

St Teresa's Curriculum Map - Physical Education

| Year | Autumn 1 | | Autumn 2 | | Spring 1 | | Spring 2 | | Summer 1 | | Summer 2 | |
|------------------|---|---|--------------------------------|---|--|--|--------------------------------|-------------------------------|--|-------------------------|--|--------------------------|
| Reception | Locomotion: Walking and Jumping | | Ball Skills Hands 1 | | Gymnastics: High, Low, Over, Under | | Dance Nursery Rhymes | | Ball Skills Feet | | Games For Understanding | |
| Year 1 | Locomotion: Running | Gymnastics: Wide, Narrow, Curled | Ball Skills Hands 1 | Gymnastics: Body Parts | Ball Skills Feet | Dance: Growing | Ball Skills Hands 2 | Dance: The Zoo | Locomotion: Jumping | Games For Understanding | Team Building | Health and Wellbeing |
| Year 2 | Locomotion: Dodging | Gymnastics: Linking | Ball Skills Hands 1 | Gymnastics: Pathways | Ball Skills Feet | Dance: Water | Ball Skills Hands 2 | Dance: Explorers | Locomotion: Jumping | Games For Understanding | Team Building | Health and Wellbeing |
| Year 3 | Invasion: Tag Rugby | Gymnastics Symmetry & Asymmetry | Invasion: Basketball | Dance Wild Animals | Invasion: Football | OAA: Problem Solving | OAA: Orienteering | Health Related Exercise | Gymnastics: Canon and Unison | Athletics | Striking & Fielding Cricket | Net / Wall Tennis |
| Year 4 | Invasion: Netball | Gymnastics: Levels and Direction | Invasion: Hockey | Dance Space | Swimming | OAA: Communication and tactics | Swimming | Gymnastics: Bridges | Dance: Cats | Athletics | Striking & Fielding Rounders | Net / Wall Tennis |
| Year 5 | Invasion: Tag Rugby | Gymnastics: Counter Balance and Counter Tension | Invasion: Quidditch | Swimming | Invasion: Football | Health Related Exercise | Gymnastics: flight | OAA: Orienteering | Dance: The Circus | Athletics | Striking & Fielding Rounders | Net / Wall Tennis |
| Year 6 | Invasion: Basketball | Gymnastics: Matching & Mirroring | Invasion: Football | Dance: Pride and Discrimination | Invasion: Netball | OAA: Leadership | Invasion: Hockey | OAA: Problem Solving | Invasion: Dodgeball | Athletics | Striking & Fielding Rounders | Swimming |