**PE Curriculum Map**

| Key Stage - KS2 | Year Group - 6  |
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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  | Working together and problem solving through OAA  | 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 - use throwing, catching, running and jumping in combination and isolation, make actions to sequence movement, develop balance, control, strength and flexibility.****Sport Skills - play competitive games - modified, apply attacking and defensive principles****Thinking Skills - apply a range of skills and link and use them,understand how to improve, evaluate and recognise success, compare performances, demonstrate improvements.** **People Skills - enjoy collaborating. Communicating and competing against others**  | **Hands - problem solving, team work, skill development and application, listening and competitive** **Head - leadership, reflective, decision making, tactics and perseverance** **Heart - respect, empathy, resilience, kindness and motivation.**  |  |
| Term 2  | Movement through Dance and challenging themselves  | **Movement Skills - use throwing, catching, running and jumping in combination and isolation, make actions to sequence movement, develop balance, control, strength and flexibility.****Sport Skills - play competitive games - modified, apply attacking and defensive principles****Thinking Skills - apply a range of skills and link and use them,understand how to improve, evaluate and recognise success, compare performances, demonstrate improvements.** **People Skills - enjoy collaborating. Communicating and competing against others**  | **Hands - problem solving, team work, skill development and application, listening and competitive** **Head - leadership, reflective, decision making, tactics and perseverance** **Heart - respect, empathy, resilience, kindness and motivation.**  |  |
| Term 3  | Movement through Gymnastics  | **Movement Skills - use running and jumping in combination and isolation, make actions to sequence movement, develop balance, control, strength and flexibility.****Sport Skills -** **Thinking Skills - apply a range of skills and link and use them,understand how to improve, evaluate and recognise success, compare performances, demonstrate improvements.** **People Skills - enjoy collaborating. Communicating against others**  | **Hands - team work, skill development and application, listening** **Head - leadership, reflective and perseverance** **Heart - respect, empathy, resilience, kindness and motivation.** |  |
| Term 4  | Throwing and catching, attacking and defending | **Movement Skills - Throw, catch, jumping in combination and isolation, make actions to sequence movement, develop strength, control and balance.** **Sport Skills - play competitive games, apply attack and defence principles,** **Thinking Skills - apply a range of and use and link them, understand how to improve, evaluate success, demonstrate improvements****People Skills - enjoy communicating, collaborating and competing with others.**  | **Hands - problem solving, teamwork, skill application and development, listening, competitive** **Head - reflective, leadership, decision making, tactics and perseverance** **Heart - respect, empathy, motivation, resilience, kindness**  |  |
| 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, empath** |  |
| Term 6  | Teamwork and problem solving games  | **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.** |  |