

Curriculum Map 2025 2026

Overall Focus: Learners will begin to link fundamental skills together and apply them in simple cooperative situations. The focus is on moving from individual skill to partner work, introducing the basic concepts of teamwork, and applying skills in structured, small-sided games.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Autumn 1	Focus: Moving with a Ball							
Unit delivery vehicle: Football, Basketball, Hockey	How can we control a ball with our hands?	Can we dribble and look up at the same time?	How do we keep a football close to our feet?	Can we control the ball while travelling?	How can we change direction while keeping control of the ball?	How can we use our body to protect the ball?	How can we use our dribbling skills to beat a defender?	
Autumn 2	Focus: Working with a Partner							
Unit delivery vehicle: Netball, Tag Rugby, Partner Games	What does an accurate pass look like?	How can we get into space to receive a pass?	Where should we aim when passing to a moving partner?	How can communication help our teamwork?	How can we pass and move to support our teammate?	How can two attackers work together to beat one defender (2v1)?	How can we use our teamwork skills in a small game?	
Spring 1	Focus: Creating a Sequence							
Unit delivery vehicle: Gymnastics	How can we improve the quality of our shapes and rolls?	Can we create a sequence with a clear beginning, middle, and end?	How can we work with a partner to create a balance?	Can we perform a sequence in unison with a partner?	How can we incorporate apparatus into our sequence?	How can we use a checklist to give helpful feedback?		
Spring 2	Focus: Striking & Fielding Basics							
Unit delivery vehicle: Rounders, Kwik Cricket, Softball	What is the best way to get behind and stop a rolling ball?	How can we throw the ball accurately to a base?	How should we stand to strike a ball with control?	How can we time our swing to make contact with a moving ball?	When is it a good time to run between the bases?			
Summer 1	Focus: Competing Against Yourself							
Unit delivery vehicle: Athletics	What is our starting score for each event?	How can we learn to pace ourselves in a longer run?	How does a run-up help us jump further?	Can one small change improve our score?	What is a 'Personal Best' and can we beat ours?	How can we achieve our best possible score in one event?		
Summer 2	Focus: Simple Team Games							
Unit delivery vehicle: Benchball, 3-a-side Football/Netball, End Ball	What is the job of an attacker and a defender?	How do we get free from a defender?	How can we stay close to an opponent to stop them getting the ball?	Why is today's rule important for the game?	When should we pass and when should we travel with the ball?	How can we help our teammates during a game?	How can we show good sportsmanship in a tournament?	How can we put all our skills together in one final game?