

EGPS PE Curriculum Map 2023-24

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|---|---|--|---|--|---|
| R | UNIT: Personal FMS: Co-ordination Footwork Static Balance One Leg Running, Jumping, Throwing | UNIT: Social FMS: Dynamic Balance to Agility Jumping and Landing Static Balance Seated Dribbling, Hitting, Kicking | UNIT: Cognitive FMS: Balance On a line Static Balance Stance Gymnastics | UNIT: Creative FMS: Co-ordination Ball Skills Counter Balance With a partner Dance | UNIT: Physical FMS: Coordination Sending and Receiving Agility Reaction/Response Sending and Receiving | UNIT: Health & Fitness FMS: Agility Ball Chasing Balance Floor work Athletics |
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| 3 | UNIT: Personal FMS: Co-ordination Footwork Static Balance One Leg Athletics Invasion Games- Endball | UNIT: Social FMS: Balance Seated Agility Jumping & Landing Invasion Games-Basketball | UNIT: Cognitive FMS: Balance On a line Co-ordination Ball Skills Gymnastics/Dance | UNIT: Creative FMS: Co-ordination Sending & Receiving Counter Balance With a partner Net Wall Games | UNIT: Physical FMS: Agility Reaction & Response Static Balance Floorwork Striking and Fielding | UNIT: Health & Fitness FMS: Agility Ball Chasing Static Balance Stance Invasion Games |
| 4 | UNIT: Personal FMS: Co-ordination Footwork Balance One Leg Athletics Invasion Games- Endball | UNIT: Social FMS: Balance Seated Agility Jumping & Landing Invasion Games-Basketball | UNIT: Cognitive FMS: Balance On a line Co-ordination Ball Skills Gymnastics/Dance | UNIT: Creative FMS: Co-ordination Sending & Receiving Balance With a partner Net Wall Games | UNIT: Physical FMS: Agility Reaction & Response Balance Floorwork Striking and Fielding | UNIT: Health & Fitness FMS: Agility Ball Chasing Balance Stance Invasion Games |
| 5 | UNIT: Personal FMS: Agility Reaction/Response Co-ordination Ball Skills Athletics Invasion Games - Netball | UNIT: Social FMS: Dynamic Balance On a line Counter Balance With a partner Invasion Games- Basketball | UNIT: Cognitive FMS: Co-ordination Footwork Static Balance Stance Gymnastics/Dance | UNIT: Creative FMS: Balance Seated/ Floor Work Net Wall Games | UNIT: Physical FMS: Balance One leg Agility Jumping & landing. Striking and Fielding | UNIT: Health & Fitness FMS: Agility Ball Chasing Co-ordination Sending & Receiving Invasion Games |
| 6 | UNIT: Personal FMS: Agility Reaction/Response Co-ordination Ball Skills Athletics Invasion Games - Netball | UNIT: Social FMS: Dynamic Balance On a line Counter Balance With a partner Invasion Games - Basketball | UNIT: Cognitive FMS: Co-ordination Footwork Static Balance Stance Gymnastics/Dance | UNIT: Creative FMS: Balance Seated/ Floor Work Net Wall Games | UNIT: Physical FMS: Balance One leg Agility Jumping & landing. Striking and Fielding | UNIT: Health & Fitness FMS: Agility Ball Chasing Co-ordination Sending & Receiving Invasion Games |

*FMS – Fundamental Movement Skills