St Mary’s C of E (Aided) Primary School Pulborough – PE Curriculum Map – 2025-2026

|  |  |  |  |
| --- | --- | --- | --- |
|  | AUTUMN | SPRING | SUMMER |
| EYFS  | Fundamental skillsiMoves – iExercise Animal explorers. Core strength and balance | Fundamental skillsiMoves – iMove Off to the zoo. Locomotion, travelling and agility | Fundamental skillsiMoves – iPractise - Pirate adventure. Coordination and dynamic balance | Fundamental skills – iMoves – iCommunicate – Fun at the circus. Agility, object control, core strength and balance. | Fundamental skills – iMoves –iThink – Dino Movers. Object control. | Fundamental skillsiMoves – icreateSpace cadets.Locomotion and object control Athletics – sports day practise |
| EYFS/Yr1 | Fundamental skills – iMoves – iExercise –Jungle - core strength and balance | Fundamental skills – iMoves – Pirates – locomotion, travel and agility | Fundamental skills – iMoves – iPractise – Machines - Agility | Fundamental skills – iMoves – iCommunicate – Playtime – Agility, object control, balance and core strength | Fundamental skillsiMoves – iCoordinate – Funfair – coordination. | Fundamental skillsiMoves – iThink – Wild West – locomotion, coordination, agility.Athletics – sports day practise |
| Year 1 | Fundamental skills – iMoves – iExercise –Jungle - core strength and balanceDance – iMoves – Dinosaurs To be able to perform basic movements to music and to build a simple themed dance focussing on Dinosaurs. | Fundamental skills – iMoves – Pirates – locomotion, travel and agilityGymnastics – iMoves - Year 1 - introduces 5 basic skills: travelling, rolling, balancing, jumping and using equipment. | Fundamental skills – iMoves – iPractise – Machines – AgilityDance – iMoves – Great Fire of London | Fundamental skills – iMoves – iCommunicate – Playtime – Agility, object control, balance and core strength Gymnastics – cont. – iMoves - Year 1 - introduces 5 basic skills: travelling, rolling, balancing, jumping and using equipment. | Fundamental skillsiMoves – iCoordinate – Funfair – coordination.Dance – iMoves - Cheerleaders | Fundamental skillsiMoves – iThink – Wild West – locomotion, coordination, agility.Athletics – sports day practise |
| Year 2 | Fundamental skills - iMoves – Workout world – core strength and balanceDance – iMoves – Eco Warriors | Fundamental skills – iMoves – iMove - Combat zone – locomotion, travel, agility, balance, core strengthPilates - iMoves | Fundamental skills – iMoves – iPractise – Sporting best – agility. Gymnastics – iMoves – year 2 - introduces 5 basic skills: travelling, rolling, balancing, jumping and using equipment. | Fundamental skills – iMoves – iCommunicate – Ball crazy – Object controlGymnastics cont. - introduces 5 basic skills: travelling, rolling, balancing, jumping and using equipment. | Fundamental skills – iMoves – iCreate – Skill showdown - Coordination | Fundamental Skills – iMoves – iThink – Game Changes – Balance and agilityAthletics – iMoves – Part 1. |
| Year 3/4 | Invasion games – hockeySwimming | Invasion games – Netball Dance – iMoves - Broadway | Net and wall games – volleyballGymnastics culminating in Egyptian poses/balances | Net and wall games – tennis  | CricketSwimming | AthleticsSwimming |
| Year 4/5 | Invasion games – hockeySwimming | Invasion games – netballDance – iMoves – Helen of Troy | Net and wall games – badmintonGymnastics control and balance, and performance development | Net and wall games – tennisDance- iMoves- Tudor DanceDance- iMoves- Stepping and Swaying | CricketSwimming | AthleticsSwimming |
| Year 6 | Invasion games – ultimate frisbeeSwimming | Invasion games – tag rugbyGymnastics – iMoves – Y6 | Net and wall games – volleyballGymnastics – iMoves – Y6 (cont) | Net and wall games – tennis Dance – iMoves – Savannah Harvest | CricketSwimming | AthleticsSwimming |