

PE Curriculum Map

EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE: Unit 1	Fundamentals: Unit 1	Dance: Unit 1	Gymnastics: Unit 1	Ball Skills: Unit 1	Games: Unit 1

EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Introduction to PE: Unit 2	Fundamentals: Unit 2	Gymnastics: Unit 2	Dance: Unit 2	Ball Skills: Unit 2	Games: Unit 2

KS1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fundamentals Gymnastics		Sending and Receiving Dance		Ball Skills Athletics	Invasion Athletics

KS1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Fitness Gymnastics	Ball Skills Gymnastics	Sending and Receiving Team Building	Net and Wall Team Building	Invasion Dance	Athletics Dance

LKS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Fitness Dance	Tag Rugby Dance	Gymnastics Yoga	Football Yoga	Cricket Outdoor Adventurous Activities (OAA)	Athletics Outdoor Adventurous Activities (OAA)

LKS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Fitness Yoga	Gymnastics Yoga	Tag Rugby Dance	Tennis Dance	Hockey Dodgeball	Athletics Dodgeball

UKS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Fitness Swimming / Netball	Gymnastics Swimming / Netball	Badminton Swimming / OAA	Hockey Swimming / OAA	Rounders Swimming / Dodgeball	Athletics Swimming / Football

UKS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Fitness Tennis	Badminton Dodgeball	Tag Rugby Dance	Gymnastics Cricket	Football Rounders	Athletics OAA

PE curriculum map rationale:

Our PE curriculum is based on the ‘Get Set for PE’ scheme. We have considered both procedural and declarative knowledge to support the design of our curriculum. As a result, class teachers can now dedicate an entire term to a single unit, allowing pupils to build their knowledge and confidence in PE over time. For the second topic each term, classes are taught by the school’s specialist PE teacher. These units rotate every half term, enabling pupils to experience a wider range of activities throughout the year and further expand their knowledge and skills in PE.

The curriculum map in Upper Key Stage 2 has a slightly different structure. In Year 5, one PE session each term is dedicated to swimming lessons, while the other slot is used to introduce new activities such as badminton and rounders. Year 6 has a double rotation of units each half term, maximizing opportunities for pupils to experience a broad range of PE activities before they transition to secondary school.

Several units have been strategically placed to align with Tower Hamlets competitions. For example, the fitness unit for Years 3-6 is scheduled at the start of the school year, allowing us to assess pupils’ physical and emotional well-being after the summer holidays and prepare for the Tower Hamlets Cross Country competition. The school also regularly participates in other competitions, such as tag rugby, athletics, football, cricket, and basketball, with netball and swimming added to the lineup last year.