

Curriculum Map 2025 2026

Overall Focus: Learners will start combining skills and working more effectively with teammates. The focus shifts to simple tactics and giving feedback.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Autumn 1	Focus: Applying Skills Under Pressure							
Unit delivery vehicle: Football, or Basketball	How can I use my skills against a defender?	How can I perform my skills under time pressure?	How can I combine two skills together?	How can I link three skills in a sequence?	How can we keep the ball away from a defender?	How can we work together to keep possession?	How can we apply our skills in a conditioned game?	
Autumn 2	Focus: Team Tactics & Communication							
Unit delivery vehicle: Tag Rugby or Volleyball	How can we use tactics to attack?	How can we apply our attacking ideas in a game?	How can we use tactics to defend?	How can we apply our defending ideas in a game?	How can we communicate effectively in attack?	How can we communicate effectively in defence?	How can tactics help us win a game?	
Spring 1	Focus: Aesthetics & Performance							
Unit delivery vehicle: Gymnastics or Trampolining	How can I make my sequence more interesting?	How can I add changes of direction and speed?	How can I perform a basic vault safely?	How can I perform more complex skills on a trampoline?	How can we create a sequence with a partner?	How can I give helpful feedback to others?		
Spring 2	Focus: Designing a Fitness Programme							
Unit delivery vehicle: Health and Fitness or Badminton	How can I design a simple fitness circuit?	How can I lead a partner through a workout?	How can I track my own fitness progress?	How can I use different shots in badminton?	How can I apply shots to win a point?			
Summer 1	Focus: Tactical Striking & Fielding							
Unit delivery vehicle: Cricket or Rounders	How can I throw a ball further and more accurately?	How can I position myself to catch a high ball?	How can I hit the ball into a space?	How can we work together when fielding?	How can we communicate to be a better fielding team?	How can we apply our tactics in a full game?		
Summer 2	Focus: Developing Athletic Performance							
Unit delivery vehicle: Athletics	How can we work together in a relay race?	How can I improve my pacing in a race?	How can I improve my high jump technique?	How can I improve my long jump technique?	How can I improve my discus technique?	How can I improve my shot put technique?	How can I help to run an event fairly?	How can I be a leader on Sports Day?