

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.

Autumn Term 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 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
Lesson 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

Autumn Term 2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 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
Lesson 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

Spring Term 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 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: PosLesson
Lesson 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

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Spring 2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 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
Lesson 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

Summer 1	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 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
Lesson 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

Summer 2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 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
Lesson 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

- Over the academic year, we work closely with a number external coaches from Manchester City, Salford F.C., therefore plans are subject to change to work alongside them.
- 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 and confidently over a distance of at least 25 metres.