

St Gabriel's Curriculum Map for Physical education taken from PE Champions (RS) and LCP

From September 2023 – July 2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	* Physical movement * Balance * Eye co-ordination. * Core stability * Storycises (daily 20 minutes)	* Body awareness (move to learn) * Incorporating spatial awareness. * Dance – Christmas * Storycises (daily 20 minutes)	* Gymnastics (linked to fairy tales) * Storycises (daily 20 minutes)	* Gymnastics (linked to minibests) * Outside travel – avoiding obstacles, changing pace and direction. * Storycises (daily 20 minutes)	* Ball skills (move to learn) * Throwing and catching) * Racket skills. * Storycises (daily 20 minutes)	* Dance (traditional) * Athletics (linked to sports day) * Storycises (daily 20 minutes)
Year 1	Multiskills Mighty movers (Running)	Games activities (LCP) Kabaddi – tag game from India Skip to the Beat	Gymnastics Cool Core	Brilliant ball Skills Gym Fit (circuits)	Throwing and Catching Fitness Frenzy	Active athletics Boot camp
Year 2	Multiskills Kabaddi – tag game from India Mighty movers (Running)	Throwing and Catching fielding games Gym Fit (circuits)	Gymnastics Cool Core (Strength)	Ugly Bug Ball Dance Bootcamp	Brilliant ball Skills Fitness Frenzy	Active athletics Skip to the Beat
Year 3	Multi Skills Swimming	Throwing and Catching Swimming	Groovy Gymnastics Swimming	African Dance Swimming	Brilliant Ball Skills Swimming)	Active athletes Swimming
Year 4	Invaders Mighty movers (running)	Striking and Fielding OAA (LCP)	Gymnastics Cool core (Pilates)	Dance Step to the beat	Nimble nets Gym fit Circuits	Young Olympians Bootcamp
Year 5	Invaders (Tag rugby, netball and basketball) Tapuwae – NZ Maori game OAA (LCP)	Net/Wall games (LCP) Gymfit Circuits	Gym Sequences Cool core (Pilates)	Dynamic Dance – Bollywood dancing Step to the beat	Striking and fielding Boot camp	Young Olympians Fitness Frenzy
Year 6	Invaders (Tag rugby, netball and basketball) Tapuwae – NZ Maori game OAA (LCP)	Net/Wall games (LCP) Mighty Movers (Boxercise)	Gym Sequences Cool core (Pilates)	Dynamic Dance Step to the beat.	Striking and Fielding Gym fit circuits	Young Olympians Fitness Frenzy
School games TBC						

World games

Last Updated: July 2023 by S.Bell.