



# 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>	<p><b>Movements</b> Moving bodies, speed and directions. Using gross motor skills for climbing, jumping, running, throwing and kicking.</p>	<p><b>Movements</b> Moving bodies with more skill and precision, speed and directions. Spatial awareness. Gross motor skills for balancing, jumping, running, throwing and kicking.</p>	<p><b>Movements / Ball Skills</b> Throwing, catching, dribbling, kicking, striking ball</p>	<p><b>Movements / Ball Skills</b> Throwing, catching, dribbling, kicking, striking ball</p>	<p><b>Sending and Receiving</b> Invasion games Learning different passing techniques such as bounce, chest, pop, swing. How do we receive a pass, different hand positions, tracking and getting in line with the ball. Start to pass with control whilst moving.</p>	<p><b>Sending and Receiving</b> Invasion games Able to send different types of passes whilst moving and catching and receiving more consistently. Able to keep control of a ball, start to understand when to run and pass.</p>	<p><b>Keeping Possession</b> Invasion games. Start to understand how I can keep possession during a game. Passing and moving. Understand basic rules to games and how effectively we keep possession during games. Looking at long and short passes to keep possession effectively.</p>	<p><b>Keeping Possession</b> Invasion games Developing gameplay and possession-based games. Start to look at overloaded games and how we can move forward in possession and how we can defend in possession working as a team.</p>



# ST. MARY'S CATHOLIC PRIMARY SCHOOL

## PE Curriculum Map 2025-2026



<b>Autumn 2</b>	<p><b>Movements &amp; Ball Skills</b></p> <p>Throwing, catching, dribbling, kicking, striking</p>	<p><b>Movements &amp; Ball Skills</b></p> <p>Throwing, catching, dribbling, kicking, striking</p>	<p><b>Team Games</b></p> <p>Start to work in pairs and small teams during activities. Exploring different games and ways to play and discuss rules.</p>	<p><b>Team Games</b></p> <p>Further understanding of working in small teams and playing games by the rules. Developing skills such as throwing and catching to a teammate.</p>	<p><b>Keeping Possession (Invasion)</b></p> <p>Developing passing techniques using different equipment to keep possession. Start to learn about passing and moving into a space to receive a ball.</p>	<p><b>Keeping Possession</b></p> <p>Developing skills such as passing whilst moving. Controlling a ball with different parts of our bodies including feet. Looking at moving into space when receiving a ball.</p>	<p><b>Attacking &amp; Defending</b></p> <p>I can keep the ball whilst under pressure from a defender. Looking at overload games 5v2, 4v3. Learning about different positions in a team and what is required when playing those roles.</p>	<p><b>Attacking &amp; Defending</b></p> <p>I understand different positions within a team and can communicate effectively to my team whilst playing. Further developing overload games into small sided games attack v defence.</p>
-----------------	---	---	---	--	--	--	---	---



# ST. MARY'S CATHOLIC PRIMARY SCHOOL

## PE Curriculum Map 2025-2026



<b>Spring 1</b>	<b>Gymnastics &amp; Movements to Music</b> Changing direction and moving along different pathways, Looking at basic floor shapes and jumps. Start to move to music and move at different speeds. Stop with control.	<b>Gymnastics &amp; Movements to Music</b> Develop moving at different speeds with control. Stopping in a balanced position. Develop floor shapes and jumps to music. Start to listen to the beat of music and move to the beat.	<b>Gymnastics &amp; Dance</b> Able to identify different gymnastic shapes and actions and can demonstrate these with increasing control. Identify different jumps and perform in simple sequence. I can copy basic actions individually and with a partner and am able to vary the speeds whilst listening to music.	<b>Gymnastics &amp; Dance</b> Able to perform sequences of jumps and floor shapes with increasing control. Start to develop core strength and flexibility whilst holding balances and shapes. Start to understand different choreographed devices such as mirroring, cannon, unison. Able to create simple dance motifs.	<b>Gymnastics &amp; Dance</b> Able to consolidate and improve the quality of gymnastic movements and shapes within my performance. I can show increased strength and flexibility in shapes and balances when performing. I can improvise with a partner to create a simple dance motif. Able to perform with rhythm and expression to different stimuli and music genres.	<b>Gymnastics &amp; Dance</b> Showing greater competence and confidence to perform skills in time with a partner. Using compositional ideas in sequences such as changes in height, speed and direction. developing an increased range of body actions and shapes to include in a sequence. Able to improvise with a partner and develop longer dance sequences.	<b>Gymnastics &amp; Dance</b> Create longer and more complex sequences. Start to take the lead in a group when preparing a sequence. Develop symmetry individually, as a pair and in a small group. Compare performances and strengths and areas for improvement. Use dance transitions to link motifs smoothly together. Improvise with confidence, demonstrating fluency across the sequence.	<b>Gymnastics &amp; Dance</b> Able to lead group warm-ups showing understanding of need for strength and flexibility. Able to demonstrate accuracy, consistency and clarity of movement. Able to work independently and in small groups to make up own sequences.
-----------------	--	---	---	---	--	---	--	--





# ST. MARY'S CATHOLIC PRIMARY SCHOOL

## PE Curriculum Map 2025-2026



<b>Spring 2</b>	<b>Ball Skills / Team Games</b> Able to show increasing control over an object in pushing, patting, throwing, catching or kicking. Negotiating space when playing racing and chasing games with other children.	<b>Team Games</b> Able to use various pieces of equipment as instructed in games. I can start to identify myself as a team player and can follow simple instructions. I am happy to participate when working with a partner.	<b>Exploring Different Equipment</b> Able to use various pieces of equipment safely and can use equipment individually or in a small group. Start to apply my skills in a game. Able to play safely with others using equipment including rackets.	<b>Exploring Different Equipment</b> Able to correctly select equipment for a particular activity and work in a partnership to develop my skills. Start to explain the effects of warming up and physical activity.	<b>Developing Gameplay</b> Able to move laterally on the balls of feet Can demonstrate how to throw and catch a tennis ball. Safely and correctly hold a tennis racket and make contact with the ball with a controlled racket face. Start to demonstrate good partnership work (rally).	<b>Developing Gameplay and Individual Shots</b> Explain and demonstrate the 'ready' position. Able to make contact with the ball more consistently. Demonstrate different shots using forehand and backhand techniques. Able to develop a co-operative rally.	<b>Developing Gameplay and Tactics</b> I can develop awareness of space and position on a court / pitch. Able to react to the direction of the ball, rising and falling. Can use appropriate footwork for recovery. Further develop shots for accuracy into an area of the court to make it difficult for my opponent.	<b>Developing Gameplay. Teamwork, Tactics, Formations</b> Am able to coordinate my whole body in a game situation.  Develop tactical awareness during games and be able to read the flight and direction of the ball - bouncing, rising and falling.
-----------------	--	---	---	--	--	--	---	---





**ST. MARY'S CATHOLIC PRIMARY SCHOOL**  
**PE Curriculum Map 2025-2026**

