

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
1	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: Dynamic 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
2	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: Dynamic 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 Static Balance Floor Work Athletics
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 Outdoor Adventurous Activities	UNIT: Health & Fitness FMS: Agility Ball Chasing Static Balance Stance Striking and Fielding
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 Outdoor Adventurous Activities	UNIT: Health & Fitness FMS: Agility Ball Chasing Balance Stance Striking and Fielding
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. Outdoor Adventurous Activities	UNIT: Health & Fitness FMS: Agility Ball Chasing Co-ordination Sending & Receiving Striking and Fielding
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. Outdoor Adventurous Activities	UNIT: Health & Fitness FMS: Agility Ball Chasing Co-ordination Sending & Receiving Striking and Fielding

*FMS – Fundamental Movement Skills