# P.E Curriculum Map



2022-2023

'Love to learn, aspire to achieve'

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### P.E Curriculum Map Overview 2022-2023



Year	Autu	ımn 1	Autu	mn 2	Spri	ing 1	Spri	ing 2	Summ	er 1	Summer 2		
R	Outdoor Provision	Gymnastics U1	Outdoor Provision	Dance U1	Outdoor Provision	Body Manageme nt U1	Outdoor Provision	Body Manageme nt U2	Outdoor Provision	Speed, Agility & Travel U1	Outdoor Provision	Manipulati on & Coordinati on U1	
1	Run Jump Throw U1	Dance U1	Attack Defend Shoot U1	Dance U2	Attack Defend Shoot U2	Gymnastic s U1	Run Jump Throw U2	Gymnastic s U2	Hit Catch Run U1	Send & Return U1	Hit Catch Run U2	OAA	
2	Run Jump Throw U1	Dance U1	Attack Defend Shoot U1	Dance U2	Attack Defend Shoot U2	Gymnastic s U1	Run Jump Throw U2	Gymnastic s U2	Hit Catch Run U1	Send & Return U1	Hit Catch Run U2	OAA	
3	Athletics	Foundations	Handball	Gymnastics U1	Basketball	Gymnastic s U2	Tennis	Dance U1	Rounders	Dance U2	Cricket	OAA	
4	Athletics	Gymnastics	Dagleath all	Gymnastics	Ci.m.m.im.a	Damas I II	Tag Rugby Dance U2		Davis	Tamia	Coistead	044	
4	ATNIETICS	U1	Basketball	U2	Swimming	Dance U1	Swin	nming	Rounders	Tennis	Cricket	OAA	
-	4.11.1.11	Gymnastics	<b>.</b>	Gymnastics	Basketball	Dance U1	<b>.</b>		a : 1 ·	0.1.1			
5	Athletics	, U1	Swimming	, U2	Swim	nming	Tennis	Dance U2	Cricket	OAA	Rounders	Tag Rugby	
6	Athletics	Swimming	Tag Rugby	Gymnastics U1	OAA	Gymnastic	Tri-Golf	Dance U1	Cricket	Dance	Rounders	Tennis	
	7111101103	- Switting	Swin	nming	5,,,,	s U2	Tri-Golf	24,100 01	S. ISKOT	U2	rioundor 5	. 3.1113	

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## Reception & Lower School P.E Curriculum Map Overview 2022-2023



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
	Outdoor Provision	Outdoor Provision	Outdoor Provision	Outdoor Provision	Outdoor Provision	Outdoor Provision	
R	R Gymnastics U1 Dance U1		Body Management U1	Body Management U2	Speed, Agility & Travel U1	Manipulation & Coordination U1	
1	Run Jump Throw U1	Attack Defend Shoot U1	Attack Defend Shoot U2	Run Jump Throw U2	Hit Catch Run U1	Hit Catch Run U2	
	Dance U1 Dance U2		Gymnastics U1	Gymnastics U2	Send & Return U1	OAA	
2	Run Jump Throw U1	Attack Defend Shoot U1	Attack Defend Shoot U2	Run Jump Throw U2	Hit Catch Run U1	Hit Catch Run U2	
	Dance U1	Dance U2	Gymnastics U1	Gymnastics U2	Send & Return U1	OAA	
3	Athletics	Handball	Basketball	Tennis	Rounders	Cricket	
3	Foundations	Gymnastics U1	Gymnastics U2	Dance U1	Dance U2	OAA	

Indoor slot
Outdoor slot



# Upper School P.E Curriculum Map Overview 2022-2023



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
	Athletics	Basketball	Swimming	Tag Rugby	Rounders	Cricket	
4	Commandian III	Comparation 112	Namaa 111	Dance U2	Taunia	044	
	Gymnastics U1	Gymnastics U2	Dance U1	Swimming	Tennis	OAA	
Athletics		Swimming	Basketball	Tennis	Cricket	Rounders	
5	Commandian III	Comparation 112	Dance U1	Dance U2	OAA	Tao Duahu	
	Gymnastics U1	Gymnastics U2	Swimming	Dance U2	UAA	Tag Rugby	
	Athletics	Tag Rugby	OAA	Tri-Golf	Cricket	Rounders	
6	Cusimumina	Gymnastics U1	Commenties 112	Names III	Namaa 112	Tannia	
	Swimming	Swimming	Gymnastics U2	Dance U1	Dance U2	Tennis	

Indoor slot
Outdoor slot
Additional sessions for specific children



### Reception Long Term Planning for P.E 2022-2023



Below is how we intend to deliver the curriculum to our children in the Early Years Foundation Stage:

	Reception													
	Autur	nn 1	Autur	nn 2	Spi	Spring 1		Spring 2		nmer 1	Summer 2			
Early Learning  Goals	Outdoor Provision	Gymnas tics	Outdoor Provision	Dance	Outdoor Provision	Body Management	Outdoor Provision	Body Management	Outdoor Provision	Speed, Agility & Travel	Outdoor Provision	Manipulation & Coordination		
Listening, Attention & Understanding	×	×	×	×	×	×	×	×	×	×	×	×		
Speaking	Х	X	Х	X	Х	X	Х	X	Х	X	×	X		
Self-Regulation	Х	X	X	X	X	X	X	X	X	X	×	X		
Managing Self	X	X	X	X	X	X	X	X	X	X	X	X		
Building Relationships	X	X	X	X	X	X	X	X	X	X	X	X		
Gross Motor Skills	Х	X	X	X	X	X	X	X	X	X	X	X		
Fine Motor Skills														
Comprehension														
Word Reading														
Writing														
Number														
Numerical Patterns														
Past & Present														
People, Culture &														
Communities														
The Natural World														
Creating with Materials														
Being Imaginative &				×										
Expressive														

#### Key

Communication &	Personal, Social &	Physical	Literacy	Mathematics	Understanding	Expressive Arts &
Language	Emotional Development	Development			the World	Design



#### Year 1 Long Term Planning for P.E 2022-2023



In Key Stage 1, pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Below is how we intend to deliver this curriculum to our Year 1 pupils:

	Year 1												
	Autu	mn 1	Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2		
National Curriculum Criteria	Run Jump Throw U1	Dance U1	Attack Defend Shoot U1	Dance U2	Attack Defend Shoot U2	Gymnasti cs U1	Run Jump Throw U2	Gymnast ic U2	Hit Catch Run U1	Send & Return U1	Hit Catch Run U2	OAA	
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities	X		X		×	X	X	X	X	X	X	X	
Develop balance, agility and co-ordination, and begin to apply these in a range of activities	X	X	X	X	×	X	×	X	X	X	X	X	
Participate in team games, developing simple tactics for attacking and defending			X		X				X	X	X	X	
Perform dances using simple movement patterns		X		X									



#### Year 2 Long Term Planning for P.E 2022-2023



In Key Stage 1, pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Below is how we intend to deliver this curriculum to our Year 2 pupils:

	Year 2												
	Autu	mn 1	Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2		
National Curriculum Criteria	Run Jump Throw U1	Dance U1	Attack Defend Shoot U1	Dance U2	Attack Defend Shoot U2	Gymnasti cs U1	Run Jump Throw U2	Gymnast ic U2	Hit Catch Run U1	Send & Return U1	Hit Catch Run U2	OAA	
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities	X		X		×	X	X	X	X	X	X	X	
Develop balance, agility and co-ordination, and begin to apply these in a range of activities	X	X	X	X	×	X	X	X	X	X	X	X	
Participate in team games, developing simple tactics for attacking and defending			X		X				Х	X	X	Х	
Perform dances using simple movement patterns		X		X									



#### Year 3 Long Term Planning for P.E 2022-2023



In Key Stage 2, pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Below is how we intend to deliver this curriculum to our Year 3 pupils:

	Year 3												
	Auto	ımn 1	Αι	itumn 2	Sp	ring 1	Spring 2		Summer 1		Summer 2		
National Curriculum Criteria	Athletics	Foundations	Hand ball	Gymnastics U1	Basket ball	Gymnastics U2	Tennis	Dance U1	Rounders	Dance U2	Cricket	OAA	
use running, jumping, throwing and catching in isolation and in combination	X	X	X	X	X	X	X		X		X		
Play competitive games, modified where appropriate, and apply basic principles for attacking and defending			X		X		X		X		X		
develop flexibility, strength, technique, control and balance	×	×	X	×	X	X	X	X	X	X	X		
Perform dances using a range of movement patterns								X		X			
Take part in outdoor and adventurous activity challenges both individually and within a team												X	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best	×	X		X		X		×		×			



#### Year 4 Long Term Planning for P.E 2022-2023



In Key Stage 2, pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Below is how we intend to deliver this curriculum to our Year 4 pupils:

				Year 4								
National Curriculum Criteria	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Athletics	Gymnastics U1	Basket ball	Gymnastics U2	Swimming	Dance U1	Tag Rugby	Dance U2	Rounders	Tennis	Cricket	OAA
use running, jumping, throwing and catching in isolation and in combination	X	X	X	X			X		X	X	X	
Play competitive games, modified where appropriate, and apply basic principles for attacking and defending			X				X		X	X	X	
develop flexibility, strength, technique, control and balance	X	X	Х	X		Х	X	Х	Х	Х	Х	
Perform dances using a range of movement patterns						Х		Х				
Take part in outdoor and adventurous activity challenges both individually and within a team												×
Compare their performances with previous ones and demonstrate improvement to achieve their personal best	×	X		X	×	X		X				
Swim competently, confidently and proficiently using a range of strokes					X							



#### Year 5 Long Term Planning for P.E 2022-2023



In Key Stage 2, pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Below is how we intend to deliver this curriculum to our Year 5 pupils:

				Year 5								
National Curriculum Criteria	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Athletics	Gymnastics U1	Swimming	Gymnastics U2	Basket ball	Dance U1	Tennis	Dance U2	Cricket	OAA	Rounders	Tag Rugby
use running, jumping, throwing and catching in isolation and in combination	X	×		X	X		Х		X		X	X
Play competitive games, modified where appropriate, and apply basic principles for attacking and defending					X		X		X		×	X
develop flexibility, strength, technique, control and balance	X	X		X	Х	Х	Х	X	Х		Х	X
Perform dances using a range of movement patterns						Х		X				
Take part in outdoor and adventurous activity challenges both individually and within a team										X		
Compare their performances with previous ones and demonstrate improvement to achieve their personal best	X	X	×	X		X		×				
Swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively			×									



#### Year 6 Long Term Planning for P.E 2022-2023



In Key Stage 2, pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Below is how we intend to deliver this curriculum to our Year 6 pupils:

				Year 6								
National Curriculum Criteria	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Athletics	Swimming	Tag Rugby	Gymnastics U1	OAA	Gymnastics U2	Tri- Golf	Dance U1	Cricket	Dance U2	Rounders	Tennis
use running, jumping, throwing and catching in isolation and in combination	X		X	X		X			X		X	X
Play competitive games, modified where appropriate, and apply basic principles for attacking and defending			X				Х		X		X	X
develop flexibility, strength, technique, control and balance	X		X	X		X	X	X	X	X	X	X
Perform dances using a range of movement patterns								X		X		
Take part in outdoor and adventurous activity challenges both individually and within a team					X							
Compare their performances with previous ones and demonstrate improvement to achieve their personal best	×	X		×		X	X	X		X		
Swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively. Perform safe self-rescue in different water-based situations		×										



#### **P.E & Sport Mission Statement**

To promote and provide exciting, engaging sporting opportunities so that our children leave our school with the knowledge of how to lead a healthy lifestyle and the desire to be life-long participants in physical activity.