



Gosford Park Primary School PE Curriculum Map 21/22

*FMS – Fundamental Movement Skills

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	UNIT: Personal FMS: Co-ordination Footwork 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: Balance On a line Static Balance Stance Tilly the train's big day Thembi walks the Tightrope Gymnastics	UNIT: Creative FMS: Co-ordination Ball Skills Counter Balance With a partner Clowning Around Wendy'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 work Sammy 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 Stance Tilly the train's big day Thembi walks the Tightrope Gymnastics	UNIT: Creative FMS: Co-ordination Ball Skills Counter Balance With a partner Clowning Around Wendy'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 work Sammy 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	UNIT: Creative FMS: Co-ordination Sending & Receiving Balance With a partner Athletics	UNIT: Physical FMS: Agility Reaction & Response Balance Floorwork Net Wall Games	UNIT: Health & Fitness FMS: Agility Ball Chasing Balance Stance Striking and Fielding
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	UNIT: Creative FMS: Co-ordination Sending & Receiving Balance With a partner Athletics	UNIT: Physical FMS: Agility Reaction & Response Balance Floorwork Net Wall Games	UNIT: Health & Fitness FMS: Agility Ball Chasing Balance Stance Striking and Fielding
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 Invasion Games (Hockey, Tag Rugby)	UNIT: Health & Fitness FMS: Balance Stance Co-ordination Footwork Net Wall Games	UNIT: Personal FMS: Agility Ball Chasing Co-ordination Sending & Receiving Striking and Fielding
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 Invasion Games – (Hockey, Tag Rugby)	UNIT: Health & Fitness FMS: Balance Stance Co-ordination Footwork Net Wall Games	UNIT: Personal FMS: Agility Ball Chasing Co-ordination Sending & Receiving Striking and Fielding

