



P.E. Long Term Map

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	Dance Festival themed dance – bonfire night, Diwali & Christmas. Dynamic Balance Physical skills – Can you travel on different parts of your body?	Dance Themed dance – Chinese New Year, weather, Noah’s Ark, Billy Goat’s Gruff. Coordination Physical Skills – Can you perform a log and forwards roll? Dynamic balance Physical Skills- Can you travel across small apparatus?	Coordination with equipment Physical Skills – Can you roll, throw and kick a ball? Can you push & hit a ball with a hockey stick? Dynamic balance to agility Physical Skills – Can you jump over a moving rope with 2 feet? Can you walk, run and skip along a line?			
	Year 1	Coordination Physical Skills – Can you skip, side step and hop? Personal Skills – Can you work on a task independently? Static balance Physical Skills – Can you balance on either leg? Personal Skills – Can you ask for help when appropriate?	Dynamic balance Physical Skills- Can you travel lifting knees to a 90 degree angle? Cognitive Skills – Can you name some things you are good at? Static balance Physical Skills - Can you hold a balance on a low beam?	Coordination with equipment Physical Skills – Can you throw and catch a rebounded ball with two hands? Applying Physical Skills - Can you perform a skill or movement with some control? Agility Physical Skills – Can you react and catch a large bouncing ball? Can you react and chase a ball rolled by a partner?		



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	<p>Dynamic balance to agility</p> <p>Physical Skills – Can you jump forwards, backwards and side to side with rhythm?</p> <p>Social Skills – Can you work sensibly with others taking turns & sharing?</p> <p>Static balance - seated</p> <p>Physical Skills – Can you perform a seated balance with no hands or feet down?</p> <p>Personal Skills – Can you praise others?</p>	<p>Cognitive Skills – Can you recognise similarities and differences in performance?</p> <p>Ball Skills</p> <p>Physical Skills – Can you roll a ball around my body?</p> <p>Creative Skills – Can you explore and describe your movements?</p> <p>Counter balance</p> <p>Physical Skills – Can you balance on a long base with a partner?</p> <p>Creative Skills – Can you select and link movements together?</p>	<p>Applying Physical Skills - Can you perform a range of skills and link two movements together?</p> <p>Static balance</p> <p>Physical Skills – Can you perform a front and support with one hand raised?</p> <p>Health & Fitness – Can you say why exercise is important for good health? Can you use equipment appropriately and move and land safely?</p>
Year 2	<p>Coordination</p> <p>Physical Skills – Can you complete floor movement patterns on different legs and in different directions?</p> <p>Personal Skills – Can you try several times if at first you don't succeed?</p> <p>Static balance</p> <p>Physical Skills – Can you hold a balance on either leg without support?</p> <p>Personal Skills – Can you say where you are in your learning?</p>	<p>Dynamic balance</p> <p>Physical Skills – Can you travel forwards and backwards coordinating opposite arms and legs?</p> <p>Cognitive Skills – Can you explain why someone is working or performing well?</p> <p>Static balance</p> <p>Physical Skills – Can you perform a range of tasks whilst balancing on low apparatus?</p>	<p>Coordination with equipment</p> <p>Physical Skills – Can you throw a ball with one hand and catch with the other hand? Can you react and catch a moving ball?</p> <p>Applying Physical Skills - Can you select and apply skills with good control and consistency?</p> <p>Agility</p> <p>Physical Skills – Can you react, chase and collect a tennis ball?</p> <p>Health & Fitness – Can you describe how your body feels during & after exercise?</p>



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	<p>Dynamic balance to agility</p> <p>Physical Skills – Can you jump, turn and land safely?</p> <p>Social Skills – Can you give praise and encourage others?</p> <p>Static balance</p> <p>Physical Skills – Can you perform a seated balance whilst moving equipment from side to side?</p> <p>Social Skills – Can you challenge yourself?</p>	<p>Personal Skills – Can you explain what you are doing well?</p> <p>Ball Skills</p> <p>Physical Skills – Can you control a ball moving it in different ways around your body?</p> <p>Creative Skills – Can you make up your own rules and versions of activities?</p> <p>Counter balance</p> <p>Physical Skills – Can you perform a counterbalance on a short base with a partner?</p> <p>Creative Skills – Can you select and link movements together to fit a theme?</p> <p>Dance – trains</p> <p>Physical Skills – Can you perform a sequence of movements to music?</p>	<p>Static balance</p> <p>Physical Skills – Can you perform a front and back support?</p> <p>Health & Fitness – Can you use equipment appropriately and move and land safely?</p> <p>Fit week dance coaching sessions</p>
Year 3	<p>Real PE Unit 1- Personal Skills- Static Balance</p> <p>Physical Skills- Can you stand still on one foot on an uneven surface without losing balance? Can you do 5</p>	<p>Real PE Unit 3- Cognitive Skills- Dynamic Balance</p> <p>Physical Skills- Can you perform a marching action forwards and backwards, staying on a line?</p>	<p>Real PE-Unit 5 – Applying Physical Skills</p> <p>Physical Skills- Agility, reaction and response- Can you turn and catch a ball from a partner reacting to the sound of the bounce?</p> <p>Athletics</p>



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	<p>squats in a row without losing balance?</p> <p>Personal Skills- Coping well and reacting positively when things become difficult</p> <p>Stretching, curling and arching</p> <p>Val Sabin - Net/Court/Wall Games</p> <p>Physical skills- Can you strike a ball with reasonable control and accuracy at a target or over a net?</p> <p>ATHLETICS</p> <p>I can understand about pacing and maintain quality of my actions-summative assessment of number of laps completed- running track.</p>	<p>Cognitive Skills- Can you explain what you are doing well?</p> <p>Val Sabin- Gymnastics Unit-Symmetry and Assymetry-</p> <p>Physical Skills- Can you plan, perform and evaluate symmetrical and assymetrical sequences side-by-side with a partner?</p> <p>Cognitive Skills- Can you identify and explain what the terms symmetry and assymmetry mean?</p> <p>Cross curricular Link- Egyptian Dance</p> <p>ATHLETICS</p> <p>I can understand about pacing and maintain quality of my actions-summative assessment of number of laps completed- running track.</p>	<p>Physical Skills- Can you perform running, jumping and throwing activities in the build up to sports day with increasing speed and distance?</p> <p>Cognitive Skills- observe and describe specific aspects of running, jumping and throwing styles.</p> <p>Real PE- Unit 6- Health and Fitness</p> <p>Physical Skills- Agility- Ball chasing- From 10 metres away, can you react quickly to a pass and catch the ball between your knees or with the instep of your foot?</p> <p>Outdoor and Adventurous activities- Fit week- Highfield Scavenger Hunt</p> <p>ATHLETICS</p> <p>I can understand about pacing and maintain quality of my actions- summative assessment of number of laps completed- running track.</p>
Year 4	<p>Gymnastics- Balance</p> <p>Physical Skills – Can you identify which body parts produce stable and unstable balances?</p>	<p>Swimming (Group A)</p> <p>Can you swim competently, confidently and proficiently over 25 metres and perform safe self-rescue?</p> <p>Real PE – Coordination with equipment</p>	<p>Swimming (Group B)</p> <p>Can you swim competently, confidently and proficiently over 25 metres and perform safe self-rescue?</p>



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	<p>Creative Skills - Can you create a sequence on balance showing variations in shape, speed & levels?</p> <p>Games - net, court wall games.</p> <p>Physical Skills – Can you throw or strike a ball over a range of barriers at different levels and speeds?</p> <p>ATHLETICS</p> <p>I can understand about pacing and maintain quality of my actions-summative assessment of number of laps completed- running track.</p>	<p>Physical Skills – Can you kick, roll or strike a ball using alternate feet or hands?</p> <p>Creative Skills – Can you make up your own rules and versions of activities?</p> <p>Aerobics</p> <p>Physical skills - Can you perform a sequence of actions in time to music? Can you alter and sustain the pace of your actions?</p> <p>Health & Fitness – Can you identify and explain the different stages of a physical activity?</p> <p>Invasion Games</p> <p>Physical Skills – Can I use range of techniques to pass and travel with a ball? Can I use tactics to keep possession of the ball?</p> <p>ATHLETICS</p> <p>I can understand about pacing and maintain quality of my actions-summative assessment of number of laps completed- running track.</p>	<p>Chance to Shine Cricket/Striking and Fielding Games</p> <p>Physical Skills- rolling, throwing, striking, receiving, intercepting and striking the ball</p> <p>Aerobics</p> <p>Perform and lead a whole school aerobics session as part of our health and wellbeing week</p> <p>Athletics</p> <p>Physical skills- running, jumping and throwing skills-</p> <p>Cognitive Skills- Setting a personal goal, planning to beat that goal</p> <p>Real PE- Unit 5 – Applying Physical Skills</p> <p>Physical Skills – Can you react and catch with step across the body from different distances?</p> <p>Applying Physical Skills – Can you link actions together in running, jumping and throwing?</p> <p>Outdoor and Adventurous activities-</p> <p>Fit week- Highfield Scavenger Hunt</p> <p>ATHLETICS</p>
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Year 5	<p>Ball Handling and Invasion Games – Netball & Hockey</p> <p>Physical Skills – Can you throw and catch with dominant and non-dominant hand?</p> <p>Cognitive Skills - Can you review, analyse and evaluate your own and others strengths and weaknesses?</p> <p>Static Balance Real PE Unit 1</p> <p>Physical Skills – Can you perform ankle extensions on alternate feet?</p> <p>Creative Skills – Can you adapt and adjust your skills/movements and tactics based on context?</p> <p>Swimming (Group A)</p> <p>Can you swim competently, confidently and proficiently over 25 metres and perform safe self-rescue?</p> <p>Swimming (Group B)</p>	<p>Net, Court and Wall Games</p> <p>Physical Skills- Can you develop a range and consistency of skills in tennis and volleyball activities?</p> <p>Cognitive Skills- Can you demonstrate attack and defence skills in net games?</p> <p>Dance - The Moldau</p> <p>Cross Curricular link with Rivers topic in Geography.</p> <p>Physical Skills -Can you develop a sequence of dance moves and performance that reflect the course of a river?</p> <p>Gymnastics- Flight</p> <p>Physical Skills- Can you perform basic travelling and flight actions at different speeds, directions and levels?</p>	<p>Health and Fitness Real PE Unit 5</p> <p>Physical and Cognitive Skills-Can you develop self-selected warm up activities that are dynamic and pulse raising? Can you self select appropriate cool down activities?</p> <p>Know that basic fitness includes strength, stamina, speed and flexibility</p> <p>Striking and Fielding Games</p> <p>Physical Skills- Develop a range of batting, bowling and fielding skills.</p> <p>Dynamic Balance to Agility Real PE Unit 4</p> <p>Physical skills - Can you apply the skills needed for balance? centre of gravity forward, head up, controlled landings.</p> <p>Athletics</p> <p>Physical Skills- Running- (sustain pace over longer distances), jumping-(a range of jumps with control and consistency) and throwing-(with greater control and accuracy)skills-</p>



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	<p>Can you swim competently, confidently and proficiently over 25 metres and perform safe self-rescue?</p> <p>ATHLETICS</p> <p>I can understand about pacing and maintain quality of my actions- summative assessment of number of laps completed- running track.</p>	<p>Ball skills- Invasion Games – Football</p> <ul style="list-style-type: none"> Principles of invasion play Team co-operation and strategies Sending and receiving skills <p>ATHLETICS</p> <p>I can understand about pacing and maintain quality of my actions- summative assessment of number of laps completed- running track.</p>	<p>Cognitive Skills- Setting, beating or improving a personal best</p> <p>Sports Day</p> <p>ATHLETICS</p> <p>I can understand about pacing and maintain quality of my actions- summative assessment of number of laps completed- running track.</p> <p><u>Outdoor and Adventurous activities</u></p> <p>Taking part in orienteering and map reading during the visit to Nell Bank.</p>
Year 6	<p>Ball Handling and Invasion Games- Netball and Hockey</p> <p>Physical Skills- Can you choose, combine and perform ball-handling skills more fluently and effectively in games?</p> <p>Cognitive Skills- Can you use attacking and defending strategies consistently?</p> <p>Real PE Throw Tennis</p>	<p>Val Sabin- Net, Court and Wall Games</p> <p>Physical Skills- Can you play a variety of shots directing a ball at different speeds, heights and angles?</p> <p>Cognitive Skills- Can you evaluate performance and explain what needs to be improved?</p> <p>Dance- Mountains-cross curricular link-</p>	<p>Striking & Fielding Games</p> <p>Physical Skills – Can you show accuracy in striking and fielding skills?</p> <p>Can you select and use skills appropriately in a game situation?</p> <p>Real PE Coordination with equipment</p>



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	<p>Physical Skills- Can you throw and catch across the body with one leg balance?</p> <p>Cognitive Skills- Can you recognise and suggest patterns of play which will increase chances of success?</p> <p>Gymnastics- Mirroring and Contrasting</p> <p>Physical Skills- Can you identify and demonstrate contrasting, matching and mirroring balances on the floor and apparatus?</p> <p>Cognitive Skills- Can you work co-operatively and sympathetically with a partner or small group?</p> <p>ATHLETICS</p> <p>I can understand about pacing and maintain quality of my actions- summative assessment of number of laps completed- running track.</p>	<p>Physical Skills- Can you perform a dance using a range of movement patterns to reflect the formation of a mountain.</p> <p>Cognitive Skills- Can you work collaboratively communicating clearly with others?</p> <p>Invasion Games- Ball Handling- Rugby</p> <p>Physical Skills- Can you perform ball handling skills fluently and effectively leading to mini games?</p> <p>ATHLETICS</p> <p>I can understand about pacing and maintain quality of my actions- summative assessment of number of laps completed- running track.</p>	<p>Physical Skills – Can you practise different techniques/equipment to find the most suitable for me?</p> <p>Personal Skills – Can you recognise my strengths, weaknesses and set myself a challenge?</p> <p>Athletics</p> <p>Physical Skills – Can you run sustaining pace over a longer distance, jump showing power, control and consistency and throw with greater efficiency and increasing accuracy?</p> <p>Personal & Social Skills – Can you count, measure and time yourself and others and use this to set personal goals and give peer assessment? Pick out strengths and weaknesses in performances.</p> <p>Outdoor & Adventurous Activities – Marrick residential</p> <p>ATHLETICS</p> <p>I can understand about pacing and maintain quality of my actions- summative assessment of number of laps completed- running track.</p>
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