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

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|  | AUTUMN | | SPRING | | SUMMER | |
| EYFS | Fundamental skills  iMoves – iExercise Animal explorers. Core strength and balance | Fundamental skills  iMoves – iMove Off to the zoo. Locomotion, travelling and agility | Fundamental skills  iMoves – 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 skills  iMoves – icreate  Space 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 skills  iMoves – iCoordinate – Funfair – coordination. | Fundamental skills  iMoves – iThink – Wild West – locomotion, coordination, agility.  Athletics – sports day practise |
| Year 1 | Fundamental skills – iMoves – iExercise –Jungle - core strength and balance  Dance – 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 agility  Gymnastics – iMoves - Year 1 - introduces 5 basic skills: travelling, rolling, balancing, jumping and using equipment. | Fundamental skills – iMoves – iPractise – Machines – Agility  Dance – 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 skills  iMoves – iCoordinate – Funfair – coordination.  Dance – iMoves - Cheerleaders | Fundamental skills  iMoves – iThink – Wild West – locomotion, coordination, agility.  Athletics – sports day practise |
| Year 2 | Fundamental skills - iMoves – Workout world – core strength and balance  Dance – iMoves – Eco Warriors | Fundamental skills – iMoves – iMove - Combat zone – locomotion, travel, agility, balance, core strength  Pilates - 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 control  Gymnastics 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 agility  Athletics – iMoves – Part 1. |
| Year 3/4 | Invasion games – hockey  Swimming | Invasion games – Netball  Dance – iMoves - Broadway | Net and wall games – volleyball  Gymnastics culminating in Egyptian poses/balances | Net and wall games – tennis | Cricket  Swimming | Athletics  Swimming |
| Year 4/5 | Invasion games – hockey  Swimming | Invasion games – netball  Dance – iMoves – Helen of Troy | Net and wall games – badminton  Gymnastics control and balance, and performance development | Net and wall games – tennis  Dance- iMoves- Tudor Dance  Dance- iMoves- Stepping and Swaying | Cricket  Swimming | Athletics  Swimming |
| Year 6 | Invasion games – ultimate frisbee  Swimming | Invasion games – tag rugby  Gymnastics – iMoves – Y6 | Net and wall games – volleyball  Gymnastics – iMoves – Y6 (cont) | Net and wall games – tennis  Dance – iMoves – Savannah Harvest | Cricket  Swimming | Athletics  Swimming |