

MHA - Whole School Curriculum Map – PE

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Locomotion: Walking and Jumping		Ball Skills: Hands 1		Gymnastics: High, Low, Over, Under		Dance Nursery Rhymes		Ball Skills: Feet		Games For Understanding	
Year 1	Health and Wellbeing	Gymnastics: Wide, Narrow, Curled	Ball Skills: Hands 1	Gymnastics: Body Parts	Ball Skills: Feet	Dance: Growing	Ball Skills: Hands 2	Dance: The Zoo	Locomotion: Running	Games For Understanding	Team Building	Locomotion: Jumping
Year 2	Health and Wellbeing	Gymnastics: Linking	Ball Skills: Hands 1	Gymnastics: Pathways	Ball Skills: Feet	Dance: Water	Ball Skills: Hands 2	Dance: Explorers	Locomotion: Dodging	Games For Understanding	Team Building	Locomotion: Jumping
Year 3	Invasion: Netball	Gymnastics: Symmetry & Asymmetry	Invasion: Handball	Gymnastics: Linking	Invasion: Basketball	Dance: Wild Animals	Invasion: Game Sense	Dance: Wild Animals	Net / Wall: Tennis	OAA: Communication and tactics	Striking & Fielding Baseball	Athletics
Year 4	Invasion: Netball	Gymnastics: Symmetry & Asymmetry	Invasion: Handball	Gymnastics: Bridges	Invasion: Basketball	Dance: Cats	Invasion: Game Sense	Dance: Space	Net / Wall: Tennis	OAA: Problem Solving	Striking & Fielding Baseball	Athletics
Year 5	Invasion: Netball	Gymnastics: Counter Balance and Counter Tension	Invasion: Tchoukball	Health Related Exercise	Striking & Fielding Baseball	Dance: The Circus	Invasion: Hockey	OAA: Orienteering	Invasion: Ultimate Frisbee	Net / Wall Tennis	Striking & Fielding Cricket	Athletics
Year 6	Invasion: Netball	OAA: Leadership	Invasion: Tchoukball	Gymnastics: Matching & Mirroring	Striking & Fielding Baseball	Dance: Carnival	Invasion: Hockey	Health Related Exercise	Invasion: Ultimate Frisbee	Net / Wall Tennis	Striking & Fielding Cricket	Athletics

Swimming – Top Up Classes Only for Academic Year 2025-2026

OAA – Outdoor Adventure Activities

(Reviewed and updated July 2025)