

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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Long Term Plan & Curriculum Map for PE

| 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 | 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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Long Term Plan & Curriculum Map for PE

| Year 3 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------------|--|----------|--|--------------------------------|---|--|
| 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. |

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Long Term Plan & Curriculum Map for PE

| 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, coordination, agility, locomotor, running, jumping, throwing, catching, object control/manipulation, rhythm, posture, expression and fluency of movement. | | Explore and develop a range of Fundamental Movement Skills in isolation with a focus on developing agility, balance, coordination. *Fit2Go | Develop flexibility, strength, technique, control and balance. | 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. | |
| 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) |

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Long Term Plan & Curriculum Map for PE

| 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, backstroke and breaststroke] Perform safe self-rescue in different water-based situations. | | | | Take part in outdoor and adventurous activity challenges both individually and within a team. (residential) | Use running, jumping, throwing and catching in isolation and in combination. |
| Lesson 2 | Develop flexibility, strength, technique, control and balance. | | 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 | | Healthy Heads (British Values) |

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Long Term Plan & Curriculum Map for PE

| Year 6 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------------|--|-----------------|--|---------------------------------------|--|--|
| Lesson 1 | Perform increasingly complex dance movements and routines with control and coordination. | | Develop flexibility, strength, technique, control and balance. | | Take part in outdoor and adventurous activity challenges both individually and within a team. (residential) | 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. | |