



Colwich Church of England Primary School

PE Curriculum map 2023-2024

		Autumn				Spring		Summer					
EYFS	Lesson 1 PE Fundamentals	Exercise		Move		Practise		Communicate		Think		Create	
		Core strength and balance		Locomotion, travel and agility		Coordination and dynamic balance		Agility, object control, core strength and balance		Object control		Locomotion and object control	
	Lesson 2 Creative	Playground games Pilates				Gymnastics				Forest Schools/ Athletics		Dance	
Year 1/2	Lesson 1 PE Fundamentals	Exercise		Move		Communicate		Practise		Think		Create	
		Core strength and balance		Locomotion, travel and agility		Agility, object control, core strength and balance		Agility		Co-ordination		Locomotion, travel and agility	
	Lesson 2 Creative	Playground games Gymnastics				Forest Schools/ Dance				Shooting Stars - Football		Athletics	
Year 3/4	Lesson 1 PE Fundamentals	Move		Practise		Communicate		Create		Think		Exercise	
		Agility and Fitness		Coordination, strength and balance		Coordination, strength and balance		Locomotion, strength and balance		Coordination/manipulation, strength and balance		Strength and balance, Agility and fitness	
	Lesson 2 Creative	3/4A Playground games Athletics	3/4B Forest Schools/ Dance	3/4A Forest Schools/ Dance	3/4B Playground games Athletics	Swimming (Y4 OEC)				Gymnastics		Games Tag Rugby	
Year 5/6	Lesson 1 PE Fundamentals	Practise		Communicate		Create		Think		Exercise		Move	
		Coordination, agility and fitness		Locomotion, strength and balance		Coordination/manipulation, strength and balance		Coordination, strength and balance		Strength and balance		Agility and fitness	
	Lesson 2 Creative	Playground Games Games Netball (Y6 OEC)		Gymnastics		Y5 – Swimming Y6 – Dance and Games Badminton				Athletics		Forest Schools/ Games Rounders	