

# P.E Curriculum Map



**2022-2023**

## Contents

	<b>Page Number</b>
P.E Curriculum Map Overview 2022-2023	3
Reception & Lower School P.E Curriculum Map Overview 2022-2023	4
Upper School P.E Curriculum Map Overview 2022-2023	5
Reception Long Term Planning 2022-2023	6
Y1 Long Term Planning 2022-2023	7
Y2 Long Term Planning 2022-2023	8
Y3 Long Term Planning 2022-2023	9
Y4 Long Term Planning 2022-2023	10
Y5 Long Term Planning 2022-2023	11
Y6 Long Term Planning 2022-2023	12



## P.E Curriculum Map Overview 2022-2023



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

	Indoor slot		Outdoor slot		Additional sessions for specific children
--	-------------	--	--------------	--	---



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



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Outdoor Provision	Outdoor Provision	Outdoor Provision	Outdoor Provision	Outdoor Provision	Outdoor Provision
	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
	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
4	Athletics	Basketball	Swimming	Tag Rugby	Rounders	Cricket
	Gymnastics U1	Gymnastics U2	Dance U1	Dance U2 Swimming	Tennis	OAA
5	Athletics	Swimming	Basketball	Tennis	Cricket	Rounders
	Gymnastics U1	Gymnastics U2	Dance U1 Swimming	Dance U2	OAA	Tag Rugby
6	Athletics	Tag Rugby	OAA	Tri-Golf	Cricket	Rounders
	Swimming	Gymnastics U1 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												
Early Learning Goals	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Outdoor Provision	Gymnastics	Outdoor Provision	Dance	Outdoor Provision	Body Management	Outdoor Provision	Body Management	Outdoor Provision	Speed, Agility & Travel	Outdoor Provision	Manipulation & Coordination
Listening, Attention & Understanding	X	X	X	X	X	X	X	X	X	X	X	X
Speaking	X	X	X	X	X	X	X	X	X	X	X	X
Self-Regulation	X	X	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	X	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				X								

### Key

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









## 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

National Curriculum Criteria	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	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	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		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	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		X				
Swim competently, confidently and proficiently using a range of strokes					X							







**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.**