



## Rotherhithe Primary School Curriculum Map Physical Education 2025/2026

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS PE Coach	<b>Multi-Skills</b> <b>Fundamental Movement</b> Physical ability Confidence  <i>Walking</i> <i>Jumping</i> <i>Running</i> <i>Hopping</i> <i>Skipping</i> <i>Throwing</i> <i>Catching</i>	<b>Gymnastics</b> <b>Balance</b> Physical ability Confidence  <i>Rolling</i> <i>Crawling</i> <i>Walking</i>	<b>Throwing and Catching Co-ordination</b> <b>Ball skills</b> Technique Confidence  <i>Jumping</i> <i>Running</i> <i>Hopping</i> <i>Climbing</i> <i>Kicking</i> <i>Dribbling</i>	<b>Kicking with Feet</b> <b>Co-ordination</b> <b>Ball skills</b> Technique Confidence  <i>Jumping</i> <i>Running</i> <i>Hopping</i> <i>Climbing</i> <i>Kicking</i> <i>Dribbling</i>	<b>Athletics</b>  <i>Throwing</i> <i>Catching</i>	<b>Problem Solving</b> <b>Communication</b> Rules Physical ability  <i>Running</i> <i>Hopping</i> <i>Skipping</i> <i>Jumping</i> <i>Landing</i>
1 Teacher	<b>Invasion Games</b> Throwing Aiming at a target	<b>Dance</b>  make a shape hold it and move about in that shape dance with an object to communicate an idea pretend to dance with an object to	<b>Multi Skills</b>  Fundamental Movement Balance Master basic movements such as running, jumping	<b>Invasion Games</b> Sending and receiving Basketball	<b>Net Games – Using a Racket</b>	<b>Athletics</b> Sports day Preparation



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		communicate an idea move to the rhythm of the music				
PE Coach	<b>Multi Skills</b> Coordination Agility Rules  Master basic movements such as throwing and catching	<b>Net Games – Using a Racket</b> Grip Focus Coordination	<b>Gymnastics</b> Feedback Analysis Technique	<b>Invasion skills</b> <b>Throwing Towards a Target</b>  Technique Resilience Physical ability Confidence	<b>Athletics</b> Technique Effort Confidence  <b>Sports Day prep</b> Feedback Rules Confidence	<b>Problem Solving</b>  Teamwork Communication effort Physical Ability
2 Teacher	<b>Invasion Games</b> Throwing Aiming at a target	<b>Dance</b>  mirror movements choose movements to add together to make a dance talk about how music and dancing makes them feel	<b>Multi Skills</b> Fundamental Movement Balance Master basic movements such as running, jumping	<b>Net Games – Using a Racket</b>	<b>Athletics</b> Sports day Preparation	<b>Invasion Games</b> Basketball Attack vs Defence



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		say what they like about their own and other's movements				
PE Coach	<b>Multi-Skills</b> <b>Fundamental movements and skills</b> (Able to apply the ABCs with fluency in a range of activities) Feedback Confidence Technique	<b>Invasion skills</b> <b>attack vs defence</b> Problem Solving Leadership Confidence Understanding	<b>Gymnastics</b> Feedback Analysis Technique Physical ability	<b>Athletics</b> Technique Effort Confidence Physical ability	<b>Problem Solving</b> Orienteering Responsibility Understanding Rules  <b>Sports Day prep</b> Rules Confidence	<b>Net &amp; Wall skills</b> (Cricket) Technique Confidence Rules
3 Teacher	<b>Invasion Games</b> Basketball/Handball	Dance  <b>Ballet / Contemporary</b> <b>'Blushing Unit'</b>	Multi Skills Fundamental Movement Balance	<b>Net &amp; Wall Games</b> Volleyball	<b>Striking &amp; Fielding</b> Softball	<b>Athletics</b> Sports day Preparation
PE Coach	<b>OAA skills</b> Problem solving Technique Tactics	<b>Invasion Games</b> Passing and	<b>Gymnastics</b> Feedback Analysis Physical ability	<b>Multi-Skills</b> Fundamentals of moving Problem Solving	<b>Athletics</b> Technique Effort Confidence	<b>Net Games-</b> <b>Throwing and Hitting</b>





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<b>-swim competently, confidently and proficiently over a distance of at least 25 meters</b> <b>- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</b> <b>-perform safe self-rescue in different water-based situations.</b>						
5 Teacher	<b>Invasion Games</b> Football	<b>Dance</b>  Ballet / Contemporary 'Blushing Unit'	<b>Net &amp; Wall</b> <b>Games</b> Volleyball	<b>Striking &amp;Fielding</b> Softball	<b>Invasion Games</b>  Basketball	<b>Athletics</b> Sports day Preparation
PE Coach	<b>OAA Problem Solving</b> Problem solving Tactics Rules Physical ability	<b>Tag Rugby</b> Communication Tactics Rules Teamwork Physical Ability Leadership	<b>Gymnastics</b> Feedback Analysis Technique Physical ability	<b>Athletics</b> Technique Effort Confidence Rules	<b>Net &amp; Wall Games</b> <b>Tennis</b> Technique Feedback Respect  <b>Sports day Prep</b> Feedback Respect Understanding	<b>Striking &amp;Fielding</b> (Cricket & Rounders) Tactics Technique Rules Understanding
6 Teacher	<b>Invasion Games</b> Hockey	<b>Dance</b>  Ballet / Contemporary 'Blushing Unit'	<b>Net &amp; Wall</b> <b>Games</b> Volleyball	<b>Striking &amp;Fielding</b> Softball	<b>Invasion Games</b> Basketball	<b>Athletics</b> Sports day Preparation



PE Coach	<b>OAA Problem Solving</b> Problem solving Tactics Rules Physical ability	<b>Tag Rugby</b> Communication Tactics Rules Teamwork Physical Ability Leadership	<b>Gymnastics</b> Feedback Analysis Technique Physical ability	<b>Athletics</b> Technique Effort Confidence Rules	<b>Net &amp; Wall Games</b> <b>Tennis</b> Technique Feedback Respect  <b>Sports day Prep</b> Feedback Respect Understanding	<b>Striking &amp; Fielding</b> (Cricket & Rounders) Tactics Technique Rules Understanding
<b>Health and fitness</b> <ul style="list-style-type: none"> <li>• Are physically active for sustained periods of time</li> <li>• Lead healthy, active lives</li> <li>• Understand and apply the long-term health benefits of physical activity</li> <li>• Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle</li> </ul>						