

PE CURRICULUM MAP



	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
RECEPTION (EYFS)	Throwing and catching	Basic Body Management Skills (Travelling, shapes, balancing, proprioception, and co-ordination)	Dance/Fundamental Movement Skills (With and without a ball or object)	Movement, Tag Games	Co-ordination Skills	Run, Jump, Throw and Catch
YEAR 1 (KS1)	Throwing and catching	Basic Body Management Skills (Travelling, shapes, balancing, proprioception, and co-ordination)	Dance/Fundamental Movement Skills (With and without a ball or object)	Movement, Tag Games, and basic Invasion Games (Simple principles of attacking and defending)	Co-ordination Skills	Run, Jump, Throw and Catch
YEAR 2	Throwing and catching	Basic Body Management Skills (Travelling, shapes, balancing, proprioception, and co-ordination)	Dance/Fundamental Movement Skills (With and without a ball or object)	Movement, Tag Games and basic Invasion Games (Simple principles of attacking and defending)	Co-ordination Skills	Run, Jump, Throw and Catch
YEAR 3 (LOWER KS2)	Benchball	Gymnastics	Dance/skills for Invasion Games	Dodgeball (Basic Principles of attacking and defending)	OAA (Orienteering)	Athletics/Striking and Fielding Games
YEAR 4	Benchball	Gymnastics	Dance/Skills for Invasion Games	Racket Sports	OAA (Orienteering)	Athletics/Striking and Fielding Games
YEAR 5 (UPPER KS2)	Handball	Gymnastics	Dance/ Skills for Invasion Games	Football (Basic Principles of attacking and defending)	OAA (Orienteering)	Athletics/Striking and Fielding Games
YEAR 6 (PREPERATION FOR SECONDARY SHOOL)	Handball	Gymnastics	Dance/Skills for Invasion Games	Racket sports	OAA (Orienteering)	Athletics/Striking and Fielding Games

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Throughout the Academic year, children are encouraged to focus on developing Social, Emotional and Thinking Skills, as well as their Physical, Technical, and Tactical skills in Physical Education. Children are introduced to 5 Premier League Primary Star Values at the start of the year and at each lesson, where each session has a focus on one value in addition to the P.E. learning objective and goals. Pupils are rewarded house-points, certificates, and stickers when they demonstrate the values below:

- **Be connected** – Work well with others and as part of a team – (Example skills – communication, listening, empathy, co-operation, sharing ideas, supportive)
- **Be Fair** – Treat People equally and think of others – (Example skills – compromise, championing inclusion and diversity, sportsmanship, respectful, sharing)
- **Be Inspiring** – Set a great example to others – (Example skills – Bravery, problem solving, confidence, effort, innovation, role model behaviours)
- **Be Ambitious** – Work hard and never give up on their goals – (Example skills – Aspirations, goal setting, creativity, perseverance, personal bests, pride, reflective thinking)
- **Be Active** – Pupil's value and have a joy in moving – includes enjoying learning new skills, being active and fit, taking part in extra curricular sports or challenging games and maintaining a healthy lifestyle

Where pupils consistently show all five values, they are nominated for an end of term award, with the winner being given the Primary Star certificate.

Please note - The long-term plan is designed to be flexible and is meant as a guide as to what is required to be covered by the national curriculum. Where teachers and coaches feel that a different topic may be required to suit the needs of the children, topics can be changed. I.e., if children are assessed as requiring support in teamwork over co-ordination skills, then the topic can be changed. The rationale for this should be stated in coach/teacher medium term plans and short-term lesson plans, with a review of pupil progress in lesson reflections and assessment. Where this is an individual rather than a class need, lessons should be differentiated or individual challenges provided to support the development of that pupil, whilst supporting skill development of the class as part of the class topic.

The long-term plan is based on the national curriculum for EYFS, KS1 and KS2, as well as being connected to the St James Catholic Primary School Mission Statement, Aims and Ethos as shown in the table on the following page:

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St James Catholic Primary School mission statement

At St. James Catholic Primary School, we aim to provide a variety of lessons for every child in a happy, caring, and welcoming school. Every member of our school is a gift from God, and we want everyone to do their best. As a Catholic School, we care for each other, and treat each other as Jesus teaches us, in all areas of school life.

Premier League Primary Stars Value	PE National Curriculum	School Value
Be Ambitious Work hard and never give up on their goals	Develop competence to excel in a broad range of physical activities. Pupils should be able to compare their performances with previous ones and demonstrate improvement to achieve their personal and academic best. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	Being creative from Foundation stage onwards and learning through imaginative play. We encourage children to realise their full potential spiritually, morally, academically, physically and socially.
Be Inspiring Set a great example to others	Pupils should enjoy communicating, collaborating, and competing with each other.	We care for each other and treat each other with respect in all areas of school life
Be Connected Work well with others and in a team	Pupils engage in competitive sports and activities. Pupils should enjoy communicating, collaborating and competing	Friendship and working together to motivate themselves and make a difference in others
Be Fair Treat people equally and think of others	Pupils should enjoy communicating, collaborating and competing with each other. Pupils should play competitive games, modified where appropriate	We want everyone to do their best. Children are awarded house points for displaying their best work not only as individuals but in their interactions with others.
Be Active Give high energy within physical activities	All pupils are physically active for sustained periods of time and lead healthy, active lives.	Achieve their full potential physically