



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

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