

PE Long Term Curriculum Map

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
EYFS	<u>Personal</u> Follow Instructions	<u>Social</u> Play with Others	<u>Cognitive</u> Follow Rules	<u>Creative</u> Observe and Copy	<u>Physical</u> Move in Different Ways	<u>Health and Fitness</u> Exercise and Good Health
	Movement Development	Dance	Gymnastics	Ball Skills	Fun and Games	Working with others
Year 1	<u>Personal</u> Stay on Task	<u>Social</u> Understand Others	<u>Cognitive</u> Observe and Describe	<u>Creative</u> Explore and Describe	<u>Physical</u> Control Movement	<u>Health and Fitness</u> Exercise and the Body
	Fitness	Dance	Gymnastics	Target Games: Dodgeball	Net/Wall Games: Tennis	Athletics
Year 2	<u>Personal</u> Keep Trying	<u>Social</u> Help and Encourage	<u>Cognitive</u> Understand Performance	<u>Creative</u> Link Movements	<u>Physical</u> Sequence Movements and Skills	<u>Health and Fitness</u> Practise Safely
	Invasion Game: Handball	Dance	Gymnastics	Target Games: Dodgeball	Net/Wall Games: Tennis	Athletics
Year 3	<u>Personal</u> Know where I am in my Learning	<u>Social</u> Share Ideas	<u>Cognitive</u> Recognise Success	<u>Creative</u> Respond Differently	<u>Physical</u> Perform and Repeat	<u>Health and Fitness</u> Know How and Why the Body Changes
	Invasion Game: Football *	Dance	Gymnastics	Outdoor and Adventurous (OAA)	Net/Wall Games: Tennis	Athletics

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Year 4	<b>Personal</b> Accept Challenge	<b>Social</b> Support others	<b>Cognitive</b> Identify Areas to Improve	<b>Creative</b> Recognise and Respond	<b>Physical</b> Select and Apply	<b>Health and Fitness</b> Prepare for Activity
	Invasion Game: Tag-Rugby *	Dance	Gymnastics	Outdoor and Adventurous (OAA)	Net/Wall Games: Tennis	Athletics
Year 5	<b>Personal</b> Reach positively to Challenge	<b>Social</b> Provide Helpful Feedback	<b>Cognitive</b> Judge Performance	<b>Creative</b> Express Ideas	<b>Physical</b> Combining Skills in Specific Contexts	<b>Health and Fitness</b> Describe Basic Fitness Components
	Invasion Game: Netball *	Dance	Gymnastics	Outdoor and Adventurous (OAA)	Net/Wall Games: Tennis	Athletics
Year 6	<b>Personal</b> Consistently to Improve	<b>Social</b> Organise and Guide Others	<b>Cognitive</b> Make Good Decisions	<b>Creative</b> Adapt/Change Activities	<b>Physical</b> Link Actions to Flow	<b>Health and Fitness</b> Monitor Activity
	Invasion Game: Hockey *	Dance	Gymnastics	Outdoor and Adventurous (OAA)	Net/Wall Games: Tennis	Athletics

Swimming Lessons

All year groups from Reception to Year 6 will receive a 5-week block of swimming lessons in Spring 1. This will be from 13<sup>th</sup> January 2025 – 14<sup>th</sup> February 2025.

\* Steelbacks Cricket Coaching