



### PE Long Term Curriculum Map

Year Group	Autumn 1  Invasion	Autumn 2  Dance/ Gymnastics	Spring 1  Swimming	Spring 2  Net and wall	Summer 1  Athletics/ Orienteering	Summer 2  Striking and Fielding
1	<p>I can move with control and care in a space.</p> <p>I can throw and kick an object in different ways.</p> <p>I can intercept and retrieve and object.</p> <p>I can find my way around a simple course</p> <p>I can take part in a team game.</p>	<p>Link two short movements phrases in dance and gymnastics</p> <p>Repeat sequence and copy a partner.</p> <p>Selects appropriate movements for different dance ideas.</p> <p>I can roll, curl, travel, balance in different ways</p> <p>Practice moving expressively.</p>	<p>Return to standing position from star float on back.</p> <p>Push glide on front.</p> <p>Know the rules and routines that keep them safe in the water</p>	<p>I can hit a ball with a bat or racket</p> <p>Understand the idea of aiming.</p> <p>I can take part in a team game.</p>	<p>Jump over rope 10cm high</p> <p>Take part in a relay race.</p> <p>I can take part in a team game</p>	<p>Understand the idea if hitting into space.</p> <p>I can throw, bounce, and catch with both hands</p> <p>I can take part in a team game.</p> <p>Throw an object overarm.</p> <p>Understand the idea if hitting into space.</p>

		<p>I can jump and land safely and with good technique.</p> <p>I can show control and co-ordination when traveling and remaining still.</p> <p>I can make up a short dance moving to music</p> <p>I can copy and perform my own dance moves.</p> <p>I can move to music in different directions. I.e sideways and backwards.</p> <p>I can use different parts of my body in combinations in dance</p>				
	Ongoing					
	<p>I can describe basic rules.</p> <p>I can use equipment safely.</p> <p>I can repeat actions, sequences, and skills.</p> <p>I can copy actions</p> <p>Describe and say what they did and like about their performance.</p>					

	<p>Recognise they have been energetic.</p> <p>Know where the heart is and to be aware of own breathing and the changes during exercise.</p> <p>Name the external parts of the body.</p> <p>Aware of the need for safety when using PE equipment.</p> <p>Understands that some foods are bad for them.</p>					
2	<p>Move fluently within space and avoid collisions.</p> <p>I can decide the best space to be in and hit during a game</p> <p>I can use one tactic in a game.</p> <p>Know the difference between defence and attack and demonstrate both.</p> <p>Know how to score in games and which direction the team is playing.</p> <p>Show spatial awareness.</p> <p>Recognises spaces and uses it.</p>	<p>Have an appropriate starting position and controlled finishing position.</p> <p>Choose movements to make their own patterns.</p> <p>Practise and repeat movements.</p> <p>I can change rhythm, speed, level, and direction in my dance.</p> <p>I can dance with control and co-ordination.</p> <p>I can make a sequence by linking sections together.</p>	Swim 5 metres.	<p>Adjust own movement and patterns after watching others.</p> <p>I can use throwing, hitting, kicking and /or rolling in a game.</p>	<p>Take off and land controlled on both/ either feet remaining balanced throughout.</p> <p>Recognise there are different styles of running and jumping.</p> <p>Demonstrate 5 different jumps with controlled landing and take offs.</p> <p>Run and jump over rope 10cm high.</p>	<p>Recognise there are different styles of throwing.</p> <p>Tracks ball to retrieve, hit, kick.</p> <p>Consistently track, intercept, and catch an object.</p> <p>Show accuracy when throwing, hitting and catching an object to a partner or into a container.</p>

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		<p>I can use dance to show a mood, theme or feeling.</p> <p>Perform a short dance showing expression, speed, and direction in a controlled manner.</p> <p>Move expressively and clearly, remember, and repeat a simple dance.</p> <p>Describe how their dance makes them feel.</p> <p>Watch others movement carefully.</p> <p>I can copy and remember actions.</p> <p>I can talk about what is different from what I did and what someone else did.</p> <p>Copy what they see and say why it is good.</p> <p>Choose one aspect of a sequence to improve.</p>			<p>Throw a range of objects into a target area.</p>	
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		<p>I can plan and perform a sequence of movements</p> <p>I can improve my sequence based on feedback.</p> <p>I can think of more than one way to create a sequence which follows 'rules'.</p>				
	Ongoing					
	<p>Know why the heart beats faster.</p> <p>Know they need to warm up and cool down.</p> <p>Know why it is important to be active.</p> <p>Recognise the physical demands of the task.</p> <p>State if their body is cool, warm or hot.</p> <p>Identify different ways in which the body works.</p> <p>Explain some rules to another person.</p> <p>Identify risks when moving.      The need for food to be active.</p> <p>Uses skills in different ways for different games.</p>					

	<p>Adapt skills in response to opponent.</p> <p>Describe what they did to solve a problem</p> <p>Describe their own role in activities.</p> <p>Follow a simple marked trail.</p> <p>Know what clothing is appropriate for task and weather.</p>					
	<b>Autumn 1</b>  <b>Invasion</b>	<b>Autumn 2</b>  <b>Dance/ Gymnastics</b>	<b>Spring 1</b>  <b>Swimming</b>	<b>Spring 2</b>  <b>Net and wall</b>	<b>Summer 1</b>  <b>Athletics/ Orienteering</b>	<b>Summer 2</b>  <b>Striking and Fielding</b>
<b>K P I</b>	<p>Use possession and control skills and make progress towards goal.</p> <p>React and make it difficult for opponent. React in a way to assist partner.</p> <p>I am aware of space and use it to support team-mates and to cause problems for the opposition.</p> <p>Select tactics apt for the situation.</p> <p>Pass and dribble ball keeping control.</p>	<p>I can improvise freely and translate ideas from a stimulus into movement.</p> <p>I can share and create phrases with a partner and small group.</p> <p>I can repeat, remember and perform phrases. Explore ideas based in theme.</p> <p>Change level direction and pace during dance.</p> <p>Move to a variety of stimuli, ie beat, rhythm and words.</p>	<p>I can Swim on my back.</p> <p>I can Swim 15 metres.</p> <p>Swim on front with co-ordination and smooth action.</p> <p>Know and explain rules and routines that keep you safe in water.</p>	<p>Explore different ways if sending ball.</p>	<p>I can run fast, medium and slow speeds, changing speed and direction.</p> <p>Sustain running for 2 minutes.</p> <p>I can take part in a relay, remembering when to run and what to do.</p> <p>Understand the difference between running and jogging.</p> <p>Select the appropriate style of</p>	<p>I can throw and catch with control.</p> <p>Bowl underarm and throw accurately when playing games.</p> <p>Strike a ball with intent.</p>

	<p>Demonstrate the difference between helping a partner and playing against someone.</p> <p>Constantly intercept and stop an object.</p> <p>Use ball skills to keep possession and control. Dribble a ball round skittles.</p>	<p>Use dance to illustrate another subject, ie art.</p>			<p>throwing, running and jumping for the task.</p>	
<p>Ongoing</p>						
<p>Use descriptive language.</p> <p>Work co-operatively.</p> <p>I know and use rules fairly.</p> <p>Carry out warm up activities and identify when the body is warm and stretched. Link breathing, heartbeat, and temperature.</p> <p>Discuss the difference between tension and relaxation.</p> <p>Observe their heart rate slowing and when at rest.</p> <p>Know what protection to use in the sun.</p> <p>Record if their body is cold, warm or hot.</p> <p>Understand the purpose of the activity.</p> <p>Describe in simple terms how they warm up and cool down.</p> <p>Identify what they need to practice.</p>						

	<p>Use information to improve own performance.</p> <p>Identify what things they found difficult and how they made it difficult for an opponent.</p>					
<p>4 K P I</p>	<p>I can keep possession of the ball.</p> <p>I can vary tactics and adapt skills depending on what is happening in a game.</p> <p>I can recognise space in their games and use it to their advantage.</p> <p>Receive ball in control and keep possession.</p> <p>Pass and dribble a ball keeping control and possession.</p> <p>Hit a ball with purpose and in intended direction.</p> <p>Identify good players and why they are good.</p> <p>Co-operate and make constructive contribution to refine work in small groups.</p>	<p>Combine actions in sequences that involve changes in speed and direction.</p> <p>Create longer sequences.</p> <p>Improve appearances of sequences by varying direction, levels and pathways.</p> <p>Sequence movements in logical order.</p> <p>Identify when 2 performances have the same elements and compare.</p> <p>Vary dance phrases.</p> <p>Identify and understand the processes involved in improving performance.</p> <p>I can include a range of shapes.</p>	<p>Describe why swimming helps keep them fit and healthy.</p> <p>Swim 50 metres.</p> <p>Use 3 different strokes</p> <p>Control breathing when swimming.</p> <p>Be aware of survival techniques.</p>	<p>I can hit a ball accurately with control.</p> <p>Keep a rally going.</p> <p>Select which skill to use to make it difficult for an opponent.</p>	<p>Aim for a realistic target to improve height or distance.</p> <p>Describe the difference in running, jumping, and throwing styles.</p> <p>Take weight with different parts of the body.</p> <p>I can include change of speed and direction.</p> <p>I can jump in different ways and over a bar.</p> <p>I can run over a long distance.</p> <p>I can sprint over a short distance.</p>	<p>I can catch one handed.</p> <p>I can throw and catch accurately.</p> <p>Use different bowling methods and with variation.</p> <p>I can throw in different ways.</p> <p>I can hit a target.</p> <p>Vary the speed and direction of the ball.</p> <p>Gauge when to run after hitting the ball.</p>



	<p>Identify what they do to beat competition</p> <p>Work with the team</p> <p>Select position to receive ball. Make difficulties for opponents by using variation of speed, direction and height. Use space constructively.</p>	<p>I can work with a partner to create, repeat and improve a sequence with at least three phases.</p> <p>Maintain fluency and control when performing difficult combinations.</p> <p>I can take the lead when working with a partner or group. I can use dance to communicate an idea. Vary direction and speed in dance.</p> <p>Use a range of ideas from different cultures.</p> <p>Identify characteristics of person, animal, object to be portrayed.</p> <p>Communicate the feeling of a character.</p>			<p>Transfer weight from one foot to the other.</p>	
	<p>Ongoing</p>					
	<p>Show an understanding of warming up and cooling down by selecting appropriate activities. Identify strategies to improve stamina. Know strength and suppleness are important parts of fitness.</p> <p>Know how to improve own health and fitness.</p>					

	<p>Know a varied diet is required to remain healthy.</p> <p>Ask for help with a specific element.</p> <p>Know the body is supported by a skeleton and muscles.</p> <p>Understand the purpose of the heart.</p> <p>Evaluate options.</p> <p>Use own assessment to modify work.</p> <p>Know the need for hygiene.</p> <p>Use rules and keep playing without dispute.</p>					
5 K P I	<p>Direct a ball away from opposition. Use tactics.</p> <p>Suggest improvements in speed and direction.</p> <p>Identify the reason they won or lost.</p> <p>Play ball to make it difficult for the opponent.</p> <p>Show consistency and control in games.</p>	<p>I can compose my own dances in a creative way.</p> <p>I can perform to an accompaniment. My dance shows clarity, fluency, accuracy, and consistency.</p> <p>Show an awareness of the music's rhythm when improvising. Perform movement patterns effectively with a partner.</p>	<p>Breathe so swimming pattern is uninterrupted.</p> <p>Swim 100 metres.</p> <p>Perform survival techniques.</p>	<p>I can use forehand and backhand with a racket.</p> <p>Make shots on either side of the body.</p>	<p>I am controlled when taking off and landing.</p> <p>I can combine running and jumping.</p> <p>Run in an appropriate speed for the distance.</p>	<p>I can field.</p> <p>Use different types of shots/ stroke.</p>

	<p>I can choose a tactic for defence and attacking.</p> <p>I can use a few techniques to pass, dribble and shoot. Change direction and speed when dribbling a ball.</p> <p>I can gain possession by working as a team.</p> <p>I can pass in different ways.</p> <p>Accept defeat appropriately.</p>	<p>Develop a dance using different styles and cultures.</p> <p>I can make complex extended sequences. I can combine action, balance and shape. I can perform consistently to different audiences. Perform actions with agility, fluency, clarity and consistency. Make contrasting shapes when working with a partner.</p> <p>Combine actions and maintain performance when working with a partner.</p> <p>Offer constructive ideas when working with a partner.</p> <p>Show an understanding of social, historical and cultural contexts of dance.</p>			<p>Develop appropriate throwing styles for object to be thrown.</p>	
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		<p>Have a clear idea about what they have achieved.</p> <p>Recognise the importance of planning. Recognise the importance of thinking as the work through a task.</p> <p>Identify aspects of a performance they have performed consistently and accurately.</p> <p>Observe shape and balance on apparatus.</p> <p>Increase the length of a sequence.</p> <p>With a partner create sequence using floor, mat and apparatus. Combine actions in sequence that involve changes in speed level and direction and clarity of shape.</p> <p>Choose and develop material to create dance.</p>				
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		<p>Understand patterns and forms in specific dance styles.</p> <p>Know strength and suppleness and key parts in gymnastic performance.</p> <p>Devise routines that prepare their body for gymnastic lesson.</p> <p>Know different dance styles place different demands on the body.</p>				
<p>Ongoing</p>						
<p>Show an appropriate response to weather conditions.</p> <p>Keep to the rules of the game.</p> <p>Suggest how the rules could be changed to improve a game.</p> <p>Select the appropriate skill.</p> <p>Understand the excitement at completing a challenge.</p> <p>Know how to prepare physically.</p> <p>Take more responsibility for own warm up.</p> <p>Give a good explanation of how warming up affects the body.</p> <p>Know how warming up helps improve their game.</p>						

	<p>Know why sport is good for health.</p> <p>Evaluate risks</p> <p>Explain the need for a balanced diet.</p> <p>Show an awareness of what constitutes a balanced diet.</p> <p>Explain the importance of exercise for good health.</p>					
6 K P I	<p>I can make a team and communicate a plan.</p> <p>I can lead others in a game situation.</p>	<p>I can combine my own work with that of others.</p> <p>I can link sequences to specific timings.</p> <p>I can develop sequences in a specific style.</p> <p>I can choose my own music and style.</p>	<p>I can plan with others taking account of safety and danger.</p>	<p>I can umpire.</p>	<p>I can demonstrate stamina.</p>	<p>I can play to agreed rules.</p>
	Ongoing					
	I can explain rules.					

KS3						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Autumn 1</b> <b>Invasion</b>	<b>Autumn 2</b> <b>Dance/ Gymnastics</b>	<b>Spring 1</b> <b>Swimming</b>	<b>Spring 2</b> <b>Net and wall</b>	<b>Summer 1</b> <b>Athletics/ Orienteering</b>	<b>Summer 2</b> <b>Striking and Fielding</b>
Knowledge KS3/4	<p>Ongoing</p> <p>Develop the knowledge and competence to excel in a range of team and individual sports.</p> <p>Develop knowledge of how to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Develop knowledge of outdoor and adventurous activities</p> <p>Develop knowledge of how to analyse performances.</p> <p>Develop knowledge of how to take part in competitive sports and activities outside of school</p> <p>Demonstrate a basic understanding of the importance of physical activity on overall health</p> <p>Demonstrate ability to exercise and use PE equipment safely.</p> <p>Demonstrate an understanding around the need to warm up and cool down</p> <p>Demonstrate an understanding of different components of fitness</p>					

<p>Skills year 7</p>	<p>Demonstrate basic skills in a range of team and individual sports in isolation/unopposed.</p> <p>Demonstrate very basic strategies for attack and defence in a range of team and individual sports.</p> <p>Demonstrate very basic use of key rules in a range of sports.</p> <p>Demonstrate basic analysing and evaluating skills in a small range of sports.</p>	<p>Demonstrate simple dance sequences.</p> <p>Study and consider at least 3 different forms of dance</p> <p>Demonstrate simple dance sequences in a small number of dance genre.</p> <p>Demonstrate basic analysing and evaluating skills in a small range of dance steps</p> <p>Demonstrate basic analysing and evaluating skills in dance</p> <p>Use everyday language to explain performances.</p>	<p>Demonstrate a good understanding in a range of basic theoretical sporting topics.</p> <p>Develop swimming stroke</p> <p>Develop swimming stamina</p> <p>Demonstrate ability to exercise and use swimming pool safely</p> <p>Demonstrate a understanding around the dangers of open water</p>	<p>Demonstrate basic skills in a range of team and individual sports in isolation/unopposed.</p> <p>Demonstrate very basic strategies for attack and defence in a range of team and individual sports.</p> <p>Demonstrate very basic use of key rules in a range of sports.</p>	<p>Demonstrate basic skills in a small range of athletic areas</p> <p>Demonstrate very basic use of key rules in a range of sports.</p> <p>Demonstrate basic problem solving skills and basic athletic skill in a small number of events</p> <p>Demonstrate basic analysing and evaluating skills in a small range of events.</p> <p>Demonstrate basic problem solving skills and orienteering skills using a compass.</p> <p>Demonstrate the ability to design a simple orienteering course with support</p>	<p>Demonstrate basic skills in a range of team and individual sports in isolation/unopposed.</p> <p>Demonstrate very basic strategies for attack and defence in a range of team and individual sports.</p> <p>Demonstrate very basic use of key rules in a range of sports.</p>
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					Demonstrate a good understanding in a range of basic theoretical sporting topics.	
Skills Year 8	<p>Demonstrate basic skills in a range of team and individual sports in small opposed drill practices.</p> <p>Demonstrate a range strategies showing some success for attack and defence in a range of team and individual sports.</p> <p>Demonstrate basic use of key rules in a range of sports.</p> <p>Team working - working effectively within a small group.</p>	<p>Demonstrate more complex dance sequences.</p> <p>Study and consider at least 5 different forms of dance</p> <p>Demonstrate dance sequences in a small number of dance styles.</p> <p>Demonstrate analysis and evaluating skills in a small range of dance steps</p> <p>Use everyday language to explain performances.</p>	<p>Demonstrate a good understanding in a range of basic theoretical sporting topics.</p> <p>Develop further swimming strokes</p> <p>Develop swimming stamina</p> <p>Develop diving skill</p> <p>Develop Water survival skills</p> <p>Demonstrate ability to exercise and use swimming pool safely</p> <p>Demonstrate a understanding around the dangers of open water</p>	<p>Demonstrate basic skills in a range of team and individual net and wall activities</p> <p>Demonstrate a range strategies showing some success for attack and defence in a range of team and individual sports.</p> <p>Demonstrate basic use of key rules in a range of sports.</p> <p>Team working - working effectively within a small group.</p> <p>Demonstrate good analysing and evaluating skills.</p>	<p>Demonstrate advanced problem solving skills and orienteering skills using a compass.</p>	<p>Demonstrate basic skills in a range of striking and fielding team and individual sports in small opposed drill practices.</p> <p>Demonstrate a range strategies showing success for attack and defence in a range of striking and fielding team and individual sports.</p> <p>Demonstrate basic use of key rules in a range of sports.</p> <p>Team working - working</p>

				Use basic technical terms to explain performances.		effectively within a small group.
Skills Year 9	<p>Demonstrate more advanced skills in a range of Invasion based team and individual sports in opposed drill practices and transfer these to competitive situations.</p> <p>Demonstrate a range more advanced strategies for attack and defence in a range of team and individual sports.</p> <p>Demonstrate in depth use of key rules in a range of sports</p> <p>Use advanced technical terms to explain how to make improvements in performance in a range of sports for self and others.</p>	<p>Demonstrate advanced dance knowledge and creativity in a range of dance styles. Perform own dance routine in a small group.</p> <p>Demonstrate in-depth analysis and evaluation skills.</p> <p>Plan and perform a warm-up to a class with a partner</p> <p>Plan and perform a cool-down to a class with a partner</p>	<p>Develop further swimming strokes</p> <p>Develop swimming stamina</p> <p>Develop diving skill</p> <p>Develop Water survival skills</p> <p>Demonstrate ability to exercise and use swimming pool safely</p> <p>Demonstrate a understanding around the dangers of open water</p> <p>Demonstrate an in-depth understanding of the importance of physical activity on overall health</p> <p>Demonstrate competence in a range of fitness tests</p>	<p>Demonstrate strong skills in a range of team and individual net and wall activities</p> <p>Demonstrate a range strategies showing high level skill success in attack and defence in a range of team and individual sports.</p> <p>Demonstrate strong understanding of key rules in a range of sports.</p> <p>Team working - working effectively within a small group.</p> <p>Demonstrate good analysing and evaluating skills.</p> <p>Use basic technical terms to explain performances.</p>	<p>Demonstrate the ability to design an orienteering course with a partner.</p>	<p>Demonstrate more advanced skills in a range of striking and fielding team and individual sports in opposed drill practices and transfer these to competitive situations.</p> <p>Demonstrate a range more advanced strategies for attack and defence in a range of team and individual sports.</p> <p>Demonstrate in depth use of key rules in a range of sports</p> <p>Use advanced technical terms to explain how to</p>

	<p>Team working - working effectively within a team.</p> <p>Demonstrate an excellent understanding in a range of advanced theoretical sporting topics.</p> <p>Demonstrate a good understanding in a range of theoretical sporting topics.</p>		<p>and understand which component of fitness is being tested.</p> <p>Demonstrate a thorough understanding of health and safety issues in PE and follow these explicitly at all times teaching others of their importance.</p>			<p>make improvements in performance in a range of sports for self and others.</p> <p>Team working - working effectively within a team.</p> <p>Demonstrate an excellent understanding in a range of advanced theoretical sporting topics.</p> <p>Demonstrate a good understanding in a range of theoretical sporting topics.</p>
Practical	Football, Basketball, Netball, Rugby, Hand Ball, Gymnastics, Swimming, Cross-Country, Badminton & Health Related fitness				Badminton, Tennis, cricket, Rounder's and Athletics	