





Christ The King Federation

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St Francis and St Joseph's Catholic Primary Schools
Executive Headteacher: Mrs S. Ginzler-Maher

PE Curriculum Map September 2022 - July 2023 - St. Joseph's - KS1

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 1	Sport - Ballet	Sport - Unit 1:1 Multi-	Sport - Unit 1:3	Sport - Unit 1:4	Sport - Unit 1:5	Sport - Unit 1:6
	Health – Body Parts and	skills	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching	Active Athletics
	their Functions	Health – Healthy minds	Health – Hygiene,	Health – Body	Health – Relationships	Health – Diet and
	Fitness – Boot Camp	and emotions	medicine and	protectors and body	with others	Vitamins
		Fitness – Mighty	exercise	changes	Fitness – Cool Core	Fitness – Fitness
		movers (running)	Fitness – Skip to the	Fitness – Gymfit	(strength)	Frenzy
			beat	circuits		
Year 2	Sport – Unit 2:1 Multi skills	Sport – Unit 2:3 Groovy	Sport – Ballet	Sport – Unit 2:4	Sport – Swimming and	Sport – Swimming
	Health – Body parts and	Gymnastics	Health – Healthy	Brilliant Ball Skills	throwing and catching	and active
	their functions	Health – Healthy Minds	Minds	Health – Hygiene	Health – Relationships	athletics
	Fitness – Boot Camp	and emotions	Fitness – Skip to the	and medicine	with others	Health – Diet and
		Fitness – Mighty	beat	Fitness – Gymfit	Fitness – Cool Core	Vitamins
		movers (running)		circuits	strength	Fitness – Fitness
						frenzy

PE Proposed Curriculum Map 2021 - St. Joseph's -KS2

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 3	Sport - Ballet	Sport - Unit 3:1 Multi-	Sport - Swimming	Sport - Swimming	Sport - Swimming and -	Sport – Swimming
	Health – Body Parts and	skills	and Groovy	and Unit 3:4 Brilliant	Unit 3:5 Throwing and	and Unit 3:6 Active
	their Functions	Health – Healthy minds	Gymnastics	Ball Skills	Catching	Athletics
	Fitness – Boot Camp	and emotions	Health – Hygiene,	Health – Body	Health – Relationships	Health – Diet and
		Fitness – Mighty	medicine and	protectors and body	with others	Vitamins
		movers (running)	exercise	changes	Fitness – Fitness frenzy	
			Fitness – Skip to the	Fitness – Gymfit		
			beat	circuits		
Year 4	Sport – Unit 4:1 Invaders	Sport – Ballet	Sport – Swimming	Sport – Swimming	Sport –throwing and	Sport – Active
	Health – Healthy Body:	and Unit 4:3 Groovy	Health – Healthy	and Unit 2:4 Brilliant	catching	athletics
	inside out	Gymnastics	Minds	Ball Skills	Health – Relationships	Health – Diet and
	Fitness – Boot Camp	Health – Healthy Minds	Fitness – Skip to the	Health – Hygiene	with others	Vitamins
		and emotions	beat	and medicine		Fitness – Fitness
		Fitness – Mighty		Fitness – Gymfit		frenzy
		movers (running)		circuits		
Year 5	Sport – Swimming and Unit	Sport – Swimming and	Sport – Ballet	Sport – Unit 5.4	Sport – Unit 5.5 Nimble	Sport – Unit 5.6
	5:1 - Invaders	Unit 5:3 – Gym	Health – Healthy	Striking and Fielding	nets	Young Olympians
	Health – Healthy body:-	Sequences	Lifestyle – You are	Health – Healthy	Health – Healthy mind:	Health – Healthy
	Inside out	Health – Healthy Mind	what you eat!	body: blood and	healthy body	lifestyle – Germ
	Fitness – Boot Camp	going for goals	Fitness – Step to the	guts	Fitness – Cool Core	busters!
		Fitness – Might Movers	beat!	Fitness – Gymfit	(Pilates)	Fitness – Fitness
		(boxercise)		circuits		Frenzy
Year 6	Sport – Swimming and Unit	Sport - Swimming and	Sport – Ballet	Sport – Unit 6.4 –	Sport Unit 6.5 – Nimble	Sport – Unit 6.6
	6:1 - Invaders	Unit 6.3 – Gym	Health – Healthy	Striking and Fielding	Nets	Young Olympians
	Health – Healthy body:-	Sequences	Lifestyle – You are	Health – Healthy	Health – Healthy mind:	Health – Healthy
	Inside out	Health - Health -	what you eat!	body: blood and	healthy body	lifestyle – Germ
	Fitness – Boot Camp	Healthy Mind – going	Fitness – Step to the	guts	Fitness – Cool Core	busters!
		for goals	beat!	Fitness – Gymfit	(Pilates)	Fitness – Fitness
		Fitness – Might Movers		circuits		Frenzy
		(boxercise)				

PE Proposed Curriculum Map 2021 - St. Francis -KS2 * Swimming to be added

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 3	Sport - Unit 3:1 Multi-skills	Sport – Unit 3.2-	Sport - Unit 3.3	Sport - Unit 3:4	Sport Unit 3:5	Sport – Unit 3:6
	Health – Body Parts and	African Dance	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching	Active Athletics
	their Functions	Health – Healthy minds	Health – Hygiene,	Health – Body	Health – Relationships	Health – Diet and
	Fitness – Boot Camp	and emotions	medicine and	protectors and body	with others	Vitamins
		Fitness – Mighty	exercise	changes	Fitness – Fitness frenzy	
		movers (running)	Fitness – Skip to the	Fitness – Gymfit		
			beat	circuits		
Year 4	Sport – Unit 4:1 Invaders	Sport – Unit 4:2 Groovy	Sport- Unit 4:3 –	Sport – Unit 4.4 –	Sport –Unit 4.5 –	Sport – Unit 4.6
	Health – Healthy Body:	Gymnastics	Groovy Gymnastics	Striking and Fielding	Nimble Nets	Active athletics
	inside out	Health – Healthy Minds	Health – Healthy	Health – Hygiene	Health – Relationships	Health – Diet and
	Fitness – Boot Camp	and emotions	Minds	and medicine	with others	Vitamins
		Fitness – Mighty	Fitness – Skip to the	Fitness – Gymfit		Fitness – Fitness
		movers (running)	beat	circuits		frenzy
Year 5	Sport –Unit 5:1 – Invaders	Sport – Unit 5:2 –	Sport – Unit 5:3 –	Sport – Sport – Unit	Sport – Unit 5.5 Nimble	Sport – Unit 5.6
	Health – Healthy body:-	Dynamic Dance	Gym Sequences	5.4 Striking and	nets	Young Olympians
	Inside out	Health – Healthy Mind	Health – Healthy	Fielding	Health – Healthy mind:	Health – Healthy
	Fitness – Boot Camp	going for goals	Lifestyle – You are	Health – Healthy	healthy body	lifestyle – Germ
		Fitness – Might Movers	what you eat!	body: blood and	Fitness – Cool Core	busters!
		(boxercise)	Fitness – Step to the	guts	(Pilates)	Fitness – Fitness
			beat!	Fitness – Gymfit		Frenzy
				circuits		
Year 6	Sport – Unit 6:1 – Invaders	Sport - Unit 6:2 –	Sport – Unit 6.3 –	Sport – Unit 6.4 –	Sport Unit 6.5 – Nimble	Sport – Unit 6.6
	Health – Healthy body:-	Dynamic Dance	Gym Sequences	Striking and Fielding	Nets	Young Olympians
	Inside out	Health - Health -	Health – Healthy	Health – Healthy	Health – Healthy mind:	Health – Healthy
	Fitness – Boot Camp	Healthy Mind – going	Lifestyle – You are	body: blood and	healthy body	lifestyle – Germ
		for goals	what you eat!	guts	Fitness – Cool Core	busters!
		Fitness – Might Movers	Fitness – Step to the	Fitness – Gymfit	(Pilates)	Fitness – Fitness
		(boxercise)	beat!	circuits		Frenzy