodgeball 4
	• Physical: balance, run, dodge, hop, jump, skip • Social: respect, collaboration, support and encourage others • Emotional: determination, perseverance, honesty • Thinking: select and apply, observation, provide feedback, comprehension	• Physical: balance, run at speed, run over distance, co-ordination • Social: communication, co-operation, collaboration • Emotional: determination, resilience, honesty, trust, confidence • Thinking: problem solving, evaluation, reflection, create, select and apply	• Physical: actions, dynamics, space, relationships • Social: co-operation, communication, inclusion, collaboration • Emotional: confidence, empathy, determination • Thinking: observe and provide feedback, select and apply skills, creativity, comprehension	• Physical: track, throw, catch, dribble, kick • Social: communication, work safely, collaboration • Emotional: perseverance, personal challenge, calmness, fairness • Thinking: provide feedback, tactics, comprehension, reflection, make decisions	• Physical: throw, catch, run, change direction, change speed • Social: support others, inclusion, communication, collaboration, respect • Emotional: determination, honesty, independence, perseverance • Thinking: decision making, comprehension, select and apply, reflection, identify strengths and areas for development	• Physical: throw, catch, dodge, jump • Social: respect, communication, collaboration • Emotional: honesty, perseverance • Thinking: comprehension, make decisions, select and apply skills

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Year 5	Fitness	Badminton	Dance	Yoga	Netball	Rounders
	• Physical: agility, balance, co-ordination, speed, stamina, strength • Social: support and encourage others, collaboration • Emotional: perseverance, determination • Thinking: observation, analysis, comprehension	• Physical: underarm clear, overarm clear, serving, rallying • Social: collaboration, communication, respect, encouragement • Emotional: perseverance, patience, honesty • Thinking: using tactics and rules, decision making, select and apply, identifying areas of strength and areas for development, reflection	• Physical: actions, dynamics, space, relationships • Social: collaboration, consideration and awareness of others, inclusion, respect, leadership • Emotional: empathy, confidence, perseverance • Thinking: creativity, observe and provide feedback, use feedback to improve, comprehension, select and apply skills	• Physical: balance, strength, flexibility, co-ordination • Social: respect, co-operate leadership, communication, share ideas, work safely • Emotional: focus, concentration, confidence, independence, determination • Thinking: identify, create, select and apply actions, observe and provide feedback	• Physical: throw, catch, change direction, change speed, shoot • Social: communication, collaboration, respect • Emotional: honesty and fair play, pride, empathise, persevere • Thinking: select and apply, decision making, comprehension	• Physical: throw, catch, bowl, bat, field • Social: communication, collaboration, respect, co-operation • Emotional: honesty, self regulation, sportsmanship • Thinking: select and apply skills, reflection, assess, tactics

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Year 6	OAA	Gymnastics	Volleyball	Basketball	Cricket	Athletics
	• Physical: balance, co-ordination, run at speed, run over distance • Social: communication, collaboration, inclusion, leadership, work safely • Emotional: confidence, honesty, trust • Thinking: evaluation, reflection, problem solving, comprehension, select and apply	• Physical: straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, flight • Social: work safely, collaboration, communication, respect • Emotional: independence, confidence, determination • Thinking: observe and provide feedback, comprehension, select and apply actions, evaluate and improve sequences	• Physical: throw, catch, jump, set, dig, serve, rally • Social: communication, respect, support and encourage others • Emotional: perseverance, honesty, determination • Thinking: using tactics, select and apply skills, identify strengths and areas for development, reflection	• Physical: run, jump, throw, catch, dribble, shoot • Social: collaboration, communication, co-operation, respect • Emotional: honesty and fair play, confidence, persevere • Thinking: reflection, decision making, select and apply, use tactics, observe and provide feedback, identify areas of strength and areas for development	• Physical: deep and close catch, underarm and overarm throw, overarm bowl, long and short barrier, batting • Social: collaboration, communication, respect • Emotional: honesty, perseverance • Thinking: observation, provide feedback, select and apply skills, tactics, assessing	• Physical: pace, sprint, jump for distance, push throw, fling throw • Social: negotiating, collaborating, respect • Emotional: empathy, perseverance, determination • Thinking: observing and providing feedback, comprehension

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