

Long Term Curriculum Map for Physical Education 2025-2026

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Getting to know you	Animal Antics Fundamental movement skills	Crocodile Creek Gymnastics	Multi skills	Send and receive Balance bikes Pedal bikes	Ball skills
One	Multi skills	Bootcamp	Mighty movers	Brilliant ball skills	Throwing and catching	Active Athletics
			Groovy Gymnastics	Gymfit Circuits	Cool core	Fitness Frenzy
Two	Multi skills	Mighty Movers	Skip to the beat	Brilliant ball skills	Throwing and catching	Active Athletics
	Bootcamp	Ugly Bug Ball Dance	Groovy Gymnastics	Gymfit Circuits	Cool core	Fitness Frenzy
Three	OAA & Multi skills	African Dance	Groovy gymnastics	Brilliant ball skills	Throwing and catching	Active Athletics
	Bootcamp	Mighty Movers	Skip to the Beat (Skipping)	Gymfit circuits	Cool Core	Fitness Frenzy
Four	OAA & Bootcamp	Dynamic Dance	Step to the beat	Striking and Fielding	Young Olympians	Nimble Nets

	Swimming Boxercise	Mighty movers	Gym Sequences	Gymfit circuits	Cool Core	Fitness Frenzy
Five	Swimming	Swimming	Step to the beat	Striking and fielding	Young olympians	Nimble Nets Tennis
	OAA & Bootcamp	Invaders - Netball	Gymfit sequences	Gymfit Circuits	Cool Core	Fitness Frenzy OAA Trip PGL
Six	Swimming Boxercise	Swimming / Boxercise	Step to the Beat	Striking and Fielding	Young Olympians	Nimble Nets Tennis
	OAA & Bootcamp	Invaders - Tag Rugby	Gym Sequences	Gymfit Circuits (circuits)	Cool Core	Fitness Frenzy OAA Trip PGL

Term 3 - Healthy schools

Term 5 - EYFS balance bikes

Term 6 - yr6 bikeability