

Hiltingbury Junior School – P.E Curriculum Map

Long Term Map Overview

	Autumn Term		Spring Term		Summer Term	
Year R	Moving fast & slow, stop. FMS	Travel & climb using equipment, control and co-ordinate movements inc jump	Target games Running&throwing Ball skills -Roll, catch and throw Health – awareness of changes during exercise	Team - Teamwork	Striking – striking, running, fielding	Athletics
Year 1	Target Skills Dance Fitness Yoga	Team Games Body Movement Yoga	Striking Gym balancing Yoga	Net/wall games Team games Yoga	Invasion Jack and Beanstalk dance Yoga	Athletics Summer Games Yoga
Year 2	Striking and Fielding Multi-skills	Net Wall Dance	Invasion Gymnastics - balancing	Striking and fielding Invasion Games	Net Wall Sports Day activities	Athletics Summer Games
Year 3	Dance – North Wind and Sun Multi-skills	Gymnastics - jumps Multi-skills	Gymnastics – balances Invasion - Netball	Yoga Strike and Field - Cricket	Target – boccia Outdoor Adventurous Activities	Dance (Integr8) Athletics
Year 4	Gymnastics – balances Net Wall - Tennis	Gymnastics – fantastic forests Multi-skill games	Net Wall – badminton Invasion - football	Dance – Beowulf Strike and Field - rounders	Swimming Invasion – Tag Rugby	Dance (Integr8) Athletics

Year 5	Health and Fitness Strike and Field - Cricket	Multi-skill games Invasion - hockey	Gymnastics – jumps, leaps and turns Invasion – ultimate frisbee	Yoga Sports Leader	Outdoor Adventurous Activities Net Wall - Tennis	Dance (Integr8) Athletics
Year 6	Circuits Invasion – Tag Rugby	Gymnastics – shape and balance Invasion - Basketball	Outdoor Adventurous Activities Invasion - Netball	Target – Dodgeball Strike and Field - Cricket	Gymnastics – apparatus Athletics	Swimming Dance (Integr8) Alternative Sports
Year 7	Basketball	Badminton	Cross Country/OAA	Gymnastics	Athletics	Cricket