

PE Curriculum Map LTP

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	<p>Games - Rolla Ball</p> <p><i>Throw underarm towards a target. Throw in different ways using different objects. Coordinate their body with control. Track an object.</i></p> <p>Multi Skills – Balancing</p> <p><i>Control body when travelling and balancing. Balance in different ways. Jump and land with control.</i></p>	<p>Dance – Moving Along</p> <p><i>Perform own dance moves. Copy or make up a short dance. Move safely in a space. Start and stop movement using music. Move in different directions copying various movements.</i></p> <p>Gymnastics – Making shapes</p> <p><i>Make their body curled, tense, stretched and relaxed. Copy sequences and repeat them. Roll, curl, travel and balance in different ways. Use under and over to move differently.</i></p>	<p>Gymnastics – assess level 1</p> <p><i>Make their body curled, tense, stretched and relaxed. Copy sequences and repeat them. Roll, curl, travel and balance in different ways. Use under and over to move differently.</i></p> <p>Games – 10 point Hoops</p> <p><i>Throw underarm towards a target. Throw in different ways using different objects. Coordinate their body with control. Move around an area without collision and stop in a space. Be able to change direction on command. Move in different directions.</i></p>	<p>Dance – Themes/Dreams</p> <p><i>Perform own dance moves. Copy or make up a short dance. Move safely in a space. Start and stop movement using music. Move in different directions copying various movements.</i></p> <p>Multi-skills jumping</p> <p><i>Jump and land with control. Jump in different ways. Coordinate their body with control.</i></p>	<p>Games – bean bag throw</p> <p><i>Throw underarm towards a target. Throw in different ways using different objects. Coordinate their body with control. Move around an area without collision and stop in a space. Be able to change direction on command. Jump and land with control. Move in different directions.</i></p> <p>Outdoors activity – where are we going?</p> <p><i>Use simple maps. Work safely and cooperatively with others. Talk about how to follow trails/paths.</i></p>	<p>Athletics – Honey Pot</p> <p><i>Demonstrates a good running technique and can change direction when running at speed. Can avoid objects when moving. Selects appropriate equipment for the task. Can follow rules for the activity.</i></p> <p>Multi-skills – throwing</p> <p><i>Throw underarm towards a target. Throw in different ways using different objects. Coordinate their body with control.</i></p>
Y2	<p>Games - Piggy in the middle</p> <p><i>Use hitting, kicking, throwing and/or rolling in a game.</i></p>	<p>Dance – Cat dance</p> <p><i>Change rhythm, speed, level and direction in dance.</i></p>	<p>Gymnastics – assess level 1-2</p> <p><i>Plan and perform a sequence of movements.</i></p>	<p>Dance – How does it feel?</p> <p><i>Change rhythm, speed, level and direction in dance.</i></p>	<p>Games – Mini-tennis 1</p> <p><i>Use hitting, kicking, throwing and/or rolling in a game.</i></p>	<p>Athletics – Off, up and away</p> <p><i>Developing their movement skills and can follow different</i></p>

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	<p><i>Decide the best space to be in during a game.</i> <i>Use a tactic in a game.</i> <i>Follow rules.</i> <i>Be able to catch from a low height and a close throw.</i> <i>Throw towards a target with moderate accuracy.</i> <i>Show fairness and respect to others.</i></p> <p style="text-align: center;">Multi Skills – Balance</p> <p><i>Control body when travelling and balancing.</i> <i>Balance in different ways.</i> <i>Jump and land with control.</i></p>	<p><i>Make a sequence by linking sections together.</i> <i>Use dance to show a mood or feeling.</i> <i>Perform in a small group to others.</i></p> <p style="text-align: center;">Gymnastics – Families of actions</p> <p><i>Plan and perform a sequence of movements.</i> <i>Improve sequence based on feedback.</i> <i>Think of more than one way to create a sequence which follows some ‘rules’.</i> <i>Start and finish using a gymnast position.</i> <i>Safely attempt a variety of jumps with moderate control.</i></p>	<p><i>Improve sequence based on feedback.</i> <i>Think of more than one way to create a sequence which follows some ‘rules’.</i> <i>Start and finish using a gymnast position.</i> <i>Safely attempt a variety of jumps with moderate control.</i></p> <p style="text-align: center;">Games – Kick rounders</p> <p><i>Use hitting, kicking, throwing and/or rolling in a game.</i> <i>Decide the best space to be in during a game.</i> <i>Use a tactic in a game.</i> <i>Follow rules.</i> <i>Be able to catch from a low height and a close throw.</i> <i>Throw towards a target with moderate accuracy.</i> <i>Agility -change direction at speed.</i> <i>Show fairness and respect to others.</i></p>	<p><i>Make a sequence by linking sections together.</i> <i>Use dance to show a mood or feeling.</i> <i>Perform in a small group to others.</i></p> <p style="text-align: center;">Multi-skills – Catching</p> <p><i>Be able to catch from a low height and a close throw.</i> <i>Throw towards a target with moderate accuracy.</i> <i>Understand there are different ways to catch different objects.</i> <i>Use catching effectively in small games.</i></p>	<p><i>Hit the ball using a racket.</i> <i>Decide the best space to be in during a game.</i> <i>Use a tactic in a game.</i> <i>Follow rules.</i> <i>Move in different ways, identify these and know how they look.</i> <i>Agility -change direction at speed.</i> <i>Show fairness and respect to others.</i></p> <p style="text-align: center;">Outdoors activity – Gone Fishing</p> <p><i>Identify where they are on simple maps and diagrams of familiar environments.</i> <i>Use simple maps and diagrams to follow a trail.</i> <i>Begin to work and behave safely when working co-operatively with others.</i> <i>Work with friends to plan and share ideas.</i> <i>Comment on how they went about</i></p>	<p><i>pathways and courses.</i> <i>Can throw, push or roll different objects with accuracy.</i> <i>Able to perform basic jumps</i></p> <p style="text-align: center;">Multi-skills – Running</p> <p><i>Move in different ways, identify these and know how they look.</i> <i>Agility -change direction at speed.</i> <i>Run at different speeds.</i> <i>Run for different durations.</i> <i>Choose an appropriate speed for the distance.</i></p>
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Y3	<p>Dance – Round the Clock <i>Improvise freely and translate ideas from a stimulus into movement. Share and create phrases with a partner and small group. Remember and repeat dance perform phrases.</i></p> <p>Invasion games – basketball skittles <i>Be aware of space and use it to support team-mates and to cause problems for the opposition. Know and use rules fairly. Apply basic rules. Begin to use suitable techniques.</i></p>	<p>Invasion games – Hockey end zone <i>Be aware of space and use it to support team-mates and to cause problems for the opposition. Know and use rules fairly. Apply basic rules. Begin to use suitable techniques. Learn from not winning.</i></p> <p>Gymnastics – Balancing Act <i>Adapt sequences to suit different types of apparatus and criteria. Explain how strength and suppleness/flexibility affect performance. Work cooperatively with others to produce a routine.</i></p>	<p>Strike/fielding games – Boundary Line <i>Be aware of space and use it to support team-mates and to cause problems for the opposition. Know and use rules fairly. Apply basic rules. Begin to use suitable techniques. Learn from not winning.</i></p> <p>Gymnastics assessment 2-3 <i>Adapt sequences to suit different types of apparatus and criteria. Explain how strength and suppleness/flexibility affect performance. Work cooperatively with others to produce a routine.</i></p>	<p>Dance – Time to erupt <i>Improvise freely and translate ideas from a stimulus into movement. Share and create phrases with a partner and small group. Remember and repeat dance perform phrases.</i></p> <p>Invasion games – Three Touch Ball (football) <i>Be aware of space and use it to support team-mates and to cause problems for the opposition. Know and use rules fairly. Apply basic rules. Begin to use suitable techniques. Learn from not winning.</i></p>	<p>Net/wall games – tennis <i>Be aware of space and use it to support team-mates and to cause problems for the opposition. Know and use rules fairly. Apply basic rules. Begin to use suitable techniques. Learn from not winning.</i></p> <p>Outdoor activity – Shipwrecked <i>Follow a map in a familiar context. Use clues to follow a route. Follow a route safely. Know the boundaries in place.</i></p>	<p>Athletics – pass the baton <i>Run at fast, medium and slow speeds; changing speed and direction. Take part in a relay, remembering when to run and what to do. Identify different ways to jump linked to athletics.</i></p> <p>Strike/fielding – run the loop <i>Be aware of space and use it to support team-mates and to cause problems for the opposition. Know and use rules fairly. Apply basic rules. Begin to use suitable techniques. Learn from not winning.</i></p>

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	<i>Learn from not winning. Control a ball when receiving or passing a ball.</i>			<i>Control a ball when receiving or passing a ball.</i>		
Y4	<p>Invasion Games – Fives and Threes (Netball) <i>Throw and catch accurately. Pass and shoot the ball with the correct technique. Vary tactics and adapt skills depending on what is happening in a game. Work as a team to reduce the opposition scoring points.</i></p> <p>Dance – Machines <i>Take the lead when working with a partner or group. Use dance to communicate an idea. Use a theme as a stimulus to create ideas.</i></p>	<p>Invasion Games – Grid Rugby <i>Throw and catch accurately. Pass the ball using the correct technique. Move with a ball with control. Vary tactics and adapt skills depending on what is happening in a game. Work as a team to reduce the opposition scoring points.</i></p> <p>Gymnastic - Partner work <i>Move in a controlled and challenging way. Include a change of height and direction in a sequence. Work with a partner to create, repeat and improve a sequence with at least three phases.</i></p>	<p>Invasion Games - On the Attack (Basketball) <i>Throw and catch accurately. Pass, dribble and shoot the ball with the correct technique. Vary tactics and adapt skills depending on what is happening in a game. Work as a team to reduce the opposition scoring points.</i></p> <p>Gymnastic – Assessment 2-3 <i>Move in a controlled and challenging way. Include a change of height and direction in a sequence. Work with a partner to create, repeat and improve a sequence with at least three phases.</i></p>	<p>Strike/field – Zone Cricket <i>Throw and catch accurately. Hit a ball accurately with control. Vary tactics and adapt skills depending on what is happening in a game. Work as a team to reduce the opposition scoring points.</i></p> <p>Dance – Electricity <i>Take the lead when working with a partner or group. Use dance to communicate an idea. Use a theme as a stimulus to create ideas.</i></p>	<p>Net/wall - Mini-tennis <i>Throw and catch accurately. Hit a ball accurately with control. Vary tactics and adapt skills depending on what is happening in a game. Work as a team to reduce the opposition scoring points.</i></p> <p>Outdoor activities – Search and Rescue <i>Follow a map in a (more demanding) familiar context. Follow a route within a time limit. Mark on a map where they are.</i></p>	<p>Athletics – Faster, Higher, Further <i>Sprint over a short distance and show stamina when running over a long distance. Jump in different ways, taking off on one foot and 2 feet, and landing with control.</i></p> <p>Strike/field - Arc Rounders <i>Throw and catch accurately. Hit a ball accurately with control. Vary tactics and adapt skills depending on what is happening in a game. Work as a team to reduce the opposition scoring points.</i></p>

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Y5 <i>In Autumn term, Year 5 will use a PE session to swim. Teachers should condense their units and teach alternate weeks rather than a 6 week block of each topic.</i>	Invasion Games - Tag Rugby <i>Gain possession by working as a team and pass in different ways. Choose a specific tactic for defending and attacking. Use a number of techniques to pass, dribble and shoot.</i> Invasion Games - Fives and Threes (Netball) <i>Gain possession by working as a team and pass in different ways. Choose a specific tactic for defending and attacking. Use a number of techniques to pass, dribble and shoot.</i> <i>Swimming</i>	Gymnastics - Acrobatic Gym <i>Make complex extended sequences. Combine action, balance and shape. Perform consistently to different audiences. Offer constructive feedback to help others improve.</i> SAQ <i>Move with coordination. Choose a speed and style of running/jumping that is appropriate for the activity. Change direction efficiently. Follow a set of rules.</i> <i>Swimming</i>	Dance - Indian delight <i>Compose own dances in a creative way. Perform dance to an accompaniment. Dance shows clarity, fluency, accuracy and consistency.</i> Gymnastics Assess level 3-4 <i>Make complex extended sequences. Combine action, balance and shape. Perform consistently to different audiences. Offer constructive feedback to help others improve.</i>	Strike/field - Pairs Cricket <i>Choose a specific tactic for defending and attacking. Use a number of techniques to pass, dribble and shoot. Strike a ball, using a varied piece of equipment, into a space.</i> Dance – What's so Funny? <i>Compose own dances in a creative way. Perform dance to an accompaniment. Dance shows clarity, fluency, accuracy and consistency.</i>	Net/Wall games – What a Racket (Tennis) <i>Choose a specific tactic for defending and attacking. Use a number of techniques to pass, dribble and shoot. Strike a ball, using a varied piece of equipment, into a space.</i> Outdoors - Where am I? <i>Use clues and a compass to navigate a route. Change route to overcome a problem. Use new information to change route. Explain to others how their map is providing help.</i>	Athletics - Take aim <i>Breakdown the technique of different throwing events and develop each area to provide an overall improvement. Be able to measure with accuracy. Throw with increasing distance.</i> Strike/field - Zone Rounders <i>Gain possession by working as a team and pass in different ways. Choose a specific tactic for defending and attacking. Use a number of techniques to pass, dribble and shoot. Strike a ball, using a varied piece of equipment, into a space.</i>
Y6	Invasion Games - Tag Rugby	Invasion games -	Invasion games – Calling the shots	Gymnastics Assess level 4-5	Net/wall games - Long/thin/short/fat	Athletics -

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	<p>Agree and explain rules to others. Work as a team and communicate a plan. Lead others in a game situation when the need arises. Show competency in a range of sports.</p> <p style="text-align: center;">Dance - Making the grade <i>Develop sequences in a specific style. Choose own music and style.</i></p>	<p style="text-align: center;">Wide Attack (Netball)</p> <p>Agree and explain rules to others. Work as a team and communicate a plan. Lead others in a game situation when the need arises. Show competency in a range of sports.</p> <p style="text-align: center;">Gymnastics - Group dynamics <i>Combine own work with that of others. Sequences to specific timings. Adapt sequence and teach others key gymnastic movements.</i></p>	<p style="text-align: center;">(Basketball)</p> <p>Agree and explain rules to others. Work as a team and communicate a plan. Lead others in a game situation when the need arises. Show competency in a range of sports.</p> <p style="text-align: center;">Dance - Street Dance <i>Develop sequences in a specific style. Choose own music and style.</i></p>	<p><i>Combine own work with that of others. Sequences to specific timings. Adapt sequence and teach others key gymnastic movements.</i></p> <p style="text-align: center;">Invasion Games - Calling the shots (Hockey)</p> <p>Agree and explain rules to others. Work as a team and communicate a plan. Lead others in a game situation when the need arises. Show competency in a range of sports.</p>	<p>Agree and explain rules to others. Work as a team and communicate a plan. Lead others in a game situation when the need arises. Show competency in a range of sports.</p> <p style="text-align: center;">Strike/Fielding Games - Pairs cricket</p> <p>Agree and explain rules to others. Work as a team and communicate a plan. Lead others in a game situation when the need arises. Show competency in a range of sports.</p>	<p style="text-align: center;">Distance challenges</p> <p><i>Demonstrate stamina and increase strength. Identify the attributes required for various events and be able to improve in their chosen event. Measure and record results, link to personal best and aim to improve.</i></p> <p style="text-align: center;">Outdoors Activity – Crystal Star Challenge</p> <p><i>Plan a route and a series of clues for someone else. Plan with others, taking account of safety and danger. Apply a strategy, work efficiently and effectively with the help of a map.</i></p>
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