



Griffin Park Primary School Physical Education Curriculum Map 2025-26

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
EYFS	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
Year 1	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

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

<p>Year 6</p>	<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 & 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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