

Park Gate Primary School Physical Education Curriculum Map



Year	Autumn (1)	Autumn (2)	Spring (1)	Spring (2)	Summer (1)	Summer (2)
R Flexibility to adjust to meet Early Years Goals	Fine Motor Skills (Can use Solent Therapy pack – saved in system - or PE Passport) Dance – Nursery Rhymes	Dance – Seasons Fundamental Movement Skills 1	Gymnastics – Reception Object Control 1	Locomotion 1 Net & Wall Games 1	Stability 2 (static and dynamic balance) Striking & Fielding Game Skills 1	Athletics 1 Target Games 1
1 DISCRETE	Gymnastics – Pathways (small & long) Target Games 2	Yoga Storybook Fundamental Movement Skill 2	Gymnastics – Wide, narrow & curled rolling and balancing. Invasion Games Skills 1	Object Control 2 Dance – Fire of London (Linked to Project)	Locomotion 2 Gymnastics – Balancing & spinning on points and patches	Dance – Under the Sea Athletics 2
2 DISCRETE	Gymnastics – Pathways: Straight, zip zag & curving Fundamental Movement Skills 3	Dance – Animals Target Games 3	Invasion Game Skills 2 Yoga	Gymnastics – spinning, turning and twisting. Net and Wall games skills 2	Striking and Fielding Game Skills 2 Gymnastics – Stretching, curling and arching	Athletics 2 Dance - Pirates

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2025-2026

Mr Jones

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3 DISCRETE	Tennis Gymnastics – linking movements together	Yoga Invasion Game Skills 3	Dance – Egyptians Football	Gymnastics – receiving bodyweight Hockey	Athletics 3 Gymnastics – symmetry and asymmetry (partners)	Rounders Basketball
4 DISCRETE	Netball Gymnastics – Partner work – Pushing and pulling	OAA Tag Rugby	Hockey Health related fitness	Gymnastics – Arching and bridges Athletics 4	Swimming Dance – Romans	Cricket Gymnastics – rolling and travelling low
5 DISCRETE	Swimming (Catch-up sessions) Invasion Game Skills 4	Gymnastics – Matching, mirroring and contrast Lacrosse	Netball Gymnastics – Partner work – under and over	Dance – World War 2 OAA	Tennis Team building and problem solving	Rounders Athletics 5
6 DISCRETE	Tennis Health related fitness	Hockey Gymnastics – Counter-balance & counter tension	Gymnastics – Flight Basketball	Dance – The Haka Tag Rugby	Ultimate Frisbee Athletics 6	Lacrosse Cricket

Highlighted units are linked to projects.