**PE Curriculum Map**

| Key Stage - KS2 | Year Group - 5  |
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| Learning outcomes for the school year  |  |
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Planned programme / curriculum map based on 1 hour PE lessons a week.

| **Term**  | **Concept**  | **Learning Objectives from the National Curriculum**  | **Skills Children are completing within each term.** Movement Skills Sports Skills Thinking Skills People Skills  | **Hands, Head and Heart assessment criteria children will complete throughout the term.** Hands Head Heart  | **Can we link to the community? Can we link to class? Can we run a club?**  |
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| Term 1  | Movement through gymnastics  | Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:* Use running, jumping, throwing and catching in isolation and in combination.
* Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending.
* Develop flexibility, strength, technique, control and balance (for example, through gymnastics and athletics.)
* Perform dances using a range of movement patterns.
* Take part in outdoor and adventurous activity challenges both individually and within a team.
* Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

All schools must provide swimming instruction either in KS1 or KS2. In particular, pupils must be taught to:* Swim competently, confidently and proficiently over a distance of at least 25 metres.
* Use a range of strokes effectively (for example front crawl, backstroke, and breast stroke)
* Perform safe self-rescue in different water based situations.
 | **Movement Skills -** **Movement Skills - jumping, running in combination and isolation, make actions to sequence movement, develop strength, control, balance and flexibility.** **Sport Skills** **Thinking Skills - apply a range of skills and use and link them, understand how to improve, evaluate success, demonstrate improvements, compare performances** **People Skills - People Skills - enjoy communicating and collaborating with others.** | **Hands - teamwork, skill application and development, listening****Head - reflective, leadership, decision making and perseverance** **Heart - respect, empathy, motivation, resilience, kindness**  |  |
| Term 2  | Movement through Dance  | **Movement Skills -** **Movement Skills - Throwing and catching jumping, running in combination and isolation, make actions to sequence movement, developing strength, control, balance and flexibility.** **Sport Skills - play competitive games that are modified, attack and defensive principles.** **Thinking Skills - apply a range of skills and use and link them, understand how to improve, evaluate success, demonstrate improvements, compare performances****People Skills - People Skills - enjoy communicating and collaborating and competing with others.**  | **Hands - teamwork, skill application and development, listening, problem solving, competitive.** **Head - reflective, leadership, decision making, tactics and perseverance** **Heart - respect, empathy, motivation, resilience, kindness**  |  |
| Term 3  | Attack and defending and being apart of a team  | **Movement Skills - throwing, catching, running in combination and isolation, make actions to sequence movement, develop control****Sport Skills - play in competitive games, apply attack and defence principles****Thinking Skills - apply a range of skills and use and link them, understand how to improve, recognise success through evaluation, compare teams performances, demonstrate improvements.****People Skills - enjoy communicating, collaborating and competing with others**  | **Hands - problem solving, team work, skill development listening, competitive** **Head - reflective, leadership, decision making, tactics and perseverance** **Heart - respect, kindness, resilience and motivation.** |  |
| Term 4  | Challenging yourself and thinking of others  | **Movement Skills - throwing, catching, running and jumping in combination and isolation, make actions to sequence movement, develop control, balance, flexibility and strength** **Sport Skills - play in competitive games, apply attack and defence principles****Thinking Skills - apply a range of skills and use and link them, understand how to improve, recognise success through evaluation, compare teams performances, demonstrate improvements.****People Skills - enjoy communicating, collaborating and competing with others**  | **Hands - problem solving, team work, skill development and application listening, competitive** **Head - reflective, leadership, decision making, tactics and perseverance** **Heart - respect, kindness, resilience and motivation.** |  |
| Term 5  | Movement through athletics  | **Movement Skills -** **Throw, catch, run, jump - in combination and isolation. Make actions to sequence movement, develop control, strength, flexibility and balance****Sports skills -** **Thinking Skills - apply range of skills through link and using, evaluate success,****Compare performances, demo improvements** **People Skills - enjoy competing with others.**  | **Hands - skill development and application, competitive and listening** **Head - reflective, decision making, perseverance** **Heart - respect, motivation, resilience, kindness, empathy**  |  |
| Term 6  | Throwing and catching and working as a team  | **Movement Skills - throwing, catching, running and jumping in combination and isolation, make actions to sequence movement, develop control, balance, flexibility and strength** **Sport Skills - play in competitive games, apply attack and defence principles****Thinking Skills - apply a range of skills and use and link them, understand how to improve, recognise success through evaluation, compare teams performances, demonstrate improvements.****People Skills - enjoy communicating, collaborating and competing with others**  | **Hands - problem solving, team work, skill development and application, listening, competitive** **Head - reflective, leadership, decision making, tactics and perseverance** **Heart - respect, kindness, resilience and motivation.** |  |