



Seathorne Primary Academy PE curriculum Map 2024/25

| 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 | Movement to Music | Gymnastics Skills | Swimming & Water-Safety | Bat and ball skills | Athletic Skills |

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|---|--|--------------------------------------|--|-------------------------|--------------------------------|---------------------|
| Year 1/2 | Invasion Games Basketball | Invasion Games Hockey (Quick Sticks) | Fundamental movements skills through ball skills | Gymnastic Skills | Striking and fielding Rounders | Athletics Skills |
| | Fundamental movements skills through ball skills | Dance | Yoga | Swimming & Water-Safety | Net and Wall Tennis | Team building |
| Year 3/4 | Invasion Games Tag Rugby | Invasion Games Football | Invasion games Netball | Gymnastics | Striking and Fielding Cricket | Athletics |
| | OAA | Dance | Yoga | Swimming & Water-Safety | Athletics | Net and Wall Tennis |
| Year 5 | Invasion Games Tag Rugby | Invasion Games Football | Invasion games Netball | Gymnastics | Striking and Fielding Cricket | Athletics |
| | OAA | Dance | Yoga | Swimming & Water-Safety | Athletics | Net and Wall Tennis |
| Year 6 | Invasion Games Tag Rugby | Invasion Games Football | Invasion games Netball | Gymnastics | Striking and Fielding Cricket | Athletics |
| | OAA | Dance | Yoga | Swimming & Water-Safety | Athletics | Net and Wall Tennis |
| Competitions | COVID-19 dependent. Organised when we can meet risk assessments. | | | | | |
| <p>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</p> | | | | | | |

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