



St Charles RC Primary School
Physical Education Curriculum Map
2026-2027



Term	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	Develop different ways of moving eg, balancing and riding. Go up steps and stairs, using alternate feet. Use large muscle movements eg. to wave flags, paint and make marks.	Movements (slithering, skipping, jumping, sliding and hopping)	Movements / Ball Skills Throwing, catching, dribbling, kicking, striking ball	Movements / Ball Skills - Throwing, catching, dribbling, kicking, striking ball	Invasion Games - Basketball, Tag Rugby (Sending and Receiving)	Invasion Games - Basketball, Tag Rugby (Keeping Possession)	Swimming	Invasion Games - Basketball, Tag Rugby (Keeping Possession)
		Ball Skills (throwing, catching, dribbling, kicking and striking a ball)	Exploring Equipment Hockey sticks, bats, rackets, etc.	Exploring Equipment Hockey sticks, bats, rackets, etc.	Football keeping possession, marking and tackling	Football keeping possession, attacking and defending		Football keeping possession, attacking and defending
Spring	Begin to skip, hop, stand on one leg and hold a pose (such as musical statues). Moves in different ways (crawls along a plank, balances, climbs) Takes risks and tries new things.	Gymnastics/Dance Jumping off objects and landing appropriately using hands, arms and body to stabilise and balance	Gymnastics/Dance - Balance, jumping and landing, climbing, rolling. Retelling a story	Gymnastics/Dance - Balance, jumping and landing, climbing, rolling. Retelling a story	Gymnastics/Dance - Balance, rolling, receiving body weight.	Swimming	Gymnastics/Dance - Receiving body weight, turning and spinning	Gymnastics/Dance - Receiving body weight, turning and spinning
		Team Games Working together	Team Games Working together	Team Games Working together	Tennis Developing gameplay and individual shots		Tennis Developing gameplay and tactics	Tennis Developing gameplay, teamwork. tactics and formations
Summer	Follow a simple movement pattern (such as warm up to music). Jumps safely from an object	Creativity Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.	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.	Swimming	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.

	Begins to use bats to hit or throw a ball	Athletics Travels with confidence and skill around, under, over and through balancing and climbing equipment.	Athletics – sports day prep.	Athletics – sports day prep.		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.
--	---	---	-------------------------------------	-------------------------------------	--	--	---	---