

# PE Curriculum Map 2023-24

We aim for 2 hours of physical activity each week, through lessons and other physical activities.



Premier Sports will teach Years 1 and 2 on a Tuesday

Stevenage FC Foundation will teach Years 3 and 4 on a Wednesday

Premier Sports will teach Year 5 and Year 6 on a Thursday

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Agility, space and movement	Catching and throwing	Skill based challenges	Dance (Fairy Tales)	Gymnastics	Athletics
Year 1	Gymnastics 1 PBA: Flamingo hop balance	Gymnastics 2 PBA: Caterpillar shape	Dance 2 PBA: Skipping cones	Gymnastics 3 PBA: Two feet high	Games 3 PBA: Avoid the defender	Games 4 PBA: Narrow shot
	Games 1 PBA: Zig zag	Dance 1 PBA: Leg balance	Games 2 PBA: Flipping pancakes	Dance 3 PBA: Cone flip	Athletics PBA: Beans in a bag	Games 5 PBA: Clock jump
Year 2	Gymnastics 1 PBA: Star jumps	Gymnastics 2 PBA: Ups	Dance 2 PBA: Side step zig zag	Gymnastics 3 PBA: Tip toes	Games 4 PBA: Land in the square	Games 5 PBA: Rolling ball
	Games 1 PBA: Roller ball	Dance 1 PBA: Line walk	Games 2 PBA: Move the six	Games 3 PBA: Coffee beans	Dance 3 PBA: Ball top run	Athletics PBA: Bean drop
Year 3	Hockey PBA: Hockey dribble	Tag Rugby PBA: Fly try	Football PBA: Speed dribble	Netball PBA: Sharp shooter	Cricket PBA: Ball swap	Athletics PBA: Standing jump
	Gym 1 PBA: Arch challenge	Dance 1 PBA: Dish challenge	Gym 2 PBA: Front support	Swimming	Dance 2 PBA: Balance high	Gym 3/Dance 3
Year 4	Basketball PBA: Quick bounce	Handball PBA: Handball pass	Football PBA: Speed dribble	Tennis PBA: Tennis tap up	Rounders PBA: Clap catch	Athletics PBA: Baton grab
	Dance 1 PBA: Quick jump	Gym 1 PBA: Arabesque challenge	Dance 2 PBA: High obstacle	Gym 2 PBA: plant and squat	Dance 3 PBA: Pyramid challenge	Gym 3 PBA: Half turn
Year 5	Hockey PBA: Target hockey	Netball PBA: Pass and shoot	Football PBA: Target football	Swimming	Cricket PBA: Target bowling	Athletics PBA: Sprint
	Gym 1 PBA: Press ups	Dance 1 PBA: Flick! Catch!	Gym 2 PBA: Sit ups	Dance 2 PBA: Take the gold	Gym 3 PBA: One foot, two foot	Dance 3 PBA: Skip, run, hop
Year 6	O and A PBA: Burpees	Handball PBA: Dribble and pass	Basketball PBA: Dribble and shoot	Athletics PBA: Five is the number	Tennis PBA: Target tennis	Rounders PBA: Long throw
	Gym 1 PBA: Crab run	Dance 1 PBA: Bunny run	Gym 2 PBA: Squat jump tower	Dance 2 PBA: Robin hood	Gym 3 PBA: Caterpillar metamorphosis	Dance 3 PBA: High balance beans
