EGPS PE Curriculum Map 2022-23

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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** | 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**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** 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** | 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**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 **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** |
| 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 **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: Cognitive FMS:**Co-ordination** Ball Skills **Agility** Reaction & Response **Invasion Games (Netball)/****Athletics** | UNIT: Creative FMS:**Balance** Seated/ Floor Work **Invasion Games (Basketball)** | UNIT: Social FMS:**Balance**On a line/With a partner **Gymnastics/Dance** | UNIT: Physical FMS:**Balance** One leg/ Jumping & landing **Net Wall Games** | UNIT: Health & Fitness FMS:**Balance** Stance**Co-ordination** Footwork**Striking and Fielding** |  UNIT: Personal FMS:**Agility** Ball Chasing**Co-ordination** Sending & Receiving **Invasion Games** |
| 6 | UNIT: Cognitive FMS:**Co-ordination** Ball Skills **Agility** Reaction & Response **Invasion Games (Netball)/****Athletics** | UNIT: Creative FMS:**Balance** Seated/ Floor Work **Invasion Games (Basketball)** | UNIT: Social FMS:**Balance**On a line/With a partner **Gymnastics/Dance** | UNIT: Physical FMS:**Balance** One leg/ Jumping & landing **Net Wall Games** | UNIT: Health & Fitness FMS:**Balance** Stance**Co-ordination** Footwork**Striking and Fielding** |  UNIT: Personal FMS:**Agility** Ball Chasing**Co-ordination** Sending & Receiving **Invasion Games** |

\*FMS – Fundamental Movement Skills