



Gymnastics

- Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).
- Use equipment to vault and to swing
- Create complex and well-executed sequences that include a full range of movements

Gymnastics

- Hold shapes that are strong, fluent and expressive.
- Include in a sequence set pieces, choosing the most appropriate linking elements.
- Vary speed, direction, level and body rotation during floor performances.
- Practise and refine the gymnastic techniques used in performances

Games

- Choose and combine techniques in game situations
- Work alone, or with team mates in order to gain points or possession.
- Strike a bowled or volleyed ball with accuracy.
- Use forehand and backhand when playing racket games.
- Field, defend and attack tactically by anticipating the direction of play.
- Choose the most appropriate tactics for a game.
- Uphold the spirit of fair play and respect in all competitive situations.
- Lead others when called upon and act as a good role model within a team.

Swimming

- Swim over 100 metres unaided.
- Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.
- Swim fluently with controlled strokes.
- Turn efficiently at the end of a length.

PE CURRICULUM MAP

Years
5 & 6

•Develop practical skills in order to participate, compete and lead a healthy lifestyle.
This concept involves learning a range of physical movements and sporting techniques.

Threshold concept

Athletics

- Combine sprinting with low hurdles over 60 metres.
- Choose the best place for running over a variety of distances.
- Throw accurately and refine performance by analysing technique and body shape.
- Show control in take off and landings when jumping.
- Compete with others and keep track of personal best performances, setting targets for improvement.

Dance

- Compose creative and imaginative dance sequences.
- Perform expressively and hold a precise and strong body posture.
- Perform and create complex sequences.
- Express an idea in original and imaginative ways.
- Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.
- Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).

Levels of originality, imagination and creativity in their techniques, tactics and choreography. Essential Characteristics Knowledge of how to improve their own and other performance

Gymnastics

- Plan, perform and repeat sequences.
- Move in a clear, fluent and expressive manner.
- Refine movements into sequences.
- Show changes of direction, speed and level during a performance.

Gymnastics

- Travel in a variety of ways, including flight, by transferring weight to generate power in movements.
- Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).
- Swing and hang from equipment safely (using hands).

Games

- Throw and catch with control and accuracy.
- Strike a ball and field with control.
- Choose appropriate tactics to cause problems for the opposition.
- Follow the rules of the game and play fairly.
- Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).
- Pass to team mates at appropriate times.
- Lead others and act as a respectful team member.

Swimming

- Swim between 25 and 50 metres unaided.
- Use more than one stroke and coordinate breathing as appropriate for the stroke being used.
- Coordinate leg and arm movements.
- Swim at the surface and below the water.

A high level of physical fitness.

The ability to acquire new knowledge and skills exceptionally well and develop an in depth understanding of P.E.

Athletics

- Sprint over a short distance up to 60 metres.
- Run over a longer distance, conserving energy in order to sustain performance.
- Use a range of throwing techniques (such as under arm, over arm).
- Throw with accuracy to hit a target or cover a distance.
- Jump in a number of ways, using a run up where appropriate.
- Compete with others and aim to improve personal best performances.

Dance

- Plan, perform and repeat sequences.
- Move in a clear, fluent and expressive manner.
- Refine movements into sequences.
- Create dances and movements that convey a definite idea.
- Change speed and levels within a performance.
- Develop physical strength and suppleness by practising moves and stretching.

Years
3 & 4

A keen interest in P.E.

Gymnastics

- Copy and remember actions.
- Move with some control and awareness of space.
- Link two or more actions to make a sequence.
- Show contrasts (such as small/tall, straight/curved and wide/narrow).
- Travel by rolling forwards, backwards and sideways.
- Hold a position whilst balancing on different points of the body.
- Climb safely on equipment.
- Stretch and curl to develop flexibility.
- Jump in a variety of ways and land with increasing control and balance.

Games

- Use the terms 'opponent' and 'team-mate'.
- Use rolling, hitting, running, jumping, catching and kicking skills in combination.
- Develop tactics.
- Lead others when appropriate.

Dance

- Copy and remember moves and positions.
- Move with careful control and coordination.
- Link two or more actions to perform a sequence.
- Choose movements to communicate a mood, feeling or idea.

Years
1 & 2

The willingness to practise skills in a wide range of different activities and then apply these skills.

The ability to swim at least 25 metres and understand how to remain safe around water

Games for all year groups include:

Cricket



Basketball



Netball



Badminton



Football



Hockey





P.E. Long term plan

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	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Me & Myself	Multi Skills	Multi Skills	Multi Skills	Multi Skills	Multi Skills	Swimming
		Team building/Fitness	Team building/Fitness	Multi Skills	Gymnastic floor	Multi Skills	Multi Skills
Autumn 2	Movement & Development	Gym floor	Gym floor	Dance	Dance	Dance	Swimming
		Throwing and Catching	Throwing and Catching	Netball/B Ball	Netball/B Ball	Netball/B Ball	Dance
Spring 1	Throwing and Catching	Gym App	Gym App	Let's Dance	Indoor Athletics	Swimming	Indoor Athletics
		Dribbling Kicking Hitting	Dribbling Kicking Hitting	Indoor Athletics	Gym App	Gym Floor A	Netball/B Ball
Spring 2	Ball Skills	Dance A	Dance A	Gym Floor A	Football	Swimming	Football
		Ball Skills	Ball Skills	Fitness	Fitness	Football	Urban Gym A
Summer 1	Fun & Games	Striking/Fielding	Striking/Fielding	Striking/Fielding	Swimming	Striking/Fielding	Striking/Fielding
		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
Summer 2	Working with Others	Send and Return	Send and Return	Cricket	Swimming	Cricket	Cricket
		Send and Return	Send and Return	Cricket	Cricket	Cricket	Cricket