



Rotherhithe Primary School PE Curriculum Map 2025-2026



| Year | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------------------|---|---|--|--|--|--|
| EYFS PE Coach | Multi-Skills Fundamental Movement Physical ability Confidence <i>Walking</i> <i>Jumping</i> <i>Running</i> <i>Hopping</i> <i>Skipping</i> <i>Throwing</i> <i>Catching</i> | Gymnastics Balance Physical ability Confidence <i>Rolling</i> <i>Crawling</i> <i>Walking</i> | Throwing and Catching Co-ordination Ball skills Technique Confidence <i>Jumping</i> <i>Running</i> <i>Hopping</i> <i>Climbing</i> <i>Kicking</i> <i>Dribbling</i> | Kicking with Feet Co-ordination Ball skills Technique Confidence <i>Jumping</i> <i>Running</i> <i>Hopping</i> <i>Climbing</i> <i>Kicking</i> <i>Dribbling</i> | Athletics <i>Throwing</i> <i>Catching</i> | Problem Solving Communication Rules Physical ability <i>Running</i> <i>Hopping</i> <i>Skipping</i> <i>Jumping</i> <i>Landing</i> |
| 1 Teacher | Invasion Games Throwing Aiming at a target | Dance 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 Communicate an idea Move to the rhythm of the music | Multi Skills Fundamental Movement Balance Master basic movements such as running, jumping | Invasion Games Sending and receiving Basketball | Net Games – Using a Racket | Athletics Sports day Preparation |



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|--------------|---|--|---|--|--|---|
| PE Coach | Multi Skills Coordination Agility Rules Master basic movements such as throwing and catching | Net Games Using a Racket Grip Focus Coordination | Gymnastics Feedback Analysis Technique | Invasion skills Throwing Towards a Target Technique Resilience Physical ability Confidence | Athletics Technique Effort Confidence Sports Day prep Feedback Rules Confidence | Problem Solving Teamwork Communication effort Physical Ability |
| 2 Teacher | Invasion Games Throwing Aiming at a target | Dance Mirror movements Choose movements to add together to make a dance Talk about how music and dancing makes them feel Say what they like about their own and other's movements | Multi Skills Fundamental Movement Balance Master basic movements such as running, jumping | Net Games Using a Racket | Athletics Sports day Preparation | Invasion Games Basketball Attack vs Defence |



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|--------------|---|--|--|--|---|---|
| PE Coach | Multi-Skills Fundamental movements and skills (Able to apply the ABCs with fluency in a range of activities) Feedback Confidence Technique | Invasion skills attack vs defence Problem Solving Leadership Confidence Understanding | Gymnastics Feedback Analysis Technique Physical ability | Athletics Technique Effort Confidence Physical ability | Problem Solving Orienteering Responsibility Understanding Rules Sports Day prep Rules Confidence | Net & Wall skills (Cricket) Technique Confidence Rules |
| 3 Teacher | Invasion Games Basketball/Handball | Dance Central School of Ballet / Contemporary 'Blushing Unit' Develop motifs and perform in groups | Multi Skills Fundamental Movement Balance | Net & Wall Games Volleyball | Striking & Fielding Softball | Athletics Sports day Preparation |
| PE Coach | OAA skills Problem solving Technique Tactics | Invasion Games Passing and Moving with Hands Tag Rugby Skills Communication Understanding Teamwork Physical Ability | Gymnastics Feedback Analysis Physical ability | Multi-Skills Fundamentals of moving Problem Solving Responsibility Confidence | Athletics Technique Effort Confidence Sports Day prep Feedback Respect Understanding | Net Games- Throwing and Hitting Tennis Skills Tactics Technique Rules |
| 4 | Multi Skills | Central School of Ballet / | SWIMMING | SWIMMING | Striking & Fielding Softball | Athletics |



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| Teacher | (Able to apply the ABCs with fluency in a range of activities) Feedback Confidence Technique | Contemporary 'Blushing Unit Use dynamics and space in choreography | swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations | swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations | | Sports day Preparation |
| PE Coach | OAA Problem Solving Problem solving Technique Tactics | Invasion Games - Football Communication Understanding Teamwork Physical Ability | Gymnastics Feedback Analysis Physical ability | Wall Games - Tennis Skills Tactics Technique Rules | Athletics Technique Effort Confidence Sports Day prep Feedback Respect Understanding | Striking Games – Batting and Bowling Technique Consistency |
| 5 Teacher | Invasion Games Football | Central School of Ballet / | Net & Wall Games Volleyball | Striking & Fielding Softball | Invasion Games | Athletics Sports day Preparation |



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| | | Contemporary 'Blushing Unit' Perform dances with expression and accuracy | | | Basketball | |
| PE Coach | OAA Problem Solving Problem solving Tactics Rules Physical ability | Tag Rugby Communication Tactics Rules Teamwork Physical Ability Leadership | Gymnastics Feedback Analysis Technique Physical ability | Athletics Technique Effort Confidence Rules | Net & Wall Games Tennis Technique Feedback Respect Sports day Prep Feedback Respect Understanding | Striking & Fielding (Cricket & Rounders) Tactics Technique Rules Understanding |
| 6 Teacher | Invasion Games Hockey | Dance Central School of Ballet / Contemporary 'Blushing Unit' Create and perform complex dance routines with evaluation | Net & Wall Games Volleyball | Striking & Fielding Softball | Invasion Games Basketball | Athletics Sports day Preparation |
| PE Coach | OAA Problem Solving Problem solving Tactics Rules | Tag Rugby Communication Tactics Rules Teamwork | Gymnastics Feedback Analysis Technique Physical ability | Athletics Technique Effort Confidence Rules | Net & Wall Games Tennis Technique Feedback Respect | Striking & Fielding (Cricket & Rounders) Tactics Technique Rules |

