

P.E Long Term Curriculum Map 2021-2022

P.E	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
F2	<p>Discussing Healthy Lifestyle</p> <p>Getting changed for PE</p> <p>Basic motor skills – Moving around in different ways</p> <p>Dough-disco</p> <p>Flipper-flappers</p> <p>Use pencils, scissors and other tools correctly</p> <p>Outdoor trikes and pedalos</p>	<p>Getting changed for PE</p> <p>Spatial Awareness: Knowing where you are and what shapes your body can make</p> <p>Learn how to use the equipment safely</p> <p>Enhance their use of pencils, scissors and other tools</p>	<p>Co-ordination and Control: Physical Control and Balance</p> <p>Use gym benches and table apparatus</p> <p>Dance</p>	<p>Discussing Healthy Lifestyle</p> <p>Aiming/Predicting/Estimating: Using small equipment to roll, throw and aim</p> <p>Dance</p>	<p>Enhancing Co-ordination and Control: Physical Control and Balance</p> <p>Play Team games</p> <p>Outdoor games</p>	<p>Enhancing Aiming/Predicting/Estimating: Using small equipment to roll, throw and aim</p> <p>Play team games</p> <p>Outdoor games</p> <p>Practising the Sports Day activities</p>
Y1	<p>Games (Fundamental Skills)</p> <p>FAIR AND SQUARE</p> <p>PYTHON</p> <p>MILESTONE 1</p>	<p>Dance</p> <p>BASED ON A BOOK</p> <p>MYSTERY DANCE</p> <p>MILESTONE 1</p>	<p>Gymnastics</p> <p>VAULT</p> <p>APPARATUS</p> <p>MILESTONE 1</p>	<p>Games (Fundamental Skills)</p> <p>BEANBAG BOUNCE</p> <p>MR WOLF</p> <p>MILESTONE 1</p>	<p>Games (Fundamental Skills)</p> <p>RACKET FUN</p> <p>ON THE SPOT</p> <p>MILESTONE 1</p>	<p>Games (Fundamental Skills)</p> <p>GIVE ME 5</p> <p>THROWING TENNIS</p> <p>MILESTONE 1</p>
	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Perform dances using simple movement patterns.</p>	<p>Developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>
Y2	<p>Games (Fundamental Skills)</p> <p>ALL TOGETHER NOW</p> <p>ON THE SPOT</p> <p>MILESTONE 1</p>	<p>Dance</p> <p>MYSTERY DANCE</p> <p>SUPERHEROES</p> <p>MILESTONE 1</p>	<p>Gymnastics</p> <p>VAULT</p> <p>APPARATUS</p> <p>MILESTONE 1</p>	<p>Games (Fundamental Skills)</p> <p>RACKET FUN</p> <p>PLANK AND WEAVE</p> <p>MILESTONE 1</p>	<p>Games (Fundamental Skills)</p> <p>ON THE SPOT</p> <p>THROWING TENNIS</p> <p>MILESTONE 1</p>	<p>Games (Fundamental Skills)</p> <p>TRIANGLE PASSING</p> <p>TWO ON ONE</p> <p>DRIBBLE AND SCORE</p> <p>MILESTONE 1</p>

	Participate in team games, developing simple tactics for attacking and defending	Perform dances using simple movement patterns.	Developing balance, agility and co-ordination, and begin to apply these in a range of activities	Participate in team games, developing simple tactics for attacking and defending	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Participate in team games, developing simple tactics for attacking and defending
Y3	Games (Basketball) TOO MANY GOALS GO TO JAIL MILESTONE 2	Dance BASED ON A PICTURE MYSTERY DANCE MILESTONE 2	Gymnastics PARTNER SEQUENCE VAULT MILESTONE 2	Games (Hockey) SHARK TAG END ZONE MILESTONE 2	Athletics 5 JUMPS THROWING 9.58 SECS MILESTONE2	(Games) Tennis PICK UP TRASH KEEP IT GOING MILESTONE 2
	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns	Develop flexibility, strength, technique, control and balance	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique, control and balance	Play competitive games, modified where appropriate , and apply basic principles suitable for attacking and defending
Y4 SWIMMING PROGRAMME	Games (Netball) GO TO JAIL TOO MANY GOALS MILESTONE 2	Dance MYSTERY DANCE TRADITIONAL FOLK DANCE MILESTONE 2	Gymnastics VAULT APPARATUS MILESTONE 2	Games (Hockey) END ZONE SHARK TAG MILESTONE 2	Athletics 5 JUMPS THROWING 9.58 SECS. MILESTONE 2	Games (Cricket)) QUICK PICK UP CORNER BOWLS BOMBARDMENT MILESTONE 2
	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns	Develop flexibility, strength, technique, control and balance	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique, control and balance	Play competitive games, modified where appropriate , and apply basic principles suitable for attacking and defending

Y5	Games (Basketball) OUTLET PASS PEG TAG MILESTONE 3	Dance TRADITIONAL DANCE MILESTONE 3	Gymnastics PARTNER AND GROUP BALANCES VAULT MILESTONE 3	Games (Hockey) OUTLET PASS PEG TAG MILESTONE 3	Athletics RUNNING THROWING LONG/TRIPLE JUMP MILESTONE 3	Games (Cricket) TARGET CHALLENGE MINI TEE BALL MILESTONE 3
	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns	Develop flexibility, strength, technique, control and balance	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique, control and balance	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
Y6 OUTDOOR ADVENTUROUS ACTIVITIES	Games (Netball)	Dance	Gymnastics	Games (Basketball)	Athletics	Games (Tennis)
	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending OUTLET PASS PEG TAG MILESTONE 3	Perform dances using a range of movement patterns TRADITIONAL DANCE MILESTONE 3	Develop flexibility, strength, technique, control and balance PARTNER AND GROUP BALANCES VAULT MILESTONE 3	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending OUTLET PASS PEG TAG MILESTONE 3	Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique, control and balance RUNNING, THROWING, LONG/TRIPLE JUMP MILESTONE 3	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending NET AND WALL MILESTONE 3