

**CLEMENTSWOOD FEDERATION
LONG-TERM CURRICULUM MAP**

PHYSICAL EDUCATION

	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
AUTUMN 1	<u>Outdoor PE – Hit, Catch and Run</u> -Catching ready position -Underarm pass -Bounce pass -Overhead pass <u>Indoor PE - Apparatus</u> - Travelling in a variety of different ways: (running, jogging, skipping, leaping, galloping, hopping, crawling and tiptoeing) -Agility -Balance -Coordination	<u>Outdoor PE - Hit, Catch and Run</u> -Catching ready position -Underarm pass -Bounce pass -Overhead pass <u>Indoor PE - Dance</u> -Body language -Movement -Different emotions linked to topic book in English	<u>Outdoor PE - Multiskills</u> -Coordination -Throwing and catching -Basics of attacking and defending -Teamwork <u>Indoor PE - Gymnastics</u> -Rolling -Balance -Coordination	<u>Outdoor PE - Multiskills</u> -Coordination -Throwing and catching -Basics of attacking and defending -Teamwork <u>Indoor PE - Gymnastics</u> -Long sequence of movement -Balance counter balances -Control and precision	<u>Outdoor PE- Netball</u> -Co-ordination -Passing and Moving into space -Shooting <u>Indoor PE - Gymnastics</u> -Combining jumps and shapes with flights -Creating a sequence including patch balance and point balance	<u>Outdoor PE- Netball</u> -Co-ordination -Passing and Moving into space -Shooting <u>Indoor PE - Gymnastics</u> -Learning importance of warm up and cool down -Complete sets of exercises -Challenge themselves and increase work rate.
AUTUMN 2	<u>Outdoor PE – Hit, Catch and Run</u> -Running -Throwing -Catching -Team Games <u>Indoor PE - Gymnastics</u> -Rolling -Balancing -Points of contact	<u>Outdoor PE - Hit, Catch and Run</u> -Running -Throwing -Catching -Team Games <u>Indoor PE - Gymnastics</u> -Rolling -Balancing -Points of contact	<u>Outdoor PE - Athletics</u> -Sprinting -Baton Change -Long & Triple Jump -Speed Bounce -Javelin <u>Indoor PE- African Dance</u> -Developing different dance movement	<u>Outdoor PE - Hockey</u> -Co-ordination -Dribbling -Ball Control -Shooting <u>Indoor PE- Dance</u> -Explore dance through woodland theme	<u>Outdoor PE - Athletics</u> -Sprinting -Baton Change -Long & Triple Jump -Speed Bounce -Javelin <u>Indoor PE- Dance</u> -Develop flexibility, strength technique, control and balance	<u>Outdoor PE - Athletics</u> -Sprinting -Baton Change -Long & Triple Jump -Speed Bounce -Javelin <u>Indoor PE- Dance</u> -Complex sequence of performance -Direction and Speed

			-Working in a team	-Combine elements such as (shape, space and time)	-Movement patters	-Body shapes and balances -Body strength and flexibility
SPRING 1	<u>Outdoor PE – OAA</u> -Teambuilding -Communication -Blind trail <u>Indoor PE - Dance</u> -Simple movements -Showing different emotions -Body language	<u>Outdoor PE Handball</u> -Throwing & catching -Body position -Communication -Teamwork <u>Indoor PE - Dance</u> -Create dance sequence movement	<u>Outdoor PE - Handball</u> -Coordination -Passing and moving into space -Catching -Shooting <u>Indoor PE - Gymnastics</u> -Frozen Balance -Fluid Moment -Working in groups	<u>Outdoor PE - Handball</u> -Coordination -Passing and moving into space -Catching -Shooting -Applying skills <u>Indoor PE - Gymnastics</u> -Combine elements of dance such as (shape, space and time)	<u>Outdoor PE - Basketball</u> -Dribbling (Bouncing the ball) -Passing (Using different techniques) -Shooting <u>Indoor PE - Acrobatics</u> - Developing skills in body strength and stability, balancing and acrobatics	<u>Outdoor PE - Basketball</u> -Dribbling (Bouncing the ball) -Passing (Using different techniques) -Shooting <u>Indoor PE - Circuit Training</u> -Learn similar routines to those soldiers did in training during war -Effects that exercise has on the body
SPRING 2	<u>Outdoor PE – Attack Defend Shoot</u> -Passing -Dribbling -Ball Control -Shooting <u>Indoor PE - Circuit Training</u> -Rhythmic movement -Strength -Balance	<u>Outdoor PE - Racquet skills</u> -Hand Eye coordination -Catching -Throwing -Grip Technique (Tennis Racket) <u>Indoor PE - Apparatus/Gymnastics</u> -Balance -Agility -Coordination	<u>Outdoor PE - Football</u> -Passing -Dribbling -Ball Control -Shooting <u>Indoor PE- Dance</u> -Movements associated with robots and machines -Working in teams -Analysing performance	<u>Outdoor PE - Tennis</u> -Co-ordination -Ready position -Ball Control -Forehand and Backhand <u>Indoor PE- Dance</u> -Using dance to tell narrative -Understanding techniques such as cannon, unison and linking movements. -Balance -Strength	<u>Outdoor PE - Cricket</u> -Bowling and catching -Batting and blocking (two weeks) -Applying skills <u>Indoor PE- Dance</u> -Develop flexibility, strength, technique, control and balance. -To learn to perform dances using a range of movement patterns	<u>Outdoor PE - Cricket</u> -Bowling and catching -Batting and blocking (two weeks) -Applying skills <u>Indoor PE- Dance</u> -Create dance sequence -Learn broad ways of movement skills -Teamwork

SUMMER 1	<u>Outdoor PE - Athletics</u> -Sprinting -Standing Long Jump -Speed Bounce -Javelin <u>Indoor PE - Dance</u> -Body Language -Movement to show different emotions.	<u>Outdoor PE - Athletics</u> -Sprinting -Standing Long Jump -Speed Bounce -Javelin <u>Indoor PE - Dance</u> -Develop different moves -Teamwork	<u>Outdoor PE – OAA</u> - Teambuilding - Communicatio n - Orienteering <u>Indoor PE- Badminton</u> -Co-ordination -Ready position -Ball Control -Forehand and Backhand	<u>Outdoor PE - Athletics</u> -Sprinting -Baton Change -Long & Triple Jump -Speed Bounce -Javelin <u>Indoor PE- Badminton</u> -Co-ordination -Ready position -Ball Control -Forehand and Backhand	<u>Outdoor PE - Tennis</u> -Co-ordination -Ready position -Ball Control -Forehand and Backhand <u>Indoor PE- Badminton</u> -Co-ordination -Ready position -Ball Control -Forehand and Backhand	<u>Outdoor PE – OAA</u> - Teambuilding - Communicatio n - Creating a team game <u>Indoor PE- Badminton</u> -Co-ordination -Ready position -Ball Control -Forehand and Backhand
	<u>Outdoor PE (Sports Day Activities)</u> -Hot Potato -Rob the nest -Speed Bounce -Relay Race -Track Race <u>Indoor PE – Clementswood Federation summer performance</u> - Gymnastics techniques - Sequence of movements - Teamwork - Performance and evaluating	<u>Outdoor PE - Sports Day Activities</u> -Hot Potato -Rob the nest -Speed Bounce -Relay Race -Track Race <u>Indoor PE – Clementswood Federation summer performance</u> - Gymnastics techniques - Sequence of movements - Teamwork - Performance and evaluating	<u>Outdoor PE - Sports Day Activities</u> -Hot Potato -Rob the nest -Speed Bounce -Relay Race -Track Race <u>Indoor PE – Clementswood Federation summer performance</u> - Gymnastics techniques - Sequence of movements - Teamwork - Performance and evaluating	<u>Outdoor PE - Sports Day Activities</u> -Hot Potato -Rob the nest -Speed Bounce -Relay Race -Track Race <u>Indoor PE – Clementswood Federation summer performance</u> - Gymnastics techniques - Sequence of movements - Teamwork - Performance and evaluating	<u>Outdoor PE - Sports Day Activities</u> -Hot Potato -Rob the nest -Speed Bounce -Relay Race -Track Race <u>Indoor PE – Clementswood Federation summer performance</u> - Gymnastics techniques - Sequence of movements - Teamwork - Performance and evaluating	<u>Outdoor PE - Sports Day Activities</u> -Hot Potato -Rob the nest -Speed Bounce -Relay Race -Track Race <u>Indoor PE – Clementswood Federation summer performance</u> - Gymnastics techniques - Sequence of movements - Teamwork - Performance and evaluating

					<u>Swimming</u> -Perform safe self-rescue in different water based situations -Swim competently, confidently and proficiently over a distance of at least 25 metres -Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.	
--	--	--	--	--	---	--