

CHEETWOOD PRIMARY SCHOOL PHYSICAL EDUCATION – LONG TERM CURRICULUM MAP

Objective

To continue offering at least four hours of sport every week, which will comprise of at least two hours of quality PE. Teachers will be confident and competent in delivering the highest quality provision and the school will continue in promoting the benefits of leading a healthy and active lifestyle.

Curriculum

PE and sport has a high profile in our school, so a wide range of activities are delivered across the school which aim to engage and inspire all pupils. We are committed to ensuring that all pupils receive at least two hours per week of high quality PE. Over the year pupils will participate in games, athletics, dance, OAA and swimming. Throughout the year we hold a range of different activities/themed weeks where pupils participate in a wide range of activities and taster sessions which also links very closely to the spiritual, moral, cultural, social and physical development of our pupils. During Year 6's residential visit to Ghyll Head in the Lake District, pupils are given the opportunity to participate in many different activities which include orienteering, canoeing, rock scrambling and caving. In the summer term we hold our annual Healthy Schools Week in which we encourage participation of all pupils and organise competitive and non-competitive activities. We have strong links with outside organisations to enrich the variety of activities we provide, this also gives our staff valued CPD. Coaches from Manchester City, Sale Sharks, Manchester United, The FA Skills Programme teach alongside class teachers as part of their PE lessons. Talented pupils are signposted to local clubs and encouraged to enter into competitive events to further develop their skills.

Beyond the School Day

The school is keen to provide a wide range of extra-curricular clubs for pupils throughout the year which are delivered by sports coaches and teaching staff. Pupils enjoy the opportunity to try a number of sports, such as netball, tag rugby, football, multi-skills, cricket, rounders, athletics, ballet and cross country. Pupils taking part in these extra-curricular or lunchtime clubs offered, are able to enter a wide range of city-wide competitions that take place over the year, therefore increasing participation levels in competitive sport.

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Autumn Term 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Session 1	Activity: Games Theme: Ball Skills Focus: Catching	Activity: Games Theme: Ball Skills Focus: Dribbling	Activity: Games Theme: Invasion Focus: Passing	Swimming & Water Safety	Activity: Games Theme: Invasion Focus: Shooting	Activity: Games Theme: Invasion Focus: Teamwork
Assessment Focus	Team Worker	Reflective Learner	Effective Participant	/	Reflective Learner	Team worker
Session 2	Activity: Gymnastics Theme: Travelling Focus: Pathways	Activity: Gymnastics Theme: Balances Focus: Bridges	Activity: Gymnastics Theme: Travelling Focus: Speeds	Activity: Dance Theme: Barn Dances Focus: Body Sounds	Activity: Gymnastics Theme: Travelling Focus: Weight transfer	Activity: Gymnastics Theme: Rolling Focus: Symmetrical
Assessment Focus	Effective Participant	Active Learner	Team Worker	Team Worker	Active learner	Positive Learner

Autumn Term 2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Session 1	Activity: Games Theme: Sending Focus: Kicking	Activity: Games Theme: Sending Focus: Striking	Activity: Games Theme: Invasion Focus: Travelling	Swimming & Water Safety	Activity: Games Theme: Invasion Focus: Support play	Activity: Games Theme: Invasion Focus: Tactics
Assessment Focus	Positive Learner	Team Worker	Reflective Learner	/	Team Worker	Effective Participant
Session 2	Activity: Dance Theme: Homes Focus: Rhythm	Activity: Dance Theme: Cultural Focus: Rhythm	Activity: Dance Theme: Food/Farm Focus: Tension	Activity: Games Theme: Invasion Focus: Controlling	Activity: Dance Theme: Colour Focus: Flight	Activity: Dance Theme: Healthy Focus: Momentum
Assessment Focus	Team Worker	Effective Participant	Active Learner	Team Worker	Effective Participant	Reflective Learner

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Spring Term 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Session 1	Activity: Games Theme: Receiving Focus: Hands/feet	Activity: Games Theme: Receiving Focus: Bats	Activity: Games Theme: Understanding Focus: Space	Swimming & Water Safety	Activity: Games Theme: Understanding Focus: Protecting	Activity: Games Theme: Understanding Focus: Possession
Assessment Focus	Effective Participant	Positive Learner	Team Worker	/	Positive Learner	Active Learner
Session 2	Activity: Gymnastics Theme: Balance Focus: Body Parts	Activity: Gymnastics Theme: Rolling Focus: Pivoting	Activity: Gymnastics Theme: Balance Focus: Moving	Activity: Gymnastics Theme: Jumping Focus: Flight	Activity: Gymnastics Theme: Balance Focus: Support	Activity: Gymnastics Theme: Jumping Focus: Partners
Assessment Focus	Active Learner	Reflective Learner	Positive Learner	Active Learner	Reflective Learner	Reflective Learner

Spring 2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Session 1	Activity: Games Theme: Creating Games Focus: In pairs	Activity: Games Theme: Creating Focus: Small Groups	Activity: Dance Theme: Romans Focus: Levels	Swimming & Water Safety	Activity: Games Theme: Creating Focus: Striking	Activity: OAA Theme: Problem Solving Focus: Group Tasks
Assessment Focus	Team Worker	Effective Participant	Positive Learner	/	Effective Participant	Team Worker
Session 2	Activity: Dance Theme: Clothes Focus: Space	Activity: Dance Theme: Seaside Focus: Space	Activity: Games Theme: Creating Focus: Invasion	Activity: Dance Theme: Rivers Focus: Environment	Activity: Dance Theme: Machines Focus: Percussion	Activity: Dance Theme: Victorians Focus: Space
Assessment Focus	Positive Learner	Team Worker	Effective Participant	Positive Learner	Positive Learner	Positive Learner

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Summer 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Session 1	Activity: Games Theme: Travelling Focus: Chasing	Activity: Games Theme: Travelling Focus: Dodging	Activity: Games Theme: Striking Focus: Retrieving	Swimming & Water Safety	Activity: Games Theme: Striking Focus: Positioning	Activity: Games Theme: Striking/Fielding Focus: Bowling
Assessment Focus	Active Learner	Positive Learner	Team Worker	/	Positive Learner	Effective Participant
Session 2	Activity: Gymnastics Theme: Rolling Focus: Transferring Weight	Activity: Gymnastics Theme: Jumping Focus: Direction	Activity: Athletics Theme: Running Focus: Continuous	Activity: Games Theme: Cricket Focus: Throwing	Activity: Athletics Theme: Running Focus: Relay	Activity: Athletics Theme: Throwing Focus: Sling
Assessment Focus	Reflective Learner	Effective Participant	Active Learner	Active Learner	Effective Participant	Active Learner

Summer 2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Session 1	Activity: Games Theme: Game forms Focus: Jumping	Activity: Games Theme: Game forms Focus: Relays/Race	Activity: Games Theme: Net/wall Focus: Hitting	Swimming & Water Safety	Activity: Games Theme: Net/wall Focus: Striking	Activity: Games Theme: Net/wall Focus: Partner work
Assessment Focus	Reflective Learner	Reflective Learner	Positive Learner	/	Reflective Learner	Positive Learner
Session 2	Activity: Dance Theme: The sea Focus: Relationships	Activity: Dance Theme: Inventions Focus: Actions	Activity: Athletics Theme: Jumping Focus: Long/high	Activity: Athletics Theme: Jumping Focus: Combination	Activity: Athletics Theme: Jumping Focus: Take-off	Activity: Athletics Theme: Running Focus: Hurdling
Assessment Focus	Effective Participants	Active Learner	Reflective Learner	Reflective Learner	Active Learner	Effective Participant

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- As we have a number outside support from specialist coaches from Manchester City, The FA, Manchester United and Sale Sharks a number of these activities could be changed.
- Swimming – Pupils in Year 4 have 34 swimming lessons over the year, delivered through the Manchester Schools Swimming Programme. All Manchester Swimming Teachers are professionally qualified and are trained National Pool Lifeguards. Standards are high due to continued professional development in all aspects of aquatic disciplines. Pupils are taught to swim competently, confidently over a distance of at least 25 metres.