



# ST. MARY'S CATHOLIC PRIMARY SCHOOL

## PE Curriculum Map 2025-2026



Term	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Autumn 1</b>	<b>Movements</b> <ul style="list-style-type: none"> <li>Move with control using changes of speed and direction</li> <li>Develop gross motor skills (climbing, jumping, running, throwing, kicking)</li> </ul>	<b>Movements</b> <ul style="list-style-type: none"> <li>Move with increased skill, precision, speed and direction</li> <li>Develop spatial awareness in movement</li> <li>Apply gross motor skills (balancing, jumping, running, throwing, kicking)</li> </ul>	<b>Movements / Ball Skills</b> <ul style="list-style-type: none"> <li>Develop throwing, catching, dribbling, kicking and striking skills</li> </ul>	<b>Movements / Ball Skills</b> <ul style="list-style-type: none"> <li>Develop throwing, catching, dribbling, kicking and striking skills</li> </ul>	<b>Sending and Receiving</b> <ul style="list-style-type: none"> <li>Develop passing techniques (bounce, chest, pop, swing)</li> <li>Receive a pass using correct hand position and tracking</li> <li>Move into line with the ball to receive</li> <li>Pass with control while moving in invasion games</li> </ul>	<b>Sending and Receiving</b> <ul style="list-style-type: none"> <li>Send a range of passes while moving</li> <li>Catch and receive with increasing consistency</li> <li>Maintain control of the ball in game situations</li> <li>Begin to understand when to run or pass in invasion games</li> </ul>	<b>Keeping Possession</b> <ul style="list-style-type: none"> <li>Keep possession through passing and moving</li> <li>Use short and long passes in games</li> <li>Understand basic rules of invasion games</li> <li>Begin to evaluate how effectively possession is maintained</li> </ul>	<b>Keeping Possession</b> <ul style="list-style-type: none"> <li>Develop gameplay in possession-based invasion games</li> <li>Use overload situations to support attack and defence</li> <li>Move forward and maintain possession as a team</li> <li>Work collaboratively in attacking and defending roles</li> </ul>
<b>Autumn 2</b>	<b>Movements &amp; Ball Skills</b> <ul style="list-style-type: none"> <li>Develop basic sending and receiving skills (throw, catch, kick, strike, dribble)</li> </ul>	<b>Movements &amp; Ball Skills</b> <ul style="list-style-type: none"> <li>Develop basic sending and receiving skills (throw, catch, kick, strike, dribble)</li> </ul>	<b>Team Games</b> <ul style="list-style-type: none"> <li>Work in pairs and small teams during activities</li> <li>Explore different games and ways to play</li> <li>Begin to understand and discuss simple rules</li> </ul>	<b>Team Games</b> <ul style="list-style-type: none"> <li>Work effectively in small teams and follow rules</li> <li>Develop basic throwing and catching to teammates</li> <li>Apply skills in simple games and activities</li> </ul>	<b>Keeping Possession (Invasion)</b> <ul style="list-style-type: none"> <li>Develop passing skills using different equipment to maintain possession</li> <li>Pass and move into space to receive a ball</li> </ul>	<b>Keeping Possession</b> <ul style="list-style-type: none"> <li>Pass and move with control</li> <li>Control a ball using different parts of the body (including feet)</li> <li>Move into space to receive a ball</li> </ul>	<b>Attacking &amp; Defending</b> <ul style="list-style-type: none"> <li>Keep possession under pressure in game situations</li> <li>Apply understanding of overload games (e.g. 5v2, 4v3)</li> <li>Understand basic team positions and roles in play</li> </ul>	<b>Attacking &amp; Defending</b> <ul style="list-style-type: none"> <li>Understand team positions and communicate effectively in play</li> <li>Apply skills in small-sided attack vs defence games</li> <li>Develop decision-making in overload game situations</li> </ul>
<b>Spring 1</b>	<b>Gymnastics &amp; Movements to Music</b> <ul style="list-style-type: none"> <li>Change direction and travel in different pathways</li> <li>Explore basic floor shapes and jumps</li> <li>Move to music at different speeds</li> <li>Stop with control and balance</li> </ul>	<b>Gymnastics &amp; Movements to Music</b> <ul style="list-style-type: none"> <li>Move with control at different speeds</li> <li>Stop and hold a balanced position</li> <li>Create and perform floor shapes and jumps to music</li> <li>Move in time with a steady beat/music rhythm</li> </ul>	<b>Gymnastics &amp; Dance</b> <ul style="list-style-type: none"> <li>Identify and perform a range of gymnastic shapes and actions with increasing control</li> <li>Identify and perform different jumps in simple sequences</li> <li>Copy and repeat basic actions individually and with a partner</li> <li>Vary speed of movement in response to music or rhythm</li> </ul>	<b>Gymnastics &amp; Dance</b> <ul style="list-style-type: none"> <li>Perform controlled sequences of jumps and floor shapes</li> <li>Develop strength and flexibility through balances and shapes</li> <li>Use basic choreographic devices (mirroring, cannon, unison)</li> <li>Create and perform simple dance motifs</li> </ul>	<b>Gymnastics &amp; Dance</b> <ul style="list-style-type: none"> <li>Refine gymnastic movements, shapes and balances with control</li> <li>Show improved strength and flexibility in performance</li> <li>Improvise with a partner to create dance motifs</li> <li>Perform with rhythm and expression to different stimuli and music</li> </ul>	<b>Gymnastics &amp; Dance</b> <ul style="list-style-type: none"> <li>Perform confident, coordinated sequences with a partner in time</li> <li>Use changes in height, speed and direction in sequences</li> <li>Use a wider range of body actions and shapes in routines</li> <li>Improvise with a partner and develop longer dance sequences</li> </ul>	<b>Gymnastics &amp; Dance</b> <ul style="list-style-type: none"> <li>Create longer, more complex sequences and lead group work</li> <li>Use symmetry in individual, paired and group performances</li> <li>Link motifs smoothly using transitions</li> <li>Improvise with confidence and fluency</li> <li>Evaluate performances to identify strengths and improvements</li> </ul>	<b>Gymnastics &amp; Dance</b> <ul style="list-style-type: none"> <li>Lead group warm-ups with focus on strength and flexibility</li> <li>Perform movements with accuracy, consistency and clarity</li> <li>Create sequences independently and in small groups</li> <li>Use apparatus to support and vary compositional ideas</li> <li>Use dramatic expression in dance</li> <li>Refine sequences using self and peer evaluation</li> </ul>

