



Physical Literacy Curriculum Map

	KS1 (Year 1 & 2)	LKS2 (Year 3 & 4)	UKS2 (Year 5 & 6)
Autumn 1 (Locomotor Skills)	FMS: Locomotive Walking / Running	FMS: Locomotive Hopping / Skipping	FMS: Locomotive Jumping / Dodging
Autumn 2 (Stability Skills)	FMS: Stability Balance / Landing	FMS: Stability Balance / Rotation	FMS: Stability Rotation / Landing
Spring 1 (Manipulative Skills)	FMS: Manipulative Throwing / Catching	FMS: Manipulative Hands / Feet	FMS: Manipulative Implement
Spring 2	Games: Invasion Attack v Defence (Eg. Netball/Basketball Style)	Games: Invasion Attack v Defence (Eg. Rugby/Football Style)	Games: Striking & Fielding Bat and ball (Eg. Cricket/Rounders)
Summer 1	Dance - To perform a dance routine to a piece of music of your choice.		
Summer 2	Sports Day Preparation		