



## St Charles RC Primary School Physical Education Curriculum Map 2024-2025



Term	Year 1	Year 2	Year 3	Year 3/4	Year 4	Year 5	Year 6
Autumn	<b>Movements / Ball Skills</b> Throwing, catching, dribbling, kicking, striking ball	<b>Movements / Ball Skills -</b> Throwing, catching, dribbling, kicking, striking ball	<b>Invasion Games -</b> Basketball, Tag Rugby (Sending and Receiving)	<b>Invasion Games -</b> Basketball, Tag Rugby (Sending and Receiving)	Swimming	<b>Invasion Games -</b> Basketball, Tag Rugby (Keeping Possession)	<b>Invasion Games -</b> Basketball, Tag Rugby (Keeping Possession)
	<b>Exploring Equipment</b> Hockey sticks, bats, rackets, etc.	<b>Exploring Equipment</b> Hockey sticks, bats, rackets, etc.	<b>Football</b> keeping possession, marking and tackling	<b>Football</b> keeping possession, marking and tackling		<b>Football</b> keeping possession, attacking and defending	<b>Football</b> keeping possession, attacking and defending
Spring	<b>Gymnastics/Dance -</b> Balance, jumping and landing, climbing, rolling. Retelling a story	<b>Gymnastics/Dance -</b> Balance, jumping and landing, climbing, rolling. Retelling a story	<b>Gymnastics/Dance -</b> Stretching and curling, travelling with a change of direction/symmetry	Swimming	<b>Gymnastics/Dance -</b> Balance, rolling, receiving body weight.	<b>Gymnastics/Dance -</b> Receiving body weight, turning and spinning	<b>Gymnastics/Dance -</b> Receiving body weight, turning and spinning
	<b>Team Games</b> Working together	<b>Team Games</b> Working together	<b>Tennis</b> Developing gameplay and individual shots		<b>Tennis</b> Developing gameplay and individual shots	<b>Tennis</b> Developing gameplay and tactics	<b>Tennis</b> Developing gameplay, teamwork, tactics and formations
Summer	<b>Creativity</b> Using different types of equipment to create own game including rules, points. Individual and small games.	<b>Creativity</b> Using different types of equipment to create own game including rules, points. Individual and small games.	Swimming	<b>Creativity</b> Using different types of equipment to create own game including rules, points. Individual and small games.	<b>Creativity</b> Using different types of equipment to create own game including rules, points. Individual and small games.	<b>Creativity</b> Using different types of equipment to create own game including rules, points. Individual and small games.	<b>Creativity</b> Using different types of equipment to create own game including rules, points. Individual and small games.
	<b>Athletics - sports day prep.</b>	<b>Athletics - sports day prep.</b>		<b>Athletics -</b> Travelling, throwing and jumping.	<b>Athletics -</b> developing good running, throwing and jumping techniques.	<b>Athletics-</b> Set targets and improve performance in running, throwing and jumping activities.	<b>Athletics -</b> Develop technical understanding of athletic activity.