

PE Long Term Curriculum Map 2019 to 2020



Year	Autumn 1		Autumn 2		Spring3		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 <i>ELG Development focus: Control an object in pushing, patting, throwing, catching or kicking.</i>	REAL PE Unit 5 <i>ELG: Show good control & co-ordination in large & small movements. They handle equipment effectively.</i>	FUNS ELG: control & co-ordination in large & small movements <i>Focus: Jumping & landing, travelling & balancing</i>	Real PE Unit 2 <i>ELG: Show good control & co-ordination in large & small movements.</i>	FUNS ELG: control & co-ordination in large & small movements s <i>Focus: Experiment s with different ways of moving, travelling & balancing</i>	Real PE Unit 1 <i>ELG: Show good control & co-ordination in large & small movements.</i>	FUNS ELG: Move confidently in a range of ways & handling equipment. <i>Focus: racing and chasing games.</i>	Real PE Unit 4 <i>ELG: Show good control & co-ordination in large & small movements. They handle equipment effectively.</i>	ELG: Move confidently in a range of ways, safely negotiating space. <i>Focus: Racing & chasing games</i>	DANCE	FUNS Health & Fitness How does my body feel?	Real PE Unit 6 <i>ELG: Show good control & co-ordination in large & small movements. They handle equipment effectively.</i>
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	
	Taught by KR	Taught by CT	Taught by KR	Taught by CT	Taught by KR	Taught by CT	Taught by KR	Taught by CT	Taught by KR	Taught by CT	Taught by KR	Taught by CT
3	Invasion Games (Basketball)	Tag Rugby	Athletics (Sportshall)	Gymnastics	Archery	Dance	Netball / Hockey	Cross country	Tri Golf	Sports Day / Outdoor Adventure Activities (OAA)	Tennis	Rounders
4	Invasion Games (Basketball)	Tag Rugby	Athletics (Sportshall)	Gymnastics	Archery & Boccia	Dance	Netball / Hockey	Cross Country	Tri Golf	OAA & Sports Day	Tennis	Rounders
5	Invasion Games (Basketball)	Athletics (Sportshall)	Invasion Games / New Age Curling	Cross country	Archery & Boccia	Gymnastics	Netball / Hockey	Dance	Cricket	OAA & Sports Day	Tennis	Rounders
6	Invasion Games (Basketball)	Athletics (Sportshall)	Invasion Games / New Age Curling	Cross country	Archery & Boccia	Gymnastics	Netball / Hockey	Dance	Cricket	OAA & Sports Day	Tennis	Rounders

KS2 – 2nd hour of PE

Use this hr to develop the skills for that particular sport but alongside that please include warm ups to help build up endurance and raising the children's 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.

Swimming is not on the above plan, but this will be compulsory for Years 2 to 6. Please see separate timetable.