

Curriculum Map 2025 2026

Overall Focus: Learners will explore fundamental movements and develop basic body awareness. The focus is on individual exploration, discovering what their bodies can do, and developing the initial hand-eye coordination needed to send, receive, and strike objects.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Autumn 1	Focus: Fundamental Movement Skills							
Unit delivery vehicle: Playground Games.	How can we move safely in a shared space?	How can we change direction to avoid a tagger?	What does a safe and balanced landing look like?	How can we use our arms to help us balance?	Can we link our skills together in an obstacle course?	In how many different ways can we travel?	How can we use our skills in a larger game?	
Autumn 2	Focus: Sending & Receiving							
Unit delivery vehicle: Throwing & Catching Games, Dodgeball, Handball	How should we shape our hands to catch a ball?	How can we throw underarm to hit a target?	How can we roll a ball accurately to a partner?	How can we work together to send and receive?	How do we get into the right position to catch?	How can we throw overarm for more distance?	How can we use our skills to play a simple game?	
Spring 1	Focus: Body Management							
Unit delivery vehicle: Gymnastics (floor work)	How can we make our bodies strong and tense to create shapes?	What does a safe and controlled roll look like?	On how many different body parts can we balance?	Can we link a shape and a roll together smoothly?	Can we add a jump to create a three-part sequence?	How can we give kind and helpful feedback?		
Spring 2	Focus: Introduction to Striking							
Unit delivery vehicle: Short Tennis, Little Sticks Golf, Badminton	How can we track an object to strike it?	What is the best way to hold and control a racket?	How can we strike a stationary ball to a target?	How can we time our swing to hit a bounced ball?	How can we use our striking skills in a fun game?			
Summer 1	Focus: Run, Jump, & Throw Fundamentals							
Unit delivery vehicle: Athletics (fundamentals)	How can we use our arms and legs to sprint faster?	How can we jump for maximum distance?	How do we perform a two-handed 'push' throw?	How do we pass a baton safely in a relay?	How can we accurately measure our performance?	How can we show good sportsmanship when we compete?		
Summer 2	Focus: Fun & Fitness							
Unit delivery vehicle: Fitness Games, Simple Circuits, Team Challenges	How does our body feel when we exercise?	Why is it important to have a warm-up?	What does a simple and safe fitness circuit look like?	Can we keep our bodies moving for a sustained time?	How can we use our body weight to get stronger?	Why is it important to cool down after exercise?	How can we work together to complete a physical challenge?	Can we design and lead our own warm-up?