



PE Long Term Curriculum Map



Year	Autumn 1		Autumn 2		Spring 3		Spring 4		Summer 5		Summer 6	
	1st Hr Sports Coach Karen Risk	2nd Hr Class Teacher	1st Hr Sports Coach Karen Risk	2nd Hr Class Teacher	1st Hr Sports Coach Karen Risk	2nd Hr Class Teacher	1st Hr Sports Coach Karen Risk	2nd Hr Class Teacher	1st Hr Sports Coach Karen Risk	2nd Hr Class Teacher	1st Hr Sports Coach Karen Risk	2nd Hr Class Teacher
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R	FUNS ELG Development focus: Control an object in pushing, patting, throwing, catching or kicking.	REAL PE Unit 5 ELG: Show good control & co-ordination in large & small movements. They handle equipment effectively.	FUNS ELG: control & co-ordination in large & small movements Focus: Jumping & landing, travelling & balancing	Real PE Unit 2 ELG: Show good control & co-ordination in large & small movements.	FUNS ELG: control & co-ordination in large & small movements Focus: Experiments with different ways of moving, travelling & balancing	Real PE Unit 1 ELG: Show good control & co-ordination in large & small movements.	FUNS ELG: Move confidently in a range of ways & handling equipment. Focus: racing and chasing games.	Real PE Unit 4 ELG: Show good control & co-ordination in large & small movements. They handle equipment effectively.	ELG: Move confidently in a range of ways, safely negotiating space. Focus: Racing & chasing games	DANCE	FUNS Health & Fitness How does my body feel?	Real PE Unit 6 ELG: Show good control & co-ordination in large & small movements. They handle equipment effectively.
1	FUNS Sending and receiving using equipment	REAL PE Unit 5 (GAMES)	FUNS Moving and balancing in different ways	Real PE Unit 2 (GYMNASTICS / GAMES)	FUNS / Exploring Space and Equipment	Real PE Unit 1 (GYMNASTICS)	FUNS Following rules and simple tactics	DANCE	FUNS Sending and receiving Game tactics	Real PE Unit 4 / Athletics (GAMES)	FUNS Health & Fitness How does my body feel?	Real PE Unit 6 (GAMES)
2	FUNS Sending and receiving using equipment	REAL PE Unit 5 (GAMES)	FUNS Moving and balancing in different ways	Real PE Unit 2 (GYMNASTICS / GAMES)	FUNS / Exploring Space and Equipment	DANCE	FUNS Following rules and simple tactics	Real PE Unit 4 (GAMES)	FUNS Sending and receiving Game tactics	Athletics	FUNS Health & Fitness How does my body feel?	Real PE Unit 6 (GAMES)
KS2 REAL PE FOCUS	PERSONAL (see separate plan for these skills)		CREATIVE		COGNITIVE		SOCIAL		PHYSICAL		HEALTH & FITNESS	
3	Netball Hockey	Netball Hockey	Tag Rugby Indoor Athletics	Dance	Gym Recap on previous terms skills	Gym Indoor athletics or tag rugby	Cross Country Hockey	Cross Country Hockey	Cricket Rounders	Cricket Rounders	Tennis	Outdoor Adventure Activities (OAA)
4	Netball Hockey	Netball Hockey	Tag Rugby Indoor Athletics	Dance	Gym Recap on previous terms skills	Gym Indoor athletics or tag rugby	Cross Country Hockey	Cross Country Hockey	Cricket Rounders	Cricket Rounders	Tennis	OAA
5	Netball Hockey	Dance	Tag Rugby Indoor Athletics	Tag Rugby Indoor Athletics	Gym Recap on previous terms skills	Gym Hockey or Netball	Cross Country Hockey	Cross Country Hockey	Cricket Rounders	Cricket Rounders	Tennis	OAA
6	Netball Hockey	Dance	Tag Rugby Indoor Athletics	Tag Rugby Indoor Athletics	Gym Recap on previous terms skills	Gym Hockey or Netball	Cross Country Hockey	Cross Country Hockey	Cricket Rounders	Cricket Rounders	Tennis	OAA

KS2 – 2nd hour of PE

Use this hr to develop the skills for that particular sport alongside building up endurance and raising heart rates.

- See progression of skills map for each sport and area of development
- 1 mile – 10 minutes of walk / run eventually building up to running for the whole 10 minutes
- HIIT sessions to increase heart rate e.g. 40 seconds of intense activity, 20 seconds rest – repeat for a set time.

Please also try different types of sport e.g. Volleyball, basketball, dodgeball instead of netball, Golf instead of hockey or cricket. As long as the key skills are being taught then introduce the children to different sports and have fun!

Swimming is not on the above plan, but this will be compulsory for Years 3 to 6. Please see separate timetable.

Karen Risk will also be introducing different types of sport e.g. Bocci throughout the year aswell for both Reception, KS1 and KS2.