\*FMS – Fundamental Movement Skills

EGPS PE Curriculum Map

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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 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:  **Balance** On a line **Static Balance** Stance Tilly the train’s big day  Thembi walks the Tightrope  **Gymnastics** | | UNIT: Creative FMS:  **Co-ordination** Ball Skills **Counter Balance** With a partner Clowning Around  Wendy’s Water-ski Challenge  **Dance** | | 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 work  Sammy Squirrel and his Rolling Nuts Casper the very Clever Cat  **Athletics** | |
| 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** Stance  Tilly the train’s big day Thembi walks the Tightrope  **Gymnastics** | | UNIT: Creative FMS:  **Co-ordination** Ball Skills **Counter Balance** With a partner Clowning Around  Wendy’s Water-ski Challenge  **Dance** | | 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 work  Sammy Squirrel and his Rolling Nuts Casper the very Clever Cat  **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 **Balance** One Leg  **Invasion Games/Tri Golf** | 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  **Athletics** | | UNIT: Physical FMS:  **Agility** Reaction & Response **Balance** Floorwork  **Net Wall Games** | | UNIT: Health & Fitness FMS:  **Agility** Ball Chasing **Balance** Stance  **Striking and Fielding** | |
| 4 | UNIT: Personal FMS:  **Co-ordination** Footwork **Balance** One Leg  **Invasion Games/Tri Golf** | 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  **Athletics** | | UNIT: Physical FMS:  **Agility** Reaction & Response **Balance** Floorwork  **Net Wall Games** | | UNIT: Health & Fitness FMS:  **Agility** Ball Chasing **Balance** Stance  **Striking and Fielding** | |
| 5 | UNIT: Personal FMS:  **Agility** Reaction/Response  **Co-ordination** Ball Skills  **Invasion Games (Netball)/Athletics** | UNIT:  Social  FMS:  **Balance**  On a line/With a partner  **Invasion Games (Basketball)** | | UNIT: Cognitive  FMS:  **Co-ordination** Footwork  **Static Balance** Stance  **Gymnastics/Dance** | | UNIT: Creative FMS:  **Static Balance** Seated/ Floor Work  **Invasion Games Hockey,**  **Tag Rugby)** | | UNIT: Physical FMS:  **Dynamic Balance** One leg/ Jumping & landing  **Net Wall Games** | | UNIT: Health & Fitness  FMS:  **Agility** Ball Chasing  **Co-ordination** Sending and Receiving  **Striking and Fielding** | |
| 6 | UNIT: Personal FMS:  **Agility** Ball Chasing  **Co-ordination** Sending & Receiving  **Invasion Games (Netball)/**  **Athletics** | UNIT: Social FMS:  **Balance**  On a line/With a partner  **Invasion Games (Basketball)** | UNIT: Cognitive  FMS:  **Co-ordination** Ball Skills **Agility** Reaction & Response  **Gymnastics/Dance** | | UNIT: Creative FMS:  **Static Balance** Seated/ Floor Work  **Invasion Games – Hockey, Tag Rugby** | | UNIT: Physical FMS:  **Balance** One leg/ Jumping & landing  **Net Wall Games** | | UNIT: Health & Fitness  FMS:  **Agility** Ball Chasing  **Co-ordination** Sending and Receiving  **Striking and Fielding** | |