

KS1 Curriculum Map- 2025-26

Rabbits, Raspberries	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	KS1- Baseline Unit- Lost and Found	Max Whitlock Gymnastics	Blue Moose Dance: The Great Fire of London theme	Max Whitlock Gymnastics	KS1- Y1- Athletics	KS1- Y2- FMS End of KS1 Assessment
Character Values	Cooperation, Honesty, Self-Belief	Self-belief Determination	Imagination, Self- belief	Self-belief Determination	Cooperation, Encouragement, Honesty, Self-Belief	Self-Belief, Courage
Aims of Unit	Children will be assessed and develop basic Fundamental Movement Skills (FMS). The baseline unit will be the basis for what is to be delivered in the FMS units.	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create short movement phrases of 'like' linked actions (e.g. two jumps or two roll).	Children will explore basic body actions (e.g. jumping and turning) and use different parts of their body to create and repeat short dances.	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create short movement phrases of 'like' linked actions (e.g. two jumps or two roll).	Children will explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of traveling, throwing and jumping.	Children will be assessed in 10 FMS: catching, hopping, jumping, kicking a ball, overarm throw, rolling a ball, running fast, skipping, underarm throw, bouncing a ball
Lesson 2	KS1-Y1- FMS- Tri Throlf (Target)	Judo- beginners	KS1- Y2 Games- Piggy in the Middle (Core Task)	KS- Y1-Games- Striking and Fielding (cricket focus)	Swimming Beginners (non- swimmers and developing swimmers)	Swimming Beginners (non- swimmers and developing swimmers)
Character Values	Decision-making, Concentration, d Determination	Motivation, Determination, Self-Belief	Cooperation, Honesty, Self-Belief	Communication, Self-Belief	Determination, Self-belief, Responsibility	Determination, Self-belief, Responsibility
Aims of Unit	Children will develop and improve their underarm throwing skills and begin to learn simple attacking tactics through playing simple target games.	Children are able to copy and perform basic ne-waza and hold-down/ turn over techniques, as well as make an effort to escape from holds.	Children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children learn to enjoy being in the water and become more confident. They learn how to keep afloat and move in the water. Children then focus on swimming more fluently, improving their swimming strokes and learning personal survival techniques.	Children learn to enjoy being in the water and become more confident. They learn how to keep afloat and move in the water. Children then focus on swimming more fluently, improving their swimming strokes and learning personal survival techniques.

