

PE Curriculum Map 2022-2023

Woodston Primary School

Key Stage 1

basic movements e.g. running, catching, balance etc

team games (and simple tactics)

dance

swimming & water safety

Key Stage 2

movement e.g. running, jumping, throwing & catching etc

competitive games (and principles for attack and defence)

dance

Develop flexibility, strength, control, balance etc (gym)

outdoor and adventurous activity

compare and improve performances

swimming & water safety

Year group / Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	Multi Skills	Multi Skills Dance	Gymnastics	Football	Bucket Rounders	Athletics
Year 1AS	Multi Skills Gymnastics	Dance Football	Health related exercise Improve agility and balance Orienteering	Netball Improve throwing and catching	Rounders Striking and fielding	Invictus Athletics
Year 1LO	Multi Skills Gymnastics	Dance Football	Health related exercise Improve agility and balance Orienteering	Netball Improve throwing and catching	Rounders Striking and fielding	Invictus Athletics
Year 1CC	Multi Skills Gymnastics	Dance Football	Health related exercise Improve agility and balance Orienteering	Netball Improve throwing and catching	Rounders Striking and fielding	Invictus Athletics
Year 2JA	Dance Orienteering	Multi Skills Hockey	Gymnastics Netball	Health related exercise Football	Invictus Striking and fielding	Athletics Rounders
Year 2KB	Dance Orienteering	Multi Skills Hockey	Gymnastics Netball	Health related exercise Football	Invictus Striking and fielding	Athletics Rounders
Year 2UP	Dance Orienteering	Multi Skills Hockey	Gymnastics Netball	Health related exercise Football	Invictus Striking and fielding	Athletics Rounders
Year 3RH	Multi skills Football	Gymnastics Health related exercise	Dance Orienteering	Basketball Handball	Invictus Cricket	Athletics Rounders
Year 3LD	Multi skills Football	Gymnastics Health related exercise	Dance Orienteering	Basketball Handball	Invictus Cricket	Athletics Rounders
Year 3LB	Multi skills Football	Gymnastics Health related exercise	Dance Orienteering	Basketball Handball	Invictus Cricket	Athletics Rounders
Year 4HB	Basketball Health related exercise	Handball Multi skills	Gymnastics Tag rugby	Orienteering Netball	Tennis Invictus	Athletics Cricket
Year 4SH/HH	Basketball Health related exercise	Handball Multi skills	Gymnastics Tag rugby	Orienteering Netball	Tennis Invictus	Athletics Cricket
Year 4MH/VB	Basketball Health related exercise	Handball Multi skills	Gymnastics Tag rugby	Orienteering Netball	Tennis Invictus	Athletics Cricket
Year 5HC	Basketball Health related exercise	Dance Hockey	High 5 netball Table tennis	Swimming - Regional Football	Orienteering Invictus	Top up Swimming - Regional Athletics

						Tennis
Year 5AG	Basketball Health related exercise	Dance Hockey	High 5 netball Table tennis	Football Orienteering	Swimming - Regional Invictus	Top up Swimming - Regional Athletics Tennis
Year 6GA	Gymnastics High 5 netball	Swimming - Regional Dance	Football Table tennis	Health related exercise Handball	Invictus Rounders	Top up Swimming - Regional Athletics Cricket
Year 6EH	Swimming - Regional Gymnastics	Table tennis High 5 netball	Dance Football	Health related exercise Handball	Invictus Rounders	Top up Swimming - Regional Athletics Cricket
Year 6EG	Gymnastics High 5 netball	Table tennis Dance	Football Swimming - Regional	Health related exercise Handball	Invictus Rounders	Top up Swimming - Regional Athletics Cricket