

CURRICULUM MAP

PE						
Aristotle	Plan A		Plan B		Plan C	
Autumn Theme: All about me/People and Festivals	Ball skills, football/basketball	Fitness, circuit training	Partner activities (cooperative play)	Simple team games (e.g., tag, relay races)	Modified competitive sports (e.g., adapted volleyball, tennis)	Dance and rhythmic movement (to improve coordination)
Spring Theme: New beginnings/Food glorious food	Bat and ball activities	Aerobics/Zumba/yoga	Small-sided team sports (e.g., 3v3 basketball, 5-a-side football)	Fitness circuits (adapted to different ability levels)	Gymnastics – basic floor routines for balance and coordination	Goal-setting and tracking (individual fitness targets)
Summer Theme: The environment/ journeys and transport	Climbing wall, coordination skills	Student choice	Ball games (modified football, basketball, and handball)	Adventure-style activities (e.g., orienteering, treasure hunts)	Cooperative problem-solving activities (e.g., building challenges)	Swimming (if available) – focus on sensory regulation and confidence
Socrates	Plan A		Plan B		Plan C	
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