



Physical Education and School Sports Curriculum 2024/25

Our intention at Eden Academy Trust is to ensure that PESSPA is experienced regularly in a safe and supportive environment, as it is a unique and vital contributor to a student's physical development and well-being. PESSPA is the only subject whose primary focus is on the body, it uniquely addresses the physical development aims of the curriculum and makes a significant contribution spiritual, moral, social and cultural development of young people. Through Eden's high quality physical education programmes, our students will become physically literate and develop the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle, and lifelong participation in physical activity and sport.

Eden Academy Trust's aims for PESSPA are for our students to:

- Participate and develop physical competency in a wide range of physical activities that provide appropriate challenge with acceptable risk.
- Build confidence and resilience to try hard and make progress across all activities, without fear of failure.
- Enjoy learning in and through the subject across the domain of physical skills, creative and thinking skills, and social, personal and leadership skills and be able to apply those skills across their wider learning and beyond school.
- Be highly motivated and understand how to plan, organise, and lead their own healthy, active lifestyles as well as influence those around them.
- Develop their physical well-being through increased stamina, strength, and suppleness, and recognise the positive impact on their emotional well-being and health from engaging in physical activity on a regular basis.

Be involved in learning about risk management, and their responsibility in this, for them to participate independently in physical activity in later life.

Implementation of Curriculum

All students are entitled to a progressive and comprehensive physical education programme that embraces current Statutory Orders of the national curriculum and considers individual interests and requirements.

Our curriculum will provide activities to promote a broad base of movement knowledge and skills, placing students in cooperative, collaborative and competitive situations that aim to cater for the preferences, strengths and needs of every student. We will develop their creative and expressive abilities, and provide situations where students work independently, in pairs and in groups. They will be encouraged to appreciate the importance of having a healthy body and begin to understand the factors that affect health and well-being. Our curriculum embraces the Orders of the National Curriculum 2014 and Early Years Foundation Stage (EYFS) Guidance (England). It is inclusive, and every student has equal access irrespective of their age, gender, cultural or ethnic background.

While retaining its unique contribution to a student's movement education, PESSPA has considerable potential to contribute to much wider areas of learning. It is considered important for PESSPA to be integrated into the whole school's planning for the development of students' literacy, numeracy, science, geography, PSHE and computing skills.



St. Mary's CE Primary
Physical Education Curriculum Map 2024 and 2025/26
EYFS and Key Stage 1

YEAR GROUP	HOUR	AUTUMN 1 SEP-OCT	AUTUMN 2 NOV-DEC	SPRING 1 JAN-FEB	SPRING 2 MAR-APR	SUMMER 1 APR-MAY	SUMMER 2 JUN-JUL
EYFS	Cycle A	Travelling-Gymnastics (Locomotor Skills)	Body Management (FMS)	Cooperate & Solve Problems	Manipulation & Coordination	Cricket (Striking/Fielding)	Sports Day Games
EYFS	Cycle B	Balloon Games (Co-ordination)	Speed Agility Travel (Stability Skills)	Dance	Multi Skills	Balance Bikes	Sports Day Games
YEAR 1/2 Cycle A (2024/25)	Hour 1	Multi Skills <i>Unit 1</i>	Sports Hall Athletics <i>Unit 1</i>	Dance <i>Unit 1</i>	Gymnastics <i>Unit 1</i>	Invasion Games- <i>unit 1</i>	Games Unit 1
	Hour 2	Balloon Games (Co-ordination) <i>Unit 1</i>	Run, jump, throw (<i>Fundamental Movement Skills</i>) <i>Unit 1</i>	Tennis (Net and Wall) <i>Unit 1</i>	Quad Kids Athletics <i>Unit 1</i>	Cricket (Striking/Fielding) <i>Unit 1</i>	Hit, catch, run <i>Unit 1</i>
YEAR 1/2 Cycle B (2025/26)	Hour 1	Multi Sports <i>Unit 2</i>	Sports Hall Athletics <i>Unit 2</i>	Dance <i>Unit 2</i>	Gymnastics <i>Unit 2</i>	Invasion Games- <i>unit 2</i>	Games Unit 2
	Hour 2	Balloon Games (Co-ordination) <i>Unit 2</i>	Run, jump, throw (<i>Fundamental Movement Skills</i>) <i>Unit 2</i>	Tennis (Net and Wall) <i>Unit 2</i>	Quad Kids Athletics <i>Unit 2</i>	Cricket (Striking/Fielding) <i>Unit 2</i>	Hit, catch, run <i>Unit 2</i>



St. Mary's CE Primary
Physical Education Curriculum Map 2024 and 2025/26
Key Stage 2

YEAR GROUP	HOUR	AUTUMN 1 SEP-OCT	AUTUMN 2 NOV-DEC	SPRING 1 JAN-FEB	SPRING 2 MAR-APR	SUMMER 1 APR-MAY	SUMMER 2 JUN-JUL
YEAR 3/4 Cycle A (2024/25)	Hour 1	Tag Rugby (Team Sports) <i>Unit 1</i>	Sports Hall Athletics <i>Unit 1</i>	Gymnastics <i>Unit 1</i>	Invasion Games- <i>unit 1</i>	Cricket (Striking/Fielding) <i>Unit 1</i>	Rounder's (Team Games) <i>Unit 1</i>
	Hour 2	X Country/Running Activities	Dodgeball (Team Sports) <i>Unit 1</i>	Dance <i>Unit 1</i>	Tennis <i>Unit 1</i>	Quad Kids Athletics <i>Unit 1</i>	OAA <i>Unit 2</i>
YEAR 3/4 Cycle B (2025/26)	Hour 1	Tag Rugby (Team Sports) <i>Unit 2</i>	Sports Hall Athletics <i>Unit 2</i>	Dance <i>Unit 2</i>	Invasion Games- <i>unit 2</i>	OAA <i>Unit 1</i>	Cricket (Team Games) <i>Unit 2</i>
	Hour 2	X Country/Running Activities	Dodgeball (Team Sports) <i>Unit 2</i>	Gymnastics <i>Unit 2</i>	Tennis <i>Unit 2</i>	Quad Kids Athletics <i>Unit 2</i>	Rounder's (Team Sports) <i>Unit 2</i>
YEAR 5/6 Cycle A (2024/25)	Hour 1	Tag Rugby (Team Games) <i>Unit 1</i>	Sports Hall Athletics <i>Unit 1</i>	Dance	Invasion Games- <i>unit 1</i>	Cricket (Striking/Fielding) <i>Unit 1</i>	OAA <i>- Unit 1</i>
	Hour 2	X Country/Running Activities <i>Unit 1</i>	Dodgeball (Team Games) <i>Unit 1</i>	Basketball (Team Sports) <i>Unit 1</i>	Netball (Team Games) <i>Unit 1</i>	Outdoor Athletics <i>Unit 1</i>	Rounder's (Team Games) <i>Unit 1</i>
YEAR 5/6 Cycle B (2025/26)	Hour 1	Tag Rugby (Team Games) <i>Unit 2</i>	Dodgeball (Team Games) <i>Unit 2</i>	Gymnastics	Invasion Games- <i>unit 2</i>	Cricket (Striking/Fielding) <i>Unit 2</i>	OAA <i>- Unit 2</i>
	Hour 2	X Country/Running Activities <i>Unit 2</i>	Sports Hall Athletics <i>Unit 2</i>	Basketball (Team Sports) <i>Unit 2</i>	Netball (Team Games) <i>Unit 2</i>	Outdoor Athletics <i>Unit 2</i>	Rounder's (Team Sports) <i>Unit 2</i>

