PE curriculum map

Reception to Year 6

Year	Autumn	Spring	Summer
Reception	Introduction to PE 1 Gymnastics 1 Introduction to PE 2 Dance 1	Fundamentals 1 Gymnastics 2 Fundamentals 2 Dance 2	Ball skills 1 Games 1 Ball skills 2 Games 2
Year 1	Ball skills Dance Fundamentals	Gymnastics Invasion games	Target games Athletics
Year 2	Invasion games Gymnastics	Dance Fitness Ball skills	Striking and fielding games Athletics
Year 3	Netball Gymnastics	Dance Fitness Rounders	Dodgeball Fundamentals Years 3 and 4 Athletics
Year 4	Dodgeball Dance Fitness	Gymnastics Handball	Cricket Athletics
Year 5	Basketball Gymnastics Swimming and water safety	Dance Fitness Football Swimming and water safety	Volleyball Years 5 and 6 Athletics Swimming and water safety
Year 6	Rugby non-contact Dance Fitness 1	Gymnastics Fitness 2 Hockey	Cricket Athletics Tennis

Outdoor adventurous activity

Outdoor adventurous activity is taught in Years 3 to 6. See page 2 for the learning sequence.

Get Set 4 PE supports fundamental movement skills, games, athletics, fitness and outdoor adventurous activity. Dance uses realDance and gymnastics uses realGym.

Outdoor adventurous activity

Key Stage 2 learning sequence

Year	Learning focus	Progression
Year 3	Symbols, simple routes and paired checking.	Read a simple map and agree a shared plan.
Year 4	Map orientation, control points and group problem solving.	Compare routes and use purposeful group roles.
Year 5	Route choices, landmarks and adapting a group strategy.	Make independent decisions and evaluate the approach.
Year 6	Navigation, contingency choices and evaluation.	Adapt decisions, solve problems and evaluate cooperation.

Pupils develop navigation, decision making and cooperation through practical outdoor challenges. Each year builds on earlier learning, with increasing independence and responsibility.

Progression through our PE curriculum

Year	Curriculum emphasis
Reception	Explore movement and develop fundamental skills.
Year 1	Develop control in familiar movements and activities.
Year 2	Build consistency and link skills with increasing confidence.
Year 3	Apply skills and knowledge in different activities.
Year 4	Combine skills, actions and decisions with greater control.
Year 5	Select effective skills, tactics and strategies.
Year 6	Adapt performance and evaluate how to improve.