



St Gerard's Catholic Primary School PE Long Term Curriculum Map



'With Christ as Our Teacher to enable every child to be the best that they can be.'
PE Long Term Curriculum Map



	Autumn		Spring		Summer	
Class 1 (EYFS/Y1) Cycle B	Introduction to PE (jump, skip, balance)	Dance: Unit 1 (Action, dynamics and space)	Fundamentals: Unit 1 (balance, hop, change direction) Orienteering: (Level 1a)	Ball Skills: Unit 1 (Bounce, catch, throw)	Games: Unit 1 (run, throw, catch)	Gymnastics: Unit 1 (Shape, balance, travel)
Class 1 (EYFS/Y1) Cycle A	Introduction into PE: Unit 2(throw, catch, roll)	Dance: Unit 2 (Action, dynamics, space and performance)	Fundamentals: unit 2 (travel, balance, jump) Orienteering: (Level 1b)	Ball skills: Unit 2 (dribble, kick, catch)	Games: Unit 2 (throw, catch, strike)	Gymnastics: Unit 2 (jumps, rocking, rolling)
Class 2 (Y1/Y2) Cycle B	Fundamentals: (speed, agility, skip) Gymnastics: (shapes, travelling, balances)	Ball Skills: (dribble with feet, track, kick) Fitness: (stamina, Co-ordination, Balance)	Orienteering: (Level 2a) Invasion Games: (<u>Tag Rugby</u> - throw, catch, change speed)	Target Games: (roll, underarm throw, catch, bat) Dance: (Actions, space, dynamics, performance)	Striking & Fielding: (<u>Cricket</u> - overarm throw, catch, bat) Team building: (problem solving, communication)	Athletics: (run, throw for distance, accuracy) Net and Wall Games: (<u>Tennis</u> – Hitting, feeding)



Class 2 (Y1/Y2) Cycle A	Fundamentals: (Hop, dodge, balance) Gymnastics: (Shapes, jumps, rolls)	Ball Skills: (Throw, catch, dribble with hands) Fitness: (Agility, strength, speed)	Orienteering: (Level 2b) Invasion games: (<u>football</u> – change direction, dribble, kick)	Target games: (Overarm throw, strike, dodge) Dance: (actions, space, dynamics, relationships)	Striking and Fielding: (<u>Hoopla/Rounders</u> - underarm throw, trach, bat)	Athletics: (Jump for distance/height, run) Net and Wall: (<u>Badminton</u> rallying, footwork)
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					Team building: (Nav. Skills, reflection)	
Class 3 (Y3/Y4) Cycle B	Fundamentals: (run, hop, skip) Fitness: (speed, stamina, balance)	Gymnastics: (ind. Balances, rotation jumps, rolls) Dance: (actions, dynamics, space, relationships)	Ball Skills: (Track, dribble, kick) Orienteering: (Level 4A)	Dodgeball: (throw, catch, jump) Tag Rugby: (throw, catch, run)	Rounders: (underarm throw, bowl, bat, catch) Basketball: (Sending + receiving, dribbling, space)	Athletics: (Pace, sprint, hurdles) Tennis: (throw, catch, forehand)
Class 3 (Y4/Y5) Cycle A	Fundamentals: (balance, dodge, jump) Fitness: (Balance, dodge, jump)	Gymnastics: (partner balances, shoulder stand, bridge) Dance: (actions, dynamics, space, performance)	Ball skills: (Throw, catch) Orienteering: (Level 4B)	Dodgeball: (dodge, throw, catch, tactics) Tag rugby: (throw, catch, change direction, speed)	Rounders: (overarm throw, catch, trach, bat, field) Basketball: (attacking, defending)	Athletics: (Jump for distance, height) Tennis: (throw, catch, backhand, rallying)



Class 4 (Y4/Y5) Cycle B	Football: (run, pass, receive) Dance: (actions, dynamics, space, relationships)	Tag Rugby: (throw, catch, run) Swimming	Hockey: (run, dribble, pass, receive) Swimming	Netball : (throw, catch, run, jump) Orienteering: (level 5a)	Rounders: (throw, ctach.bat, bowl) Gymnastics: (Sym, balances, straight/forward rolls)	Tennis: (forehand groundstroke, underarm serve, forehand volley) Cricket: (underarm, overarm throwing, bowling, batting)
Class 4 (Y4/Y5) Cycle A	Football: (run, track, dribble)	Tag Rugby: (change speed, direction, tactics) Swimming	Hockey: (tactics, intercept, shoot) Swimming	Netball: (change speed direction, shoot) Orienteering: (level 5b)	Rounders: (bat, field, tactics) Gymnastics: (asym. Balances,	Tennis: (backhand groundstroke, overarm serve, backhand volley)
	Dance: (actions, dynamics, space, performance)				backward, straddle rolls, cartwheel)	Cricket: (deep + close catching, long+ short barrier, batting)
Class 5 (Y5/Y6) Cycle B	Hockey: (dribble, pass, run, receive) Gymnastics: (counter balance, handstand, cartwheel)	Basketball: (run, jump, throw, catch) Dance: (actions, dynamics, space, relationships)	Fitness: (agility, balance, speed) Netball: (throw, catch, run)	Volleyball 5/6: (set, throw, catch, serve) Orienteering: (level 6a)	Rounders: (throw, catch, bowl, bat, field) Athletics: (obstacle, discus)	Cricket: (deep + close catching, underarm, overarm throwing, overarm bowling, batting) Residential + OAA:



Class 5 (Y5/6) Cycle A	<p>Hockey: (Tackle, intercept, shoot)</p> <p>Gymnastics: (counter tension, shoulder stand, flight)</p>	<p>Basketball: (throw, catch, dribble, shoot)</p> <p>Dance: (actions, dynamics, space, performance)</p>	<p>Fitness: (stamina, strength, coordination)</p> <p>Netball: (jump, change direction, speed, shoot)</p>	<p>Volleyball: (dig, serve, set, rally)</p> <p>Orienteering: (level 6b)</p>	<p>Rounders: (Throw, catch, bowl, bat, field, umpire)</p> <p>Athletics: (Triple jump, hammer)</p>	<p>Cricket: (long + short barrier, batting, tactics, overarm throwing)</p> <p>Residential + OAA:</p>
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