



St Charles RC Primary School Physical Education Curriculum Map 2022-2023



Term	Year 1	Year 2 <small>Year 1/2 to follow year 2 curriculum in 2022-2023</small>	Year 3	Year 4	Year 5	Year 6 <small>Year 5/6 to follow year 6 curriculum in 2022-2023</small>
Autumn	F. Movements / Ball Skills Throwing, catching, dribbling, kicking, striking ball	Movements / Ball Skills - Throwing, catching, dribbling, kicking, striking ball	Invasion Games - Basketball, Tag Rugby (Creating Space)	Invasion Games - Basketball, Tag Rugby (Controlling and receiving)	Invasion Games - Basketball, Tag Rugby (Attacking and defending play)	Swimming
	Dance - Simple movements patterns (healthy muscles)	Dance - Retelling a story	Gymnastics - (Stretching and curling, travelling with a change of direction, symmetry)	Gymnastics - (balance, rolling, receiving body weight)	Dance - Exploring cultural dance	
Spring	Exploring Equipment Hockey sticks, bats, rackets, etc.	Exploring Equipment Hockey sticks, bats, rackets, etc.	Football / Tennis / Cricket (keeping possession, marking and tackling; developing individual shots)	Swimming	Football / Tennis / Cricket (keeping possession, marking and tackling; developing individual shots)	Invasion Games - Basketball, Tag Rugby (Developing and adapting tactics)
	Gymnastics - Travelling (Being safe and healthy)	Gymnastics - Balance, jumping and landing, climbing, rolling.	Athletics - developing good running, throwing and jumping techniques.		Gymnastics - (Receiving body weight, turning and spinning)	Gymnastics - (Counterbalance & Counter Tension)
Summer	Athletics - sports day prep.	Athletics - sports day prep.	Swimming	Athletics - developing good running, throwing and jumping techniques.	Athletics- Set targets and improve performance in running, throwing and jumping activities.	Athletics - Develop technical understanding of athletic activity.
	Creativity Using different types of equipment to create own game including rules, points. Individual and small games.	Creativity Using different types of equipment to create own game including rules, points. Individual and small games.		Creativity Using different types of equipment to create own game including rules, points. Individual and small games.	Creativity Using different types of equipment to create own game including rules, points. Individual and small games.	Creativity Using different types of equipment to create own game including rules, points. Individual and small games.

Term	Reception
Autumn	F. Movements
	Ball Skills Throwing, catching, dribbling, kicking, striking ball
Spring	Gymnastics
	Team Games
Summer	Athletics
	Creative Sport