



## Griffin Park Primary School Physical Education Curriculum Map 2024-25

Key – Indoor Outdoor

The EYFS curriculum emphasises the integration of physical activity through play as a core component of children's overall learning experiences. Research consistently demonstrates that active play not only supports the development of gross and fine motor skills but also enhances children's ability to concentrate, collaborate, and regulate their emotions. The PE curriculum facilitates meaningful learning through play. By carefully designing and scaffolding play-based activities that incorporate movement, coordination, and spatial awareness, we can help children build a strong foundation for lifelong physical literacy.

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Multiskills- Throwing and catching  Gymnastics	Multiskills- Throwing and catching  Gymnastics	Multiskills- Target games  Dance – Copy and repeating	Multiskills- Target games  Dance – Copy and repeating	Athletics - running, jumping and throwing  Dance – Mirror and match with partner	Athletics - Multi skills – Sports Day  Dance – Mirror and match with partner
<b>Year 1</b>	Multiskills- Throwing and catching  Gymnastics	Invasion Games  Gymnastics	Team games - Attacking and defending  Dance – Copy and repeating	Multiskills- Bat and ball  Fundamental movement skills – Circuit training	Athletics – running, jumping and throwing  Dance – Movement patterns and timing	Athletics – Multi skills – Sports Day  Yoga – Agility, balance and coordination

<b>Year 2</b>	<p>Multiskills- Throwing and catching</p> <p>Gymnastics</p>	<p>Invasion Games</p> <p>Gymnastics</p>	<p>Team games - Attacking and defending</p> <p>Dance – Expressing ideas</p>	<p>Multiskills- Bat and ball</p> <p>Fundamental movement skills – Circuit training</p>	<p>Multiskills- Target games</p> <p>Dance – Developing ideas with a partner</p>	<p>Athletics – Multi skills – Sports Day</p> <p>Yoga – Agility, balance and coordination</p>
<b>Year 3</b>	<p>OAA – team building, safe exploration and orienteering</p> <p>Swimming</p>	<p>Invasion games - Netball</p> <p>Swimming</p>	<p>Gymnastics</p> <p>Swimming</p>	<p>Gymnastics</p> <p>Swimming</p>	<p>Striking and fielding - Cricket.</p> <p>Swimming</p>	<p>Athletics – Multi skills – Sports Day</p> <p>Swimming</p>
<b>Year 4</b>	<p>OAA – team building, safe exploration and orienteering</p> <p>Dance – Contemporary dance</p>	<p>Invasion games - Netball</p> <p>Fundamental movement skills – Circuit training</p>	<p>Invasion games – Tag Rugby</p> <p>Gymnastics</p>	<p>Net &amp; Wall Games - Tennis</p> <p>Gymnastics</p>	<p>Striking and fielding - Cricket.</p> <p>Dance – Developing actions in time with music, partner and directions</p>	<p>Athletics – Multi skills – Sports Day</p> <p>Yoga – Agility, balance and coordination</p>
<b>Year 5</b>	<p>OAA – team building, safe exploration and orienteering</p> <p>Dance – Street dance</p>	<p>Invasion games - Football</p> <p>Yoga – Agility, balance and coordination</p>	<p>Invasion games - Basketball</p> <p>Circuit training – Health related fitness</p>	<p>Net &amp; Wall Games - Tennis</p> <p>Handball</p>	<p>Striking and fielding - Rounders</p> <p>Gymnastics</p>	<p>Athletics – Multi skills – Sports Day</p> <p>Gymnastics</p>

<b>Year 6</b>	<p>OAA – team building, safe exploration and orienteering</p> <p>Dodgeball</p>	<p>Invasion games - Hockey</p> <p>Leadership through PE</p>	<p>Invasion games – Netball</p> <p>Circuit training – Health related fitness</p>	<p>Net &amp; Wall Games - Tennis</p> <p>Dance – Through the ages</p>	<p>Striking and fielding - Rounders</p> <p>Gymnastics</p>	<p>Athletics – Multi skills – Sports Day</p> <p>Gymnastics</p>
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