

St Mary's PE Curriculum Map

Infants (Years 1 and 2) Cycle 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 1	Outdoor					
	Real PE Unit 3 Personal cog – stay on task & keep trying Skills: 5 - dynamic balance 4- static balance	Invasion games skills Social cog – help & encourage Skills: 12- Coordination - footwork	Real PE Unit 6 Cognitive cog – recognise & order Skills: 11 - ball chasing 3 - static balance (floor work)	Tennis skills Creative cog – compare & develop Skills: 10- reaction & response	Real PE Unit 5 Physical cog – perform simple sequences Skills: 8 - sending & receiving 12 – reaction & response	Throwing & catching Health and Fitness cog - practise safely Skills: 1 – static balance
	Indoor					
	Real Dance Personal cog – stay on task & keep trying	Real PE Unit 2 Social Cog– help & encourage Skills: 6 – jumping & landing 2 – static balance (seated)	Real Gym (1-6) Cognitive cog – recognise & order Balance & travel	Real PE Unit 4 Creative cog – compare & develop Skills: 9 – Coordination – ball skills 7 – Counter balance with a partner	Real Dance Physical cog – perform simple sequences	Swimming x 2 sessions Health and Fitness cog - practise safely
	Competition Opportunity					
	Games competition		Tennis skills competition	KS1 Dance show	Swimming gala	

Infants (Years 1 and 2) Cycle 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Cycle 2	Outdoor						
	Real PE Unit 1 Personal cog - stay on task & keep trying Skills: 10 – coordination footwork 1- static balance one leg	Invasion games skills Social cog – help & encourage Skills: 5 – dynamic balance on a line	Real PE Unit 5 Physical cog – perform simple sequences Skills: 8 - coordination 12 - agility	Tennis skills Cognitive cog – recognise & order Skills: 11-ball chasing 3 – static balance – floor work	Real PE Unit 4 Creative cog – compare & develop Skills: 9 – Coordination – ball skills 7 – counter balance with a partner	Running & jumping Health and Fitness cog - practise safely Skills: 6 – jumping & landing	
	Indoor						
	Real Dance Personal cog – stay on task & keep trying	Real PE Unit 2 Social cog – help & encourage Skills: 5 – jumping & landing 2 – static balance - seated	Real Gym Physical cog – perform simple sequences Balance & travel	Real PE Unit 3 Cognitive cog – recognise & order Skills: 5– dynamic balance on a line 4 – static balance - stance	Real Gym (7-12) Creative cog – compare & develop Flight & rotation	Swimming x 2 sessions Health and Fitness cog - practise safely	
Competition Opportunity							
KS1 dance show	Games competition		Tennis skills competition		Swimming gala		

Lower Juniors (Years 3 and 4) Cycle 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 1	Outdoor					
	Real PE – Unit 1 Personal cog – Take control Skills: 10 – footwork 1 – static balance	Basketball skills Social cog- work well with others Skills: 9 – coordination – ball skills	Invasion games Cognitive cog-explain why Skills: 10 - footwork	Real PE – Unit 4 Creative cog – recognise and respond Skills: 8-coordination-sending and receiving 7-counterbalance with a partner	Real PE - Unit 5 Physical cog-perform with control 12 – Agility reaction & response 3 – static balance floor	Real PE – Unit 6 Health & fitness cog – explain why Skills: 11 – Agility ball chasing 4 – Static balance stance
	Indoor					
	Real Gym (1-6) Personal cog – take control Balance & rotation	Real PE – Unit 2 Social cog- work well with others Skills: 6-Jumping and landing 2 – static balance seated	Real PE – Unit 3 Cognitive cog-explain why Skills: 5 – dynamic balance on a line 9 – coordination ball skills	Real Gym Creative cog – recognise and respond Flight & travel	Real Dance Physical cog-perform with control	Swimming x 2 sessions Health & fitness cog – explain why
	Competition Opportunity					
	Basketball competition	Games competition		Dance show	Swimming gala	

Lower Juniors (Years 3 and 4) Cycle 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 2	Outdoor					
	Real PE – Unit 1 Personal cog –take control Skills: 10 – footwork 1 – static balance	Hockey skills Social cog – work well with others Skills: 11- agility-ball chasing	Netball skills Cognitive cog – explain why Skills: 9 – coordination – ball skills	Real PE – Unit 4 Creative cog – recognise and respond Skills: 8 – coordination 7 – counter balance with partner	Real PE - Unit 5 Physical cog – perform with control Skills: 12- Agility-reaction & response 3-Static balance-floor work	Tennis skills Health & fitness cog – explain why Skills: 10 - footwork
	Indoor					
	Real Gym (1-6) Personal cog –take control Travel & rotation	Real PE – Unit 2 Social cog – work well with others Skills: 6 – jumping & landing 2 – static balance seated	Real PE –Unit 3 Cognitive cog – explain why Skills: 5 – dynamic balance on a line 9 – coordination ball skills	Real Gym (7-12) Creative cog – recognise and respond Balance & Flight	Real Dance Physical cog – perform with control	Swimming x 2 sessions Health & fitness cog – explain why
Competition Opportunity						
	Hockey tournament	Netball competition		Dance show	Tennis competition Swimming gala	

Upper juniors (Years 5 and 6) Cycle 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Cycle 1	Outdoor						
	Netball Social cog –organise & guide others Skills: 4- static balance stance 10 – coordination footwork	Rugby Creative cog – refine & change Skills: 9 – coordination – ball skills	Real PE – Unit 5 Health & Fitness cog – Explain how to exercise Skills: 4- static balance stance 10 – coordination footwork	Basketball Cognitive cog – describe how to improve Skills: 9 – coordination – ball skills	Athletics Physical cog –link with quality Skills: 5 – dynamic balance on a line 6 – dynamic balance – jumping & landing	Kwik cricket / rounders Personal cog- Consistently try to improve Skills: 12 – agility reaction & response 11-Ball chasing Outdoor and Adventurous (covered in PGL week)	
	Indoor						
	Real PE – Unit 3 Social cog –organise & guide others Skills: 5 – dynamic balance on a line 7 – counter balance in pairs	Real Dance Creative cog – refine & change Skills: 2 – static balance seated 3 – static balance floor	Real Gym (7-12) Health & Fitness cog – Explain how to exercise Balance & flight (Acrobatic sequences & climbing sequences)	Real Gym – weeks 7-12 Cognitive cog – describe how to improve Balance & flight (Acrobatic sequences & climbing sequences)	Real PE – Unit 4 Physical cog –link with quality Skills: 6 – dynamic balance to agility 1 – static balance one leg	Swimming x 2 sessions Personal cog- Consistently try to improve	
Competition Opportunity							
Netball tournament	Rugby tournament / Dance show			Basketball competition	Quadkids athletics competition	Kwik cricket / rounders comp Swimming gala	

Upper juniors (Years 5 and 6) Cycle 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle 2	Outdoor					
	Real PE – Unit 1 Cognitive cog – describe how to improve Skills: 9 – coordination ball skills 12 – agility reaction & response	Hockey Creative cog – refine & change Skills: 8 – coordination sending & receiving 12 – agility reaction & response	Football Social cog –organise & guide others Skills: 5 – dynamic balance on a line 6-Dynamic balance-jumping & landing	Real PE - Unit 6 Personal cog- Consistently try to improve Skills: 8-Coordination-sending & receiving 11-Ball chasing	Tennis Physical cog –link with quality Real PE skills: 10-Coordination - footwork	Kwik cricket /rounders Health & Fitness cog – Explain how to exercise Skills: 12 – agility reaction & response 11-Ball chasing Outdoor and Adventurous (covered in PGL week)
	Indoor					
	Real Gym (1-6) Cognitive cog – describe how to improve Rotation & travel (hand and low apparatus)	Real PE – Unit 2 Creative cog – refine & change Skills: 2 – static balance seated 3 – static balance floor	Real Dance Social cog –organise & guide others Skills: 1 – static balance one leg	Yoga Personal cog- Consistently try to improve Skills: 3 – static balance floor 4- static balance stance	Real Gym (7-12) Physical cog –link with quality Skills: Balance & rotation (partner work & large apparatus 7 – counter balance in pairs	Swimming x 2 sessions Health & Fitness cog – Explain how to exercise
Competition Opportunity						
	Hockey tournament	Football tournament		Tennis competition	Kwik cricket competition Swimming gala	