



Parklands Community Primary School Long Term Curriculum Map



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	Autumn		Spring		Summer	
Year 1 Topics	The Enchanted Woodland	Magical Story Chest	On the Move	Superheroes	Dinosaur in the city	Oh I do like to be Beside the Seaside
Year 1	<p>Gymnastics – flight, balancing, jumping and landing Travel in a variety of ways, including rolling, changing direction and speed</p> <p>Hold a still shape whilst balancing on different points of the body</p> <p>Move with increasing control and care</p> <p>Link actions to make a sequence</p> <p>Watch and describe performances, and use what they see to improve their own performance</p> <p>Talk about the differences between their work and that of others</p> <p>Ball control Travel with the ball in different ways</p>	<p>Dance linked to farming or weather/seasons</p> <p>Copy, remember and repeat actions.</p> <p>Move in time to music.</p> <p>Change the speed and level of their actions.</p> <p>Perform sequences of their own composition with coordination.</p> <p>Watch and describe performances, and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p> <p>Invasion Games Travel with the ball in different ways</p> <p>Use kicking, throwing and dribbling skills in a game</p>	<p>Gymnastics - rolling</p> <p>Travel in a variety of ways, including rolling, changing direction and speed</p> <p>Hold a still shape whilst balancing on different points of the body</p> <p>Move with increasing control and care</p> <p>Link actions to make a sequence</p> <p>Watch and describe performances, and use what they see to improve their own performance</p>	<p>Dance</p> <p>Copy, remember and repeat actions.</p> <p>Move in time to music.</p> <p>Change the speed and level of their actions.</p> <p>Perform sequences of their own composition with coordination.</p> <p>Watch and describe performances, and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p> <p>Games –Aiming Travel with the ball in different ways</p> <p>Use kicking, throwing and dribbling skills in a game</p>	<p>Gymnastics – balancing Travel in a variety of ways, including rolling, changing direction and speed</p> <p>Hold a still shape whilst balancing on different points of the body</p> <p>Move with increasing control and care</p> <p>Link actions to make a sequence</p> <p>Watch and describe performances, and use what they see to improve their own performance</p> <p>Talk about the differences between their work and that of others</p> <p>Bat and ball skills Travel with the ball in different ways</p> <p>Use kicking, throwing and dribbling skills in a game</p> <p>Understand the importance of rules</p> <p>Know how to pass the ball in different ways</p> <p>Begin to use and understand the terms attacking and defending</p>	<p>Dance (Peter Pan) Copy, remember and repeat actions.</p> <p>Move in time to music.</p> <p>Change the speed and level of their actions.</p> <p>Perform sequences of their own composition with coordination.</p> <p>Watch and describe performances, and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p> <p>Athletics Remember, repeat and link combinations of actions.</p> <p>Use their bodies and a variety of equipment with greater control and co-ordination</p>

	<p>Use kicking, throwing and dribbling skills in a game</p> <p>Understand the importance of rules</p> <p>Know how to pass the ball in different ways</p> <p>Begin to use and understand the terms attacking and defending</p> <p>Change speed and direction whilst running</p>	<p>Understand the importance of rules</p> <p>Know how to pass the ball in different ways</p> <p>Begin to use and understand the terms attacking and defending</p> <p>Change speed and direction whilst running</p>	<p>Talk about the differences between their work and that of others</p> <p>Invasion games – rules</p> <p>Travel with the ball in different ways</p> <p>Use kicking, throwing and dribbling skills in a game</p> <p>Understand the importance of rules</p> <p>Know how to pass the ball in different ways</p> <p>Begin to use and understand the terms attacking and defending</p> <p>Change speed and direction whilst running</p>	<p>Understand the importance of rules</p> <p>Know how to pass the ball in different ways</p> <p>Begin to use and understand the terms attacking and defending</p> <p>Change speed and direction whilst running</p>	<p>Change speed and direction whilst running</p>	<p>Develop the following skills with increasing accuracy and velocity:</p> <ul style="list-style-type: none"> - Explore and throw a variety of objects with one hand. - Jump from a stationary position with control. - Change speed and direction whilst running. <p>Develop the following skills with increasing accuracy and velocity:</p> <ul style="list-style-type: none"> - Explore and throw a variety of objects with one hand. - Jump from a stationary position with control. - Change speed and direction whilst running <p>Watch, copy and describe what they and others are doing.</p> <p>Set simple targets to improve performance – i.e. to be able to jump 10cm further.</p> <p>To be able to measure performance accurately using tools.</p>
Year 2 Topics	Towers, Tunnels and Turrets	Fire and Ice	Travel and Adventure		Homes and Habitats	Fit 4 Life
Year 2	<p>Fire dance</p> <p>Copy, remember and repeat actions.</p> <p>Move in time to music.</p> <p>Change the speed and level of their actions.</p>		<p>Gymnastics – pathways</p> <p>Travel in a variety of ways, including rolling, changing direction and speed</p> <p>Hold a still shape whilst balancing on different points of the body</p>		<p>Athletics/ Sports Day</p> <p>Remember, repeat and link combinations of actions.</p> <p>Use their bodies and a variety of equipment with greater control and co-ordination</p> <p>Develop the following skills with increasing accuracy and velocity:</p>	

	<p>Perform sequences of their own composition with coordination.</p> <p>Watch and describe performances, and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p> <p>Invasion Games Travel with the ball in different ways</p> <p>Use kicking, throwing and dribbling skills in a game</p> <p>Understand the importance of rules</p> <p>Know how to pass the ball in different ways</p> <p>Begin to use and understand the terms attacking and defending</p> <p>Change speed and direction whilst running</p> <p>Gymnastics – jumping Travel in a variety of ways, including rolling, changing direction and speed</p> <p>Hold a still shape whilst balancing on different points of the body</p> <p>Move with increasing control and care</p> <p>Link actions to make a sequence</p> <p>Watch and describe performances, and use what they see to improve their own performance</p> <p>Talk about the differences between their work and that of others</p>	<p>Move with increasing control and care</p> <p>Link actions to make a sequence</p> <p>Watch and describe performances, and use what they see to improve their own performance</p> <p>Talk about the differences between their work and that of others</p> <p>Games</p> <p>Travel with the ball in different ways</p> <p>Use kicking, throwing and dribbling skills in a game</p> <p>Understand the importance of rules</p> <p>Know how to pass the ball in different ways</p> <p>Begin to use and understand the terms attacking and defending</p> <p>Change speed and direction whilst running</p> <p>World dance</p>	<ul style="list-style-type: none"> - Explore and throw a variety of objects with one hand. - Jump from a stationary position with control. - Change speed and direction whilst running. <p>Develop the following skills with increasing accuracy and velocity:</p> <ul style="list-style-type: none"> - Explore and throw a variety of objects with one hand. - Jump from a stationary position with control. - Change speed and direction whilst running <p>Watch, copy and describe what they and others are doing.</p> <p>Set simple targets to improve performance – i.e. to be able to jump 10cm further.</p> <p>To be able to measure performance accurately using tools.</p> <p>Habitat Dancing Copy, remember and repeat actions.</p> <p>Move in time to music.</p> <p>Change the speed and level of their actions.</p> <p>Perform sequences of their own composition with coordination.</p> <p>Watch and describe performances, and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p> <p>Striking and Fielding Strike or hit a ball with increasing control</p> <p>Throw different types of equipment in different ways, for accuracy and distance</p> <p>Learn skills for playing simple, small-sided striking and fielding games</p> <p>Position the body to strike a ball</p>
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					Watch and describe performances, and use what they see to improve their own performance Talk about the differences between their work and that of others	
Year 3 Topics	Stones and Bones	Mighty Metals	I Want My Mummy		Romans On The Rampage	Raindrop To River
Year 3	<p>Gym – travelling Watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.</p> <p>Describe how their performance has improved over time.</p> <p>Modify their use of skills or techniques to achieve a better result.</p> <p>Invasion Move with the ball, using a range of techniques.</p> <p>Pass the ball with increasing speed, accuracy and success.</p> <p>Use different techniques to send and receive a ball in small sided game situations.</p> <p>Contribute towards helping their team win back possession of the ball in a small sided team game.</p>	<p>Invasion Games Move with the ball, using a range of techniques.</p> <p>Pass the ball with increasing speed, accuracy and success.</p> <p>Use different techniques to send and receive a ball in small sided game situations.</p> <p>Contribute towards helping their team win back possession of the ball in a small sided team game.</p>	<p>Dance Demonstrate precision and some control in response to stimuli.</p> <p>Demonstrate rhythm and spatial awareness. Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose longer dance sequences, which reflect a chosen style, in a small group.</p> <p>Begin to vary dynamics, and develop actions and motifs in response to stimuli.</p> <p>Gym – symmetry Watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.</p> <p>Describe how their performance has improved over time.</p>	<p>Games – net & wall skills</p> <p>Use hand eye co-ordination to strike a moving and a stationary ball.</p> <p>Send the ball with increasing speed, accuracy and success</p> <p>Use different techniques to send a ball in small sided game situations.</p> <p>Apply knowledge of simple tactics in game situations.</p> <p>OAA – orienteering</p> <p>Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.</p> <p>Try a range of equipment and tactics for completing an activity</p>	<p>Striking and Fielding Games</p> <p>Use bats to hit a ball with accuracy and control. Use both backhand and forehand. Throw a ball, accurately overarm and under Arm Use fielding skills as an individual to prevent a player from scoring. Apply knowledge of simple tactics in game situations. Adapting rules to alter games.</p> <p>Use differences between their work and that of others to improve skills and performance. Move with the ball, using a range of techniques.</p> <p>Pass the ball with increasing speed, accuracy and success</p>	<p>Athletics Consolidate and improve the quality, range and consistency of the techniques they use for particular activities.</p> <p>Begin to develop their ability to choose and use simple tactics and strategies in different situations.</p> <p>Develop the following skills with increasing accuracy and velocity: -Throw a variety of objects with one hand and know how to aim these to improve performance (using strategies). - Show accurate pace - Run at a speed that is appropriate for the distance being run. - Take a running jump with appropriate feet patterns/movements. - Take part in relay activities, understanding the concept.</p>

			Modify their use of skills or techniques to achieve a better result.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements		
Year 4 Topics	Off with her head! (Tudors)	A Taste of India	I Predict a Riot!		Carnival of Animals	Secret Shores
Year 4	<p>Gymnastics – sequences Watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.</p> <p>Describe how their performance has improved over time.</p> <p>Modify their use of skills or techniques to achieve a better result.</p> <p>Invasion games Move with the ball, using a range of techniques.</p> <p>Pass the ball with increasing speed, accuracy and success.</p> <p>Use different techniques to send and receive a ball in small sided game situations.</p> <p>Contribute towards helping their team win back possession of the ball in a small sided team game.</p>	<p>Dance Demonstrate precision and some control in response to stimuli.</p> <p>Demonstrate rhythm and spatial awareness. Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose longer dance sequences, which reflect a chosen style, in a small group.</p> <p>Begin to vary dynamics, and develop actions and motifs in response to stimuli.</p> <p>Invasion Games Move with the ball, using a range of techniques.</p> <p>Pass the ball with increasing speed, accuracy and success.</p> <p>Use different techniques to send and receive a ball in small sided game situations.</p>	<p>Gymnastics –partner work Watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.</p> <p>Describe how their performance has improved over time.</p> <p>Modify their use of skills or techniques to achieve a better result.</p> <p>Net and Wall games Use hand eye co-ordination to strike a moving and a stationary ball.</p> <p>Send the ball with increasing speed, accuracy and success</p> <p>Use different techniques to send a ball in small sided game situations.</p> <p>Apply knowledge of simple tactics in game situations.</p> <p>OAA – team challenges Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.</p> <p>Try a range of equipment and tactics for completing an activity Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements</p>		<p>Striking and fielding games (skills) Use bats to hit a ball with accuracy and control. Use both backhand and forehand. Throw a ball, accurately overarm and under Arm Use fielding skills as an individual to prevent a player from scoring. Apply knowledge of simple tactics in game situations. Adapting rules to alter games.</p> <p>Use differences between their work and that of others to improve skills and performance. Move with the ball, using a range of techniques.</p> <p>Pass the ball with increasing speed, accuracy and success</p>	<p>Athletics Consolidate and improve the quality, range and consistency of the techniques they use for particular activities.</p> <p>Begin to develop their ability to choose and use simple tactics and strategies in different situations.</p> <p>Develop the following skills with increasing accuracy and velocity: -Throw a variety of objects with one hand and know how to aim these to improve performance (using strategies). - Show accurate pace - Run at a speed that is appropriate for the distance being run. - Take a running jump with appropriate feet patterns/movements. - Take part in relay activities, understanding the concept.</p>

		Contribute towards helping their team win back possession of the ball in a small sided team game.				
Year 5 Topics	Victorians	Space	Natural Disasters/ Materials		Enterprise	Greeks
Year 5	<p>Invasion Games - Tag Rugby Choose and make the best pass in a game situation.</p> <p>Move with the ball, using a range of techniques, showing accuracy control and fluency.</p> <p>Keep and win possession of the ball effectively and in a variety of ways in a team game.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency.</p> <p>Thoroughly, evaluate their own and others work, suggesting thoughtful and appropriate improvements.</p> <p>Gymnastics – balances Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p> <p>Develop strength, technique and flexibility throughout performances.</p>	<p>Dance and Fitness Demonstrate strong and controlled movements with consistent precision throughout a dance sequence.</p> <p>Improvise with confidence, still demonstrating fluency across their sequence.</p> <p>Dance with fluency and control, linking all movements and ensuring that transitions flow.</p> <p>Thoroughly evaluate their own and others’ work, explaining why and suggesting thoughtful and appropriate improvements.</p> <p>Modify some elements of a sequence as a result of self and peer evaluation.</p> <p>Swimming swim competently, confidently and proficiently over a</p>	<p>Games (Chi College – football) Net/Wall Games Use good hand eye co-ordination to be able to direct a ball when striking or hitting.</p> <p>Send the ball, using a range of techniques, showing accuracy control and fluency.</p> <p>Choose and make the best shot in a game situation and link a range of skills together with fluency. Use a good awareness of space to prevent a player from scoring. Apply knowledge of tactics, both individually and as part of a team in game situations.</p> <p>Thoroughly, evaluate their own and others work, suggesting thoughtful and appropriate improvements.</p> <p>Swimming</p>	<p>Games (Chi College – football) Net/Wall Games Use good hand eye co-ordination to be able to direct a ball when striking or hitting.</p> <p>Send the ball, using a range of techniques, showing accuracy control and fluency.</p> <p>Choose and make the best shot in a game situation and link a range of skills together with fluency. Use a good awareness of space to prevent a player from scoring. Apply knowledge of tactics, both individually and as part of a team in game situations.</p> <p>Thoroughly, evaluate their own and others work, suggesting thoughtful and appropriate improvements.</p>	<p>Striking and Fielding – rounders Sending a ball accurately over distances.</p> <p>Throwing and catching accurately and successfully over distances.</p> <p>Use a good awareness of space to prevent a player from scoring. Apply knowledge of tactics, both individually and as part of a team in game situations.</p> <p>Thoroughly, evaluate their own work and others work, suggesting thoughtful and appropriate improvements.</p> <p>Swimming swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke</p> <p>Perform safe self-rescue in different water-based situations.</p>	<p>OAA – orienteering Use clear communication to effectively complete a particular role in a team.</p> <p>Choose the best equipment and tactics for completing an activity.</p> <p>Thoroughly evaluate their own work and that of others, suggesting thoughtful and appropriate improvements</p> <p>Athletics Develop the consistency of their actions in a number of events.</p> <p>Increase the number of techniques they use.</p> <p>Confidently choose appropriate techniques for specific events.</p> <p>Develop the following skills with increasing accuracy and velocity: - Improve and sustain running techniques at different speeds. - Demonstrate accuracy and technique in a range of throwing and jumping activities.</p>

	<p>Apply skills and techniques consistently, showing precision and control.</p> <p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</p> <p>Choose and use criteria to evaluate own and others' performances, suggesting thoughtful and appropriate improvements.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p> <p>Swimming swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>	<p>distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>	<p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>	<p>Swimming swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>		<ul style="list-style-type: none"> - Controlled take-off and landing when jumping. - Combine running and jumping well with fluency. - Be accurate and precise when throwing at a target. - Follow and explain rules to others confidently. <p>Evaluate their own and others work and suggest constructive feedback.</p> <p>Swimming swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>
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Year 6 Topics	The Home Front		Hola Mexico!	Vive la France!	I'm a Survivor	
Year 6	<p>Invasion Games – netball Choose and make the best pass in a game situation.</p> <p>Move with the ball, using a range of techniques, showing accuracy control and fluency.</p> <p>Keep and win possession of the ball effectively and in a variety of ways in a team game.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency.</p> <p>Thoroughly, evaluate their own and others work, suggesting thoughtful and appropriate improvements.</p> <p>Dance – WW2 Demonstrate strong and controlled movements with consistent precision throughout a dance sequence.</p> <p>Improvise with confidence, still demonstrating fluency across their sequence.</p> <p>Dance with fluency and control, linking all movements and ensuring</p>		<p>Invasion Games (Chi College- football) Choose and make the best pass in a game situation.</p> <p>Move with the ball, using a range of techniques, showing accuracy control and fluency.</p> <p>Keep and win possession of the ball effectively and in a variety of ways in a team game.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency.</p> <p>Thoroughly, evaluate their own and others work, suggesting thoughtful and appropriate improvements.</p>	<p>Net & Wall Games Use good hand eye co-ordination to be able to direct a ball when striking or hitting.</p> <p>Send the ball, using a range of techniques, showing accuracy control and fluency.</p> <p>Choose and make the best shot in a game situation and link a range of skills together with fluency. Use a good awareness of space to prevent a player from scoring. Apply knowledge of tactics, both individually and as part of a team in game situations.</p> <p>Thoroughly, evaluate their own and others work, suggesting thoughtful and appropriate improvements.</p>	<p>Striking and Fielding – cricket Sending a ball accurately over distances.</p> <p>Throwing and catching accurately and successfully over distances.</p> <p>Use a good awareness of space to prevent a player from scoring. Apply knowledge of tactics, both individually and as part of a team in game situations.</p> <p>Thoroughly, evaluate their own work and others work, suggesting thoughtful and appropriate improvements.</p> <p>Gym – paired sequences</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</p> <p>Choose and use criteria to evaluate own and others’ performances, suggesting thoughtful and appropriate improvements.</p>	<p>Striking and Fielding – cricket Sending a ball accurately over distances.</p> <p>Throwing and catching accurately and successfully over distances.</p> <p>Use a good awareness of space to prevent a player from scoring. Apply knowledge of tactics, both individually and as part of a team in game situations.</p> <p>Thoroughly, evaluate their own work and others work, suggesting thoughtful and appropriate improvements.</p> <p>Athletics Develop the consistency of their actions in a number of events.</p> <p>Increase the number of techniques they use.</p> <p>Confidently choose appropriate techniques for specific events.</p> <p>Develop the following skills with increasing accuracy and velocity: - Improve and sustain running techniques at different speeds. - Demonstrate accuracy and technique in a range of</p>

	<p>that transitions flow.</p> <p>Thoroughly evaluate their own and others' work, explaining why and suggesting thoughtful and appropriate improvements.</p> <p>Modify some elements of a sequence as a result of self and peer evaluation.</p>				<p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>throwing and jumping activities.</p> <ul style="list-style-type: none"> - Controlled take-off and landing when jumping. - Combine running and jumping well with fluency. - Be accurate and precise when throwing at a target. - Follow and explain rules to others confidently. <p>Evaluate their own and others work and suggest constructive feedback.</p> <p>OAA Use clear communication to effectively complete a particular role in a team.</p> <p>Choose the best equipment and tactics for completing an activity.</p> <p>Thoroughly evaluate their own work and that of others, suggesting thoughtful and appropriate improvements</p>
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