



Seathorne Primary Academy PE curriculum Map 2022/23

Year group	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Nursery	<ul style="list-style-type: none"> • Be able to choose the correct physical skill to match a task • Be able to use and remember sequences of movements when moving to music • Be able to use different ways of moving such as galloping, slithering etc • Be able to balance on one leg • Begin to show increased control on moving in different ways such as skipping, hopping, balancing, crawling, walking and running • Develop large muscle movements in order to wave scarves and make marks. 					
	Fundamental movement skills	Fundamental movement skills delivered through ball skills	Gymnastics Skills	Movement to Music	Bat and ball skills	Athletic Skills
Reception	<ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others • Develop overall body-strength, balance, co- ordination and agility. • Develop confidence, competence, precision and accuracy when using different sized balls. • Learn simple ball games with teams, rules and targets. • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group • Children to, spin, rock, tilt, fall, slide and bounce. • Combine different movements with ease and fluency- opportunities to move that require quick changes of speed and direction. • Walk, jump, run and crawl with increasing control 					
	Fundamental movement skills	Fundamental movement skills through ball skills	Gymnastics Skills	Movement to Music	Bat and ball skills	Athletic Skills

Year 1	Invasion Games Basketball	Invasion Games Hockey (Quick Sticks)	Ball skills/FMS	Gymnastic Skills	Striking and fielding Rounders	Athletics Skills
	Fundamental movements skills through ball skills	Team Building (After Covid)	Dance	Dance	Net and Wall Tennis	Health and Well-Being (After Covid)
Year 2	Invasion Games Basketball	Invasion Games Hockey (Quick Sticks)	Multi-Skills	Gymnastics	Striking and Fielding Cricket	Athletics Skills
	Multi-Skills	Team Building (After Covid)	Dance	Health and Well-Being (After Covid)	Net and Wall Tennis	Striking and Fielding Rounders
Year 3/4	Invasion Games Tag Rugby	Invasion Games Football	Invasion games Netball	Gymnastics	Striking and Fielding Rounders	Athletics
	OAA	Dance	Healthy lifestyles (After Covid)	Swimming & Water-Safety	Athletics	Net and Wall Tennis
Year 5	Invasion Games Tag Rugby	Invasion Games Football	Invasion games Netball	Gymnastics	Striking and Fielding Rounders	Athletics
	Dance	Yoga (updated following changes to swimming Feb 22)	Swimming & Water Safety	OAA	Healthy lifestyles (After Covid)	Net and Wall Tennis
Year 6	Invasion Games Tag Rugby	Invasion Games Football	Invasion games Netball	Gymnastics	Striking and Fielding Rounders	Athletics
	Invasion Games Hockey	Swimming & Water-Safety	Yoga	Dance	OAA	Net and Wall Tennis

Competitions COVID-19 dependent. Organised when we can meet risk assessments.

Please note that our Medium Term plans supporting our PE Curriculum Journey are progressive and inclusive and have been accessed from Power of PE (PoPE) or JB Sports. To support sustainability a copy of every Medium Term Plan is held within the academy. Please also note, that in addition to the above planned PE Curriculum Journey, every child across the academy is also engaged in an inclusive, time-tabled programme of exciting physical activity opportunities which take place on a weekly basis for the whole academic year. After 'Lock-Down' these physical activity-based sessions support not only our 'Catch-Up Curriculum' and learning across the school in areas such as Literacy and Science, but also support the enhancement of children's physical and mental well-being. Activities include Yoga, Boxercise and JB Adventures. This exciting, inclusive programme is funded by the PE & Sport Premium

JB – Lance Johnson (Tues) and Will Chamberlain (Thurs)

Lynsey