

2024/2025

Long Term Plan & Curriculum Map for PE

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Explore and develop competence across a range of physical literacy skills - balance, coordination, agility, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement.					
Lesson 2	Explore and develop a range of Fundamental Movement Skills in isolation with a focus on developing agility, balance, coordination.	Healthy Heads (British Values)	Perform dances using simple movement patterns.	Explore and develop a range of Fundamental Movement Skills in isolation with a focus on developing agility, balance, coordination.	Participate in adapted team games developing simple tactics for attacking and defending.	

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Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Explore and develop competence across a range of physical literacy skills - balance, coordination, agility, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement.					
Lesson 2	Perform dances using simple movement patterns.	Healthy Heads (British Values)	Explore and develop a range of Fundamental Movement Skills in isolation with a focus on developing agility, balance, coordination.		Participate in adapted team games developing simple tactics for attacking and defending.	

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Lesson 1	Refine and master the range of physical literacy skills – balance, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement.	Perform increasingly complex dance movements and routines with control and coordination.	Participate in a range of competitive mini team games – eg. 1v1, 2v1, 2v2, 5v2, up to 5v5		
Lesson 2	Explore and develop a range of Fundamental Movement Skills in isolation with a focus on developing agility, balance, coordination. Participate in adapted team games developing simple tactics for attacking and defending.	Develop flexibility, strength, technique, control and balance.	Healthy Heads (British Values)	Take part in outdoor and adventurous activity challenges both individually and within a team.	Use running, jumping, throwing and catching in isolation and in combination.

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Refine and master the range of physical literacy skills – balance,		Explore and develop a range of	Develop flexibility,	Refine and master the range of physical literacy skills – balance, coordination, agility, locomotor,	

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	coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement.	Fundamental Movement Skills in isolation with a focus on developing agility, balance, coordination. *Fit2Go	strength, technique, control and balance.	running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement.
Lesson 2	Perform increasingly complex dance movements and routines with control and coordination.	Explore and develop a range of Fundamental Movement Skills in isolation with a focus on developing agility, balance, coordination. Participate in adapted team games developing simple tactics for attacking and defending. *Rugby Wigan Warriors	Take part in outdoor and adventurous activity challenges both individually and within a team. Use running, jumping, throwing and catching in isolation and in combination.	Healthy Heads (British Values)

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson 1	Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl,				Take part in outdoor and adventurous activity challenges	Use running, jumping, throwing and catching in

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	backstroke and breaststroke] Perform safe self-rescue in different water-based situations.			both individually and within a team.	isolation and in combination.
Lesson 2	Develop flexibility, strength, technique, control and balance - through Gymnastics.	Combine, link and apply the broad range of physical skills in small sided games and physical skills -through Rugby - BFCCT Support	Perform increasingly complex dance movements and routines with control and coordination.	Apply the physical literacy skills required to actively participate and compete in a range of modified small sided games - through a variety of sports.	Healthy Heads (British Values)

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Lesson 1	Perform increasingly complex dance movements and routines with control and coordination.	Take part in outdoor and adventurous activity challenges both individually and within a team. (residential)	Unstoppables. Resilience/Team work/Respect.	Develop flexibility, strength, technique, control and balance.	Apply the physical literacy skills required to actively participate and compete in a range of modified small sided games.
Lesson 2	Apply the physical literacy skills required to actively participate and compete in a range of modified small sided games.		Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities that are both collaborative and competitive.	Healthy Heads (British Values)	Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive small sided games and physical activities that are both collaborative and competitive.