EGPS PE Curriculum Map 2024-25

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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| R | UNIT: Personal FMS:**Co-ordination** Footwork**Balance** One LegThe Birthday Bike Surprise Pirate Pranks**Running, Jumping, Throwing** | UNIT: SocialFMS:**Dynamic Balance to Agility** Jumping and Landing **Static Balance** Seated Journey to the Blue Planet Monkey Business**Dribbling, Hitting, Kicking** | UNIT: Cognitive FMS:**Balance** On a line **Static Balance** Stance Tilly the train’s big dayThembi walks the Tightrope **Gymnastics** | UNIT: Creative FMS:**Co-ordination** Ball Skills **Counter Balance** With a partner Clowning AroundWendy’s Water-ski Challenge **Dance/Team building** | UNIT: Physical FMS:**Coordination** Sending and Receiving**Agility** Reaction/Response John & Jasmine Learn to Juggle Ringo to the Rescue**Sending and Receiving** | UNIT: Health & Fitness FMS:**Agility** Ball Chasing**Balance** Floor workSammy Squirrel and his Rolling Nuts Casper the very Clever Cat**Games** |
| 1 | UNIT: Personal FMS:**Co-ordination** Footwork**Static Balance** One Leg The Birthday Bike Surprise Pirate Pranks**Running, Jumping, Throwing** | UNIT: Social FMS:**Dynamic Balance to Agility** Jumping and Landing **Static Balance** Seated Journey to the Blue Planet Monkey Business**Dribbling, Hitting, Kicking** | UNIT: Cognitive FMS:**Dynamic Balance** On a line**Static Balance** StanceTilly the train’s big day Thembi walks the Tightrope **Gymnastics** | UNIT: Creative FMS:**Co-ordination** Ball Skills **Counter Balance** With a partner Clowning AroundWendy’s Water-ski Challenge **Dance/Team building** | UNIT: Physical FMS:**Coordination** Sending and Receiving**Agility** Reaction/Response John & Jasmine Learn to Juggle Ringo to the Rescue**Sending and Receiving** | UNIT: Health & Fitness FMS:**Agility** Ball Chasing**Balance** Floor workSammy Squirrel and his Rolling Nuts Casper the very Clever Cat**Striking & fielding** |
| 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/Team building** | UNIT: Physical FMS:**Coordination** Sending and Receiving**Agility** Reaction/Response **Sending and Receiving/Endball** | UNIT: Health & Fitness FMS:**Agility** Ball Chasing**Static Balance** Floor Work **Striking & fielding** |
| 3 | UNIT: Personal FMS:**Co-ordination** Footwork **Balance** One Leg **Athletics(5)/OAA(4)** | UNIT: Social FMS:**Balance** Seated**Agility** Jumping & Landing**Invasion Games(5)-Endball** | UNIT: Cognitive FMS:**Balance** On a line**Co-ordination** Ball Skills **Gymnastics(5)/Dance(4)** | UNIT: Creative FMS:**Co-ordination** Sending & Receiving**Balance** With a partner **Golf(4)** | UNIT: Physical FMS:**Agility** Reaction & Response **Balance** Floorwork **Invasion games(4)- Handball** | UNIT: Health & Fitness FMS:**Agility** Ball Chasing **Balance** Stance **Striking and Fielding(5)- Cricket/ 2 Sports day** |
| 4 | UNIT: Personal FMS:**Co-ordination** Footwork **Balance** One Leg**Athletics(5)/OAA(4)** |  UNIT: Social FMS:**Balance** Seated**Agility** Jumping & Landing**Invasion Games(5)-Basketball** | UNIT: Cognitive FMS:**Balance** On a line**Co-ordination** Ball Skills **Gymnastics(5)/Dance(4)** | UNIT: Creative FMS:**Co-ordination** Sending & Receiving**Balance** With a partner **Golf(4)** | UNIT: Physical FMS:**Agility** Reaction & Response **Balance** Floorwork **Invasion games(4)- Tag rugby** | UNIT: Health & Fitness FMS:**Agility** Ball Chasing **Balance** Stance **Striking and Fielding(5)- Cricket/ 2 Sports day** |
| 5 | UNIT: Personal FMS:**Agility** Reaction/Response**Co-ordination** Ball Skills**Athletics(5)/ OAA(4)** | UNIT: Social FMS:**Balance**On a line/With a partner **Invasion Games(5)- Netball** | UNIT: Cognitive FMS:**Co-ordination** Footwork**Static Balance** Stance **Gymnastics(5)/Dance(4)** | UNIT: Creative FMS:**Static Balance** Seated/ Floor Work **Net wall games(4)- Tennis**  | UNIT: Physical FMS:**Dynamic Balance** One leg/ Jumping & landing **Invasion Games(4)- American football** | UNIT: Health & Fitness FMS:**Agility** Ball Chasing**Co-ordination** Sending and Receiving **Striking and Fielding(5)- Rounders****2 Sports day** |
| 6 | UNIT: Personal FMS:**Agility** Ball Chasing**Co-ordination** Sending & Receiving **Athletics(5)/OAA(4)** | UNIT: Social FMS:**Balance**On a line/With a partner **Invasion Games(5) (Basketball)** | UNIT: Cognitive FMS:**Co-ordination** Ball Skills **Agility** Reaction & Response **Gymnastics(5)/Dance(4)** | UNIT: Creative FMS:**Static Balance** Seated/ Floor Work **Net wall games(4)- Tennis** | UNIT: Physical FMS:**Balance** One leg/ Jumping & landing **Invasion games(4)- Hockey** | UNIT: Health & Fitness FMS:**Agility** Ball Chasing**Co-ordination** Sending and Receiving **Striking and Fielding(5)- Rounders****2 Sports day** |

\*FMS – Fundamental Movement Skills