

Long Term Plan & Curriculum Map for PE - Year 3

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Physical HANDS	<p>Refine and master the range of physical literacy skills (multi-skills, cricket, fitness) (<i>balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement</i>).</p> <p>Perform increasingly complex dance movements and routines with control and coordination.</p>	<p>Refine and master the range of physical literacy skills (games) (<i>balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement</i>).</p> <p>Perform a range of survival skills – using a map to complete an orienteering trail.</p> <p>Refine and master the range of physical literacy skills through Gymnastics (<i>balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement</i>).</p>	<p>Refine and master the range of physical literacy skills through Athletics activities (<i>balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement</i>).</p> <p>Apply the physical literacy skills required to actively participate and compete in a range of modified small sided games (striking & fielding, dodgeball) (<i>balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement</i>).</p>			
	Cognitive HEAD	<p>Develop the resilience to react positively to difficult situations and not give in easily.</p> <p>Develop the confidence to participate in a range of increasingly challenging games and activities.</p>	<p>Develop the resilience to react positively to difficult situations and not give in easily.</p> <p>Develop the confidence to participate in a range of increasingly challenging games and activities.</p>	<p>Taking ownership and responsibility for own learning through effective decision-making skills.</p> <p>Identify, explain and learn to apply the principles of attacking and defending in small sided games.</p>			
	Social & Emotional HEART	<p>Cooperate with others and play by the rules of any games or activities.</p> <p>Inspire others through setting an example and roll modelling.</p>	<p>Recognise the strengths in others, supporting and including all.</p> <p>Inspire others through setting an example and roll modelling.</p>	<p>Cooperate with others and play by the rules of any games or activities.</p> <p>Work with fairness, honesty, integrity and respect for teammates, opponents, and officials.</p> <p>Develop good sportsperson qualities – win, lose or draw.</p>			

Long Term Plan & Curriculum Map for PE - Year 4

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Physical HANDS		<p>Apply the physical literacy skills required to actively participate and compete in a range of modified small sided games (<i>balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement</i>).</p> <p>COMMANDO JOES ←</p> <p>Swim a minimum of 25 metres using a range of strokes, understanding water safety, hazards and risks and perform self-rescue.</p> <p>Refine and master the range of physical literacy skills (<i>balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement</i>).</p>	<p>Refine and master the range of physical literacy skills through Gymnastics (<i>balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement</i>).</p> <p>Perform a range of survival skills – using a map and compass, building a shelter, complete an orienteering trail, navigate unfamiliar and varying terrain.</p> <p>Refine and master the range of physical literacy skills (Tennis & Cricket) (<i>balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement</i>).</p>		<p>Perform increasingly complex dance movements and routines with control and coordination.</p> <p>Refine and master the range of physical literacy skills (Athletics) (<i>balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement</i>).</p> <p>Apply the physical literacy skills required to actively participate and compete in a range of modified small sided games (<i>balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement</i>).</p>	
	Cognitive HEAD		<p>Identify, explain and learn to apply the principles of attacking and defending in small sided games.</p> <p>Develop the resilience to react positively to difficult situations and not give in easily.</p>	<p>Develop the resilience to react positively to difficult situations and not give in easily.</p> <p>Develop the confidence to participate in a range of increasingly challenging activities and games.</p>		<p>Taking ownership and responsibility for own learning through effective decision-making skills.</p> <p>Identify, explain and learn to apply the principles of attacking and defending in small sided games.</p>	
	Social & Emotional HEART		<p>Demonstrate good sportsperson qualities – win, lose or draw.</p> <p>Inspire others by through setting an example and role modelling.</p>	<p>Recognise the strengths in others, supporting and including all.</p> <p>Inspire others through setting an example and roll modelling.</p>		<p>Cooperate with others and play by the rules of any games or activities.</p> <p>Work with fairness, honesty, integrity and respect for teammates, opponents, and officials.</p>	

Long Term Plan & Curriculum Map for PE - Year 5

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Physical HANDS	Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities – Multi-skills. Develop strength, flexibility, control and balance through fitness training. Develop strength, flexibility, control and balance through gymnastics.		Compose and perform dances using a range of creative and imaginative movement patterns and sequences. COMMANDO JOES Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities (netball, basketball, net skills).		Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities (striking and fielding skills, dodgeball skills, athletics skills).	
	Cognitive HEAD	Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent effective decisions. Utilise intrinsic and extrinsic motivating factors to maintain participation and performance levels.		Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent effective decisions. Assess and analyse self and peer performance and receive feedback to strive to achieve personal best.		Assess and analyse self and peer performance and receive feedback to strive to achieve personal best. Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent effective decisions.	
	Social & Emotional HEART	Use a range of communication methods, styles and languages appropriate to the context. Demonstrate positive character traits and role modelling.		Effectively manage own emotional intelligence – empathy, self-awareness, belief, growth mind-set, support for others, discipline. Demonstrate positive character traits and role modelling.		Improve self-esteem by developing own sense of worth and appreciation through positive contributions and participation in games and activities. Use a range of communication methods, styles and languages appropriate to the context.	

Long Term Plan & Curriculum Map for PE - Year 6

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Physical HANDS	Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities (multi-skills, striking and fielding).	Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities (multi-skills, striking and fielding).	Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities (invention, rugby modified games).	Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities (dodgeball, football, athletics, multi-sports).	Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities (dodgeball, football, athletics, multi-sports).	Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities (dodgeball, football, athletics, multi-sports).
		Compose and perform dances using a range of creative and imaginative movement patterns and sequences.	Compose and perform dances using a range of creative and imaginative movement patterns and sequences.	Develop strength, flexibility, control and balance through gymnastics.	Develop strength, flexibility, control and balance through gymnastics.	Swim a minimum of 25 metres using a range of strokes, understanding water safety, hazards and risks and perform self-rescue.	Swim a minimum of 25 metres using a range of strokes, understanding water safety, hazards and risks and perform self-rescue.
		Develop strength, flexibility, control and balance through fitness activities and boxing.	Develop strength, flexibility, control and balance through fitness activities and boxing.	Compete in an orienteering trail.	Compete in an orienteering trail.	Confident and competent to swim in water.	Confident and competent to swim in water.
	Cognitive HAND	Utilise intrinsic and extrinsic motivating factors to maintain participation and performance levels.	Utilise intrinsic and extrinsic motivating factors to maintain participation and performance levels.	Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent effective decisions.	Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent effective decisions.	Assess and analyse self and peer performance and receive feedback to strive to achieve personal best.	Assess and analyse self and peer performance and receive feedback to strive to achieve personal best.
		Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent effective decisions.	Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent effective decisions.	Utilise intrinsic and extrinsic motivating factors to maintain participation and performance levels.	Utilise intrinsic and extrinsic motivating factors to maintain participation and performance levels.	Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent effective decisions.	Select appropriate tactical strategies in games, applying the principles of attacking and defending and make independent effective decisions.
		Assess and analyse self and peer performance and receive feedback to strive to achieve personal best.	Assess and analyse self and peer performance and receive feedback to strive to achieve personal best.	Develop problem solving skills in a range of adventurous activities.	Develop problem solving skills in a range of adventurous activities.		
	Social & Emotional HEART	Effectively manage own emotional intelligence – empathy, self-awareness, belief, growth mind-set, support for others, discipline.	Effectively manage own emotional intelligence – empathy, self-awareness, belief, growth mind-set, support for others, discipline.	Use a range of communication methods, styles and languages appropriate to the context.	Use a range of communication methods, styles and languages appropriate to the context.	Improve self-esteem by developing own sense of worth and appreciation through positive contributions and participation in games and activities.	Improve self-esteem by developing own sense of worth and appreciation through positive contributions and participation in games and activities.
		Demonstrate positive character traits and role modelling.	Demonstrate positive character traits and role modelling.	Demonstrate positive character traits and role modelling.	Demonstrate positive character traits and role modelling.	Use a range of communication methods, styles and languages appropriate to the context.	Use a range of communication methods, styles and languages appropriate to the context.