



St. Aidan's Primary Academy PE Curriculum Map 2024-2025

Curriculum Outline

The following document is the provisional curriculum map for the 2023-2024 academic year. This map may change as the KS1 year groups complete their baseline assessments. This may also change depending on the needs of the individual class each year.

The plan has used the templates provided in the Lancashire Physical Education Scheme of Work Progression Document 2020 as a guide which has then been modified and amended where appropriate.

Character values have also been included in the plan that have been taken from the Lancashire Physical Education Scheme of Work 2020. These have been included to try to use sport and physical education to support the personal and social development of the pupils as well as their physical development.

Curriculum Design

The curriculum map has been designed for a number of reasons. Firstly, we have considered the time of year and typical weather conditions. This has affected the positioning of particular game types on the curriculum map for example, striking and fielding units have been left until later in the year where weather is generally warmer as these activities may require large numbers of the class to be stood still (fielding). Secondly, we have considered when inter-school events typically fall. This has been done so that we pupils are able to attend these events not only to take part, but to compete and achieve against other schools.



****Subject to change****

EYFS Curriculum Map – Reception

Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	EYFS – Fundamental skills Elmer	EYFS – Fundamental skills How to catch a star	EYFS – Fundamental skills Rumble in the jungle	EYFS – Fundamental skills Jack and the Beanstalk	EYFS – Fundamental skills transport	EYFS – Fundamental skills Fundamental skills unit
Character Values	<i>Self-Belief, Determination</i>	<i>Self-Belief, Determination</i>	<i>Self-Belief, Determination</i>	<i>Self-Belief, Determination</i>	<i>Self-Belief, Determination</i>	<i>Self-Belief, Determination</i>
Aims of Unit	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.

Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 2	EYFS – Balance Bikes	EYFS – Balance Bikes	EYFS – Yoga	EYFS – Yoga	EYFS – Balance Bikes / Yoga	EYFS – Fundamental skills Fundamental skills unit
Character Values	<i>Self-Belief, Determination</i>	<i>Self-Belief, Determination</i>	<i>Self-Belief, Determination</i>	<i>Self-Belief, Determination</i>	<i>Self-Belief, Determination</i>	<i>Self-Belief, Determination</i>
Aims of Unit	Children will learn the basics of riding a balance bike with progression on to pedal bikes.	Children will learn the basics of riding a balance bike with progression on to pedal bikes.	Children will improve flexibility and coordination through fun, engaging storytelling yoga sessions	Children will improve flexibility and coordination through fun, engaging storytelling yoga sessions	Children will engage in a range of activities linked to riding a bike and yoga to develop balance and coordination skills.	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.



KS1 Curriculum Map - Year 1

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Baseline Assessment – Supertato	FMS – Underarm Throw	FMS – Overarm Throw	FMS – Catching & Bouncing a ball	FMS – Kicking a ball	KS1 Athletics
Character Values	<i>Self-Belief, Courage</i>	<i>Self-Belief, Determination</i>	<i>Concentration, Cooperation, Self-Belief</i>	<i>Determination, Concentration</i>	<i>Determination, Cooperation, Self-Belief</i>	<i>Cooperation, Encouragement, Honesty, Self-Belief</i>
Aims of Unit	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping.
Lesson 2	Gymnastics / Dance	Baseline Assessment – Lost and Found	FMS – Rolling a ball	Dance – Robots	FMS – Zog	KS1 Athletics
Character Values	<i>Self-Belief, Determination</i>	<i>Self-Belief, Courage</i>	<i>Imagination, Self-Belief</i>	<i>Imagination, Self-Belief</i>	<i>Determination, Concentration, Cooperation</i>	<i>Cooperation, Encouragement, Honesty, Self-Belief</i>
Aims of Unit	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create short	Children will be assessed and develop basic FMS skills. The baseline unit will be the	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking	Children will explore basic body actions (e.g. jumping and turning) and use different parts of their body to create and repeat short dances.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping.



KS1 Curriculum Map - Year 2

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson1	Baseline Assessment	FMS – Playground activities	Games – Net & Wall	KS1 FMS	Games – Striking & Fielding	Year 2 - Athletics
Character Values	<i>Cooperation, Honesty, Self-Belief</i>	<i>Courage, Concentration, Self-Belief</i>	<i>Concentration, Self-Belief</i>	<i>Courage, Concentration, Self-Belief</i>	<i>Communication, Self-Belief</i>	<i>Resilience, Self- Belief</i>
Aims of Unit	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is to be delivered in the FMS units.	Children will improve and apply their basic FMS to games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will learn to develop the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent.	Children will improve and apply their basic FMS to games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	The aim is for the batter to hit a ball into a field, and then run as far as possible around a circuit of bases before the fielding team returns the ball to the fielding base.	Children will explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping.
Lesson 2	Gymnastics / Dance	Games - Piggy in the middle	FMS - Bounce Ball	Dance – Explorers	FMS – Kicking a ball	End of Ks1 assessment supertato (Fundamental skills)
Character Values	<i>Courage, Concentration, Self-Belief</i>	<i>Cooperation, Honesty, Self-Belief</i>	<i>Self-Belief, Courage</i>	<i>Curiosity, Courage</i>	<i>Determination, Cooperation, Self-Belief</i>	<i>Self-Belief, Courage</i>
Aims of Unit	Children will focus on increasing their range of basic gymnastic skills. They create simple sequences of 'unlike' actions on the floor (e.g., a roll, jump and a shape). They then transfer what they learn on the floor to apparatus.	Children will improve and apply their basic FMS to games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will improve and apply their basic FMS to games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will focus on creating and performing short dances that communicate different moods, feelings and ideas. A range of subjects, including some based on different times and cultures can be used.	Children will improve and apply their basic FMS to games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will perform 10 FMS skills running, and take part in simple challenges.



KS2 Curriculum Map - Year 3

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson1	Invasion Games – Handball	Invasion Games – Netball	Net & Wall – Core Task 1	Invasion Games – Basketball	Striking & Fielding – Rounders	Net & Wall – Core Task 2
Character Values	<i>Honesty, Evaluation</i>	<i>Honesty, Evaluation</i>	<i>Decision-Making, Evaluation</i>	<i>Honesty, Evaluation</i>	<i>Communication, Evaluation</i>	<i>Decision-Making, Evaluation</i>
Aims of Unit	Children will learn to apply their understanding and skills from Key Stage 1. Children will improve their accuracy in throwing and catching, and will learn new invasion game sport specific techniques.	Children will learn to apply their understanding and skills from Key Stage 1. Children will improve their accuracy in throwing and catching, and will learn new invasion game sport specific techniques.	Children will learn to develop the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent.	Children will learn to apply their understanding and skills from Key Stage 1. Children will improve their accuracy in throwing and catching, and will learn new invasion game sport specific techniques.	Children will learn how to hit or strike the ball into different spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down.	Children will learn to develop the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent.
Lesson 2	Year 3 Creative games - Tag and Target	Gymnastics / Dance	Target Games - Dodgeball	Striking & Fielding – Cricket	Gymnastics / Dance	Year 3 Athletics Activities
Character Values	<i>Trust, Courage, Evaluation</i>	<i>Trust, Courage, Evaluation</i>	<i>Communication, Empathy</i>	<i>Communication, Evaluation</i>	<i>Cooperation, Evaluation</i>	<i>Resilience, Evaluation</i>
Aims of Unit	Children will learn to apply their understanding and skills from Key Stage 1. Children will improve their accuracy in throwing and catching, and will learn new invasion game sport specific techniques.	Children will focus on improving the quality of their movement. They will learn how to plan and perform actions and sequences, and develop flow by linking actions smoothly.	Children will learn to apply their understanding and skills from Key Stage 1. Children will improve their accuracy in throwing and catching, and will learn new invasion game sport specific techniques.	Children will learn how to hit or strike the ball into different spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down.	Children perform dances, focusing on creating, adapting and linking a range of dance actions. These are inspired by a variety of subjects, including some traditional, social and/or historical dances.	Children should concentrate on developing good basic running, jumping and throwing techniques. Children will develop their technical understanding across all areas of athletics.



KS2 Curriculum Map - Year 5

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson1	Invasion Games – creative games	Invasion Games – Netball	Invasion Games – Tag Rugby	Striking & Fielding - Cricket / Rounders	Year 5/6 OAA	Year 5 Athletics
Character Values	<i>Decision-Making, Evaluation</i>	<i>Decision-Making, Evaluation</i>	<i>Decision-Making, Evaluation</i>	<i>Encouragement, Motivation, Decision-Making, Evaluation</i>	<i>Cooperation, Responsibility, Evaluation</i>	<i>Self-motivation, Determination</i>
Aims of Unit	Children will learn how to work well as a team when attacking, and explore a range of ways to defend. They will play uneven-sided games leading to a 5V4 or a 4V3. Children will also learn a wider range of sport specific techniques.	Children will learn how to work well as a team and apply attacking and defending skills through modified versions of 4V4 and 5V5 invasion games. Children will also learn a wider range of sport specific techniques	Children will learn how to work well as a team and apply attacking and defending skills through modified versions of 4V4 and 5V5 invasion games. Children will also learn a wider range of sport specific techniques	Children will develop the range and the quality of their skills and understanding. They learn how to play the different roles of bowler, backstop, fielder and batter.	Children develop their orienteering and problem solving skills in familiar and unfamiliar situations and environments.	Children will develop their technical understanding of athletic activity. They learn how to set targets and improve performance in a range of running, jumping and throwing activities.
Lesson 2	Invasion Games – Hockey	Invasion Games – Football	Year 5 gymnastics	Net & Wall - Tennis	Striking & Fielding - Cricket / Rounders	Dance
Character Values	<i>Decision-Making, Evaluation</i>	<i>Decision-Making, Evaluation</i>	<i>Communication, Evaluation</i>	<i>Decision-Making, Evaluation</i>	<i>Encouragement, Motivation, Decision-Making, Evaluation</i>	<i>Empathy, Self-Discipline</i>
Aims of Unit	Children will learn how to work well as a team and apply attacking and defending skills through modified versions of 4V4 and 5V5 invasion games. Children will also learn a wider range of sport specific techniques	Children will learn how to work well as a team and apply attacking and defending skills through modified versions of 4V4 and 5V5 invasion games. Children will also learn a wider range of sport specific techniques	Children will develop a wider range of actions and use their skills and abilities individually, and in a sequence with a partner. Children will create longer sequences with a partner to perform paired balances for an audience.	Children will learn to develop the range and quality of their skills when playing games using rackets. They also learn specific tactics and skills for net/wall type games.	Children will develop the range and the quality of their skills and understanding. They learn how to play the different roles of bowler, backstop, fielder and batter.	Children learn different styles of dance. They create, perform and watch dances in a range of styles, working with partners and groups. They will improvise and explore ideas, developing their knowledge of dance.



KS2 Curriculum Map - Year 6

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson1	Invasion Games – creative games	Invasion Games – Netball	Invasion Games – Tag Rugby	Striking & Fielding - Cricket / Rounders	Year 5/6 OAA	Year 6 Athletics
Character Values	<i>Decision-Making, Evaluation</i>	<i>Decision-Making, Evaluation</i>	<i>Decision-Making, Evaluation</i>	<i>Encouragement, Motivation, Decision-Making, Evaluation</i>	<i>Cooperation, Responsibility, Evaluation</i>	<i>Self-motivation, Determination</i>
Aims of Unit	Children will learn how to work well as a team when attacking, and explore a range of ways to defend. They will play uneven-sided games leading to a 5V4 or a 4V3. Children will also learn a wider range of sport specific techniques.	Children will learn how to work well as a team and apply attacking and defending skills through modified versions of 4V4 and 5V5 invasion games. Children will also learn a wider range of sport specific techniques	Children will learn how to work well as a team and apply attacking and defending skills through modified versions of 4V4 and 5V5 invasion games. Children will also learn a wider range of sport specific techniques	Children will develop the range and the quality of their skills and understanding. They learn how to play the different roles of bowler, backstop, fielder and batter.	Children develop their orienteering and problem solving skills in familiar and unfamiliar situations and environments.	Children will develop their technical understanding of athletic activity. They learn how to set targets and improve performance in a range of running, jumping and throwing activities.
Lesson 2	Invasion Games – Hockey	Invasion Games – Football	Year 6 Gymnastics	Net & Wall - Tennis	Striking & Fielding - Cricket / Rounders	Dance
Character Values	<i>Decision-Making, Evaluation</i>	<i>Decision-Making, Evaluation</i>	<i>Communication, Evaluation</i>	<i>Decision-Making, Evaluation</i>	<i>Encouragement, Motivation, Decision-Making, Evaluation</i>	<i>Empathy, Self-Discipline</i>
Aims of Unit	Children will learn how to work well as a team and apply attacking and defending skills through modified versions of 4V4 and 5V5 invasion games. Children will also learn a wider range of sport specific techniques	Children will learn how to work well as a team and apply attacking and defending skills through modified versions of 4V4 and 5V5 invasion games. Children will also learn a wider range of sport specific techniques	Children will develop a wider range of actions and use their skills and abilities individually, and in a sequence with a partner. Children will create longer sequences with a partner to perform paired balances for an audience.	Children will learn to develop the range and quality of their skills when playing games using rackets. They also learn specific tactics and skills for net/wall type games.	Children will develop the range and the quality of their skills and understanding. They learn how to play the different roles of bowler, backstop, fielder and batter.	Children learn different styles of dance. They create, perform and watch dances in a range of styles, working with partners and groups. They will improvise and explore ideas, developing their knowledge of dance.