

Mayflower PE Curriculum Map Key Stage 1 and Key Stage 2

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
Year 1	Real Gym Unit 1 Shape Travel	Real PE Unit 1 Personal Footwork One Leg Balance	Real PE Unit 2 Social Jumping and Landing Seated	Running and Jumping	Real Gym Unit 2 Flight Rotation	Real PE Unit 3 Cognitive Dynamic Balance Stance	Real PE Unit 4 Creative Ball Skills Counter Balance	Circuit Training	Real Dance Unit 1	Real PE Unit 5 Physical Sending and Receiving Reaction/	Real PE Unit 6 Fitness Ball chasing Floor work	Throwing and catching
Year 2	Real Gym Unit 1 Balance Travel	Millwall Football	Real PE Unit 2 Social Jumping and Landing Seated Balance	Real PE Unit 1 Personal Footwork One Leg Balance	Real Gym Unit 2 Flight Rotation	Real PE Unit 3 Cognitive Dynamic Balance Stance	Real PE Unit 4 Creative Ball Skills Counter Balance	Circuit Training	Real Dance Unit 1 Shapes, Partnering, Circles, Artistry	Response Real PE Unit 5 Physical Sending and receiving Reaction and response	Real PE Unit 6 Fitness Floor work	Real PE Unit 6 Fitness Ball Chasing
Year 3	Real Gym Unit 1 Travel Rotation	Real PE Unit 1 Personal Footwork One Leg Balance	Real PE Unit 2 Social Jumping and Landing Seated Balance	Real Gym Unit 2 Flight Balance	Real Dance Unit 1 Shapes, Circles, Partnering, Artistry	Real PE Unit 3 Cognitive Dynamic Balance Ball Skills	Real PE Unit 4 Creative Sending and Receiving Counter Balance	Hockey	Real PE Unit 5 Physical Reaction and response Floor work	Swimming	Swimming	Real PE Unit 6 Fitness Ball Chasing Stance
Year 4	Swimming	Cricket	Swimming	Cricket	Real Dance Unit 1 Shapes, Circles, Partnering, Artistry	Real PE Unit 1 Personal Footwork One Leg balance	Real BE Unit 2 Social Jumping and Landing Seated Balance	Real PE Unit 3 Cognitive Dynamic Balance Ball Skills	Real PE Unit 4 Creative Sending and Receiving Counter Balance	Basket Ball	Real PE Unit 5 Physical Reaction and Response Floor Work	Real PE Unit 6 Fitness Ball Chasing Stance



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Year	Real PE	Millwall	Real PE	Real PE	Swimming	Dance-	Swimming	Dance-	Real	Real PE	Real PE	Basket
5	Unit 1	Football	Unit 2	Unit 3		Disney		Disney	Dance	Unit 6	Unit 5	Ball
	Personal		Social	Stance					Unit 1	Fitness	Physical	
	Ball Skills		Dynamic	Footwork						Sending and	Jumping	
	Reaction		Balance							Receiving	and	
	and		Counter							Ball Chasing	Landing	
	Response		Balance								One Leg	
											Balance	
Year	Swimming	Real PE	Swimming	Real PE	Real PE	Moving	Real PE	Cricket	Real	Football	Real PE	Real PE
6		Unit 1		Unit 3	Unit 2	matters	Unit 4		Dance		Unit 5	Unit 6
		Personal		Cognitive	Social	Athletics	Creative		Unit 1		Physical	Fitness
		Ball Skills		Stance	Dynamic		Seated				Jumping	Sending
		Reaction		Footwork	Balance		Balance				and	and
		and			Counter		Floor Work				Landing	receiving
		Response			Balance						One Leg	Ball
											Balance	Chasing