

PE Theme Map 2022-2023



| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------------|---|--|---|--|--|--|
| Year 1 | Indoor- Gymnastics - Balancing and spinning on points and patches Outdoor- Fundamental movement skills 1 | Indoor- Dance - Animals Outdoor- Invasion game skills 1 | Indoor- Gymnastics - Pathways - small and long Outdoor- Net and wall game skills 1 | Indoor- Dance - Mini beasts Outdoor- Target games 2 | Indoor- Gymnastics - Wide, narrow and curled rolling and balancing Outdoor- Athletics 2 | Indoor- Dance - Under the sea Outdoor- Striking and fielding game skills 1 |
| Year 2 | Indoor- Dance - Fire of London Outdoor- Fundamental movement skills 2 | Indoor- Gymnastics - Pathways: straight, zipzag and curving Outdoor- Invasion game skills 2 | Indoor- Dance - Pirates Outdoor- Net and wall game skills 2 | Indoor- Gymnastics - Spinning, turning and twisting Outdoor- Target games 3 | Indoor- Dance - TBC Outdoor- Athletics 2 | Indoor- Gymnastics - Stretching, curling and arching Outdoor- Striking and fielding game skills 2 |
| Year 3 | Indoor- Gymnastics - Linking movements together Outdoor- OAA | Indoor- Dance - Romans Outdoor- Handball | Indoor- Gymnastics - Receiving body weight Outdoor- Netball | Indoor- Dance - Space Outdoor- Invasion Games 3 | Indoor- Gymnastics - Symmetry and asymmetry Outdoor- Athletics | Indoor- Badminton Outdoor- Rounders |
| Year 4 | Indoor- Dance - Vikings Outdoor- Hockey | Indoor- Gymnastics - Arching and bridges Outdoor- Tag rugby | Indoor- Dance - Dance around the world Outdoor- Basketball | Indoor- Gymnastics - Partner work - Pushing and pulling Outdoor- Cricket | Indoor- Dodgeball Outdoor- Athletics | Indoor- Gymnastics - Rolling and travelling low Outdoor- Tennis |
| | 4 Birch- Swimming | | 4 Larch- Swimming | | 4 Rowan- Swimming | |
| Year 5 | Indoor- Gymnastics - Matching, mirroring and contrast Outdoor- OAA | Indoor- Dance - British Values Outdoor- Handball | Indoor- Gymnastics - Partner work - Under and over Outdoor- Netball | Indoor- Dance - Dance through the ages Outdoor- Invasion Games 4 | Indoor- Gymnastics - Synchronisation and canon Outdoor- Athletics | Indoor- Badminton Outdoor- Rounders |
| | 5 Aspen- Swimming | | | | | |
| Year 6 | Indoor- Dance - World War 2 Outdoor- Hockey | Indoor- Gymnastics - Counter balance and counter tension Outdoor- Tag rugby | Indoor- Dance - The Victorians Outdoor- Basketball | Indoor- Gymnastics - Flight Outdoor- Cricket | Indoor- Dodgeball Outdoor- Athletics | Indoor- Gymnastics - Group sequencing Outdoor- Tennis |