

Riverside Primary School and Nursery
Curriculum Map for Physical Education
2025 - 2026



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Revise and refine the fundamental movement skills they have already acquired: Rolling Crawling Walking Jumping Running Hopping Skipping Climbing Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: Pencils for drawing and writing,	Develop their overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools:	Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Further develop the skills they need to manage the school day successfully: Lining up and queuing Mealtimes	Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. Further develop the skills they need to manage the school day successfully: Lining up and queuing Mealtimes	Develop overall body-strength, balance, co-ordination and agility. Develop the foundations of a handwriting style which is fast, accurate and efficient. Further develop the skills they need to manage the school day successfully: Lining up and queuing Mealtimes	Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.

Reception cont	paintbrushes, scissors, knives, forks and spoons. Further develop the skills they need to manage the school day successfully: Lining up and queuing Mealtimes	Pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. Further develop the skills they need to manage the school day successfully: Lining up and queuing Mealtimes	MNR Fitness in to deliver a 6 week Multi Skills themed scheme of work			Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing.
	REAL PE Unit 1 Personal - Improving personal best and improving resilience	REAL PE Unit 2 Social - Following instructions and asking for help when needed				REAL PE Unit 3 Cognitive - Evaluating and improving performance

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Year 1	GYMNASTICS - Unit D Flight: bouncing, jumping and landing	GYMNASTICS - Unit E Points and Patches	DANCE - Fog and sunshine, Washing Day, Handa's Surprise	GYMNASTICS - Unit F Rocking and Rolling	DANCE - Rainbow Fish, Going on a Bear Hunt	ATHLETICS
Year 1	REAL PE - Unit 1 Personal - Improving personal best and improving resilience	REAL PE - Unit 2 Social - Following instructions and asking for help when needed	REAL PE - Unit 3 Cognitive - Evaluating and Improving Performance	REAL PE - Unit 4 Creative - Selecting and linking movements together to fit a theme	REAL PE - Unit 5 Physical - Performing and linking movements with control	REAL PE - Unit 6 Health and Fitness - Why exercise is important for good health
Year 2	GYMNASTICS - Unit H Parts High and Parts Low Swimming for 4 weeks	GYMNASTICS - Unit I Pathways, Straight, Zig-Zag and Curving	DANCE - Unit 3 Words and Word Messages, Three Little Pigs	GYMNASTICS - Unit J Turning, Spinning and Twisting	GYMNASTICS - Unit K Linking movements together	DANCE - Unit 4 Traditional English Country Dances
Year 2	REAL PE - Unit 1 - Personal - Challenging yourself and	REAL PE - Unit 2 - Social - Praising and encouraging	REAL PE - Unit 3 - Cognitive - Looking at how to improve in	REAL PE - Unit 4 - Creative - Making up rules and versions of	REAL PE - Unit 5 - Physical - Selecting and Applying a	REAL PE - Unit 6 - Health and Fitness - Explaining the

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	asking when appropriate	others	activities	activities	range of skills with control and consistency	need to warm up and cool down
Year 3	GYMNASTICS - Unit L Stretching, Curling and Arching (Val Sabin) Swimming for 4 weeks	GYMNASTICS - Unit M Symmetry and Asymmetry (Val Sabin)	DANCE- Unit 1 Who Am I? and The Language of Dance (Val Sabin)	GYMNASTICS - Unit N Pathways (Val Sabin)	GYMNASTICS - Unit 10 Travelling with change of front and change of direction (Val Sabin)	DANCE - Unit 2 The Explorers and The Hornpipe (Val Sabin)
Year 3	BALL SKILLS (Val Sabin)	OUTDOOR AND ADVENTUROUS ACTIVITIES (OAA) TWINKL on G And T DRIVE	NET and WALL GAMES (Val Sabin)	ATHLETICS (Val Sabin)	ATHLETICS (Val Sabin)	STRIKING AND FIELDING GAMES (Val Sabin)
Year 4	GYMNASTICS - Unit P Balance Swimming for 4	DANCE - Jane Douglass to deliver Dance Festival Theme (To be confirmed October 2025) Unit 1 These Shoes are made for Walking,	DANCE FESTIVAL PRACTICE	GYMNASTICS - Unit R Balance leading into change of Front or Direction	GYMNASTICS - Unit S Rolling	GYMNASTICS - Unit Q Receiving Body Weight

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	weeks	Giraffes can't Dance and Incognito				
Year 4	ATHLETICS	INVASION GAMES	NET/COURT/WALL GAMES	OUTDOOR AND ADVENTUROUS ACTIVITIES	STRIKING AND FIELDING GAMES	ATHLETICS
Year 5	GYMNASTICS - Unit T Bridges Swimming for 4 weeks	DANCE - Unit 1 Rubbish	GYMNASTICS - Unit U Flight	GYMNASTICS - Unit V Functional use of the limbs	GYMNASTICS - Unit W Spinning and Turning	DANCE - Unit 2 What a Card and Word Power
Year 5	NET/COURT/WALL GAMES	INVASION GAMES	HOCKEY/FOOTBALL	STRIKING/FIELDING TERM 4	ATHLETICS Running, Jumping and Throwing Techniques	ATHLETICS Improving on Personal Best
Year 6	GYMNASTICS - Unit X Working together - Matching, Mirroring and Contrasting (Val Sabin)	GYMNASTICS - Unit Y Working together - Synchronisation and Canon (Val Sabin)	SWIMMING - TOP UP SWIMMING AT ST PIRANS	SWIMMING - TOP UP SWIMMING AT ST PIRANS	SWIMMING - TOP UP SWIMMING AT ST PIRANS	SWIMMING - TOP UP SWIMMING AT ST PIRANS

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	Swimming for 4 weeks					
Year 6	HOCKEY/FOOT BALL	INVASION GAMES / BASKETBALL	INVASION GAMES / NETBALL	ATHLETICS RUNNING JUMPING AND THROWING TECHNIQUES	ROUNDERS	CRICKET

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EYFS links to ...

Development Matters	Statements
ELG	Statement