



Year 1 Long Term Curriculum Plan for PE (outdoor)

<p><u>Big Question</u> Can I jump high and long?</p> <p><u>Area of learning</u> Jumping</p> <p><u>Focus</u> Jumping and landing safely</p> <p><u>NC Links</u> -master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><u>Big Question</u> Can I pass the ball safely?</p> <p><u>Area of learning</u> Ball skills (hands)</p> <p><u>Focus</u> Throwing and catching</p> <p><u>NC Links</u> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><u>Big Question</u> Can I use my ball skills to play a game?</p> <p><u>Area of learning</u> Ball skills (hands)</p> <p><u>Focus</u> Keeping possession</p> <p><u>NC Links</u> -participate in team games, developing simple tactics for attacking and defending</p>	<p><u>Big Question</u> Can I use my ball skills to play a football game?</p> <p><u>Area of learning</u> Ball skills (feet)</p> <p><u>Focus</u> Dribbling skills</p> <p><u>NC Links</u> -participate in team games, developing simple tactics for attacking and defending</p>	<p><u>Big Question</u> Can I use my ball skills to keep control of the ball?</p> <p><u>Area of learning</u> Ball skills (hands)</p> <p><u>Focus</u> Sending and stopping skills</p> <p><u>NC Links</u> -participate in team games, developing simple tactics for attacking and defending</p>	<p><u>Big Question</u> Can I use my ball skills to attack and defend?</p> <p><u>Area of learning</u> Games for understanding (attack v defence)</p> <p><u>Focus</u> Attacking for shooting opportunity</p> <p><u>NC Links</u> -participate in team games, developing simple tactics for attacking and defending</p>
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Year 1 Long Term Curriculum Plan for PE (indoor)

<p><u>Big Question</u> Can I make a dance inspired by animals?</p> <p><u>Area of learning</u> Dance (the zoo)</p> <p><u>Focus</u> Control and movement</p> <p><u>NC Links</u> -perform dances using simple movement patterns.</p>	<p><u>Big Question</u> Can I use my body to make movements?</p> <p><u>Area of learning</u> Body parts</p> <p><u>Focus</u> Big and small movements</p> <p><u>NC Links</u> -master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><u>Big Question</u> Can I perform a dance routine?</p> <p><u>Area of learning</u> Dance (growing)</p> <p><u>Focus</u> Creating movement patterns</p> <p><u>NC Links</u> -perform dances using simple movement patterns.</p>	<p><u>Big Question</u> Can I use my body to make controlled movements?</p> <p><u>Area of learning</u> Gymnastics (wide, narrow, curled)</p> <p><u>Focus</u> Transitioning between movements</p> <p><u>NC Links</u> -master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><u>Big Question</u> Can I run with control?</p> <p><u>Area of learning</u> Locomotion – running</p> <p><u>Focus</u> Where and why to run</p> <p><u>NC Links</u> -master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><u>Big Question</u> Can I jump for different purposes?</p> <p><u>Area of learning</u> Locomotion – jumping</p> <p><u>Focus</u> When, where and why we jump</p> <p><u>NC Links</u> -master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>
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Year 2 Long Term Curriculum Plan for PE (outdoor)

<p><u>Big Question</u> Can I dodge effectively and apply this to games?</p> <p><u>Area of learning</u> Invasion Games</p> <p><u>Focus</u> Dodging</p> <p><u>NC Links</u> -to participate in team games, developing simple tactics for attacking and defending</p>	<p><u>Big Question</u> Can I play as part of a Basketball team?</p> <p><u>Area of learning</u> Invasion Games</p> <p><u>Focus</u> Basketball</p> <p><u>NC Links</u> -to participate in team games, developing simple tactics for attacking and defending</p>	<p><u>Big Question</u> Can I play as part of a Football team?</p> <p><u>Area of learning</u> Invasion Games</p> <p><u>Focus</u> Football</p> <p><u>NC Links</u> -to participate in team games, developing simple tactics for attacking and defending</p>	<p><u>Big Question</u> Can I play as part of a Football team?</p> <p><u>Area of learning</u> Striking and Fielding</p> <p><u>Focus</u> Rounders</p> <p><u>NC Links</u> -to participate in team games, developing simple tactics for attacking and defending</p>	<p><u>Big Question</u> Can I be an effective team player?</p> <p><u>Area of learning</u> Games</p> <p><u>Focus</u> Team Building</p> <p><u>NC Links</u> -to participate in team games, developing simple tactics for attacking and defending</p>	<p><u>Big Question</u> Can I jump effectively?</p> <p><u>Area of learning</u> Athletics</p> <p><u>Focus</u> Jumping</p> <p><u>NC Links</u> -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>
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Year 2 Long Term Curriculum Plan for PE (indoor)

<p><u>Big Question</u> Can I follow a routine to music?</p> <p><u>Area of learning</u> Dance</p> <p><u>Focus</u> Explorers</p> <p><u>NC Links</u> -to perform dances using simple movement patterns</p>	<p><u>Big Question</u> Can I travel in a variety of ways?</p> <p><u>Area of learning</u> Gymnastics</p> <p><u>Focus</u> Pathways</p> <p><u>NC Links</u> -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><u>Big Question</u> Can I replicate movements and use as part of a routine?</p> <p><u>Area of learning</u> Dance</p> <p><u>Focus</u> Water</p> <p><u>NC Links</u> -to perform dances using simple movement patterns</p>	<p><u>Big Question</u> Can I stretch in a variety of ways?</p> <p><u>Area of learning</u> Gymnastics</p> <p><u>Focus</u> Linking</p> <p><u>NC Links</u> -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><u>Big Question</u> Am I able to understand how fitness can impact health?</p> <p><u>Area of learning</u> Health and Wellbeing</p> <p><u>Focus</u> Fitness</p> <p><u>NC Links</u> -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><u>Big Question</u> Can I apply a range of tactics to team games?</p> <p><u>Area of learning</u> Attack vs Defence</p> <p><u>Focus</u> Tactics</p> <p><u>NC Links</u> -to participate in team games, developing simple tactics for attacking and defending</p>
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Year 3 Long Term Curriculum Plan for PE (outdoor)

<p><u>Big Question</u> Can I apply the principles of attack v defence?</p> <p><u>Area of learning</u> Netball</p> <p><u>Focus</u> Passing and moving</p> <p><u>NC links</u> -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending -compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Big Question</u> Can I apply the principles of attack v defence?</p> <p><u>Area of learning</u> Hockey</p> <p><u>Focus</u> Passing, moving and dribbling</p> <p><u>NC links</u> -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p><u>Big Question</u> Can I apply the principles of attack v defence?</p> <p><u>Area of learning</u> Tag Rugby</p> <p><u>Focus</u> Passing and moving</p> <p><u>NC links</u> -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p><u>Big Question</u> Can I apply the principles of attack v defence?</p> <p><u>Area of learning</u> Tennis</p> <p><u>Focus</u> Throwing and hitting the ball</p> <p><u>NC links</u> -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p><u>Big Question</u> Can I explore batting and fielding?</p> <p><u>Area of learning</u> Rounders</p> <p><u>Focus</u> Throwing and stopping the ball</p> <p><u>NC links</u> -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p><u>Big Question</u> Can I orientate a map?</p> <p><u>Area of learning</u> Orienteering</p> <p><u>Focus</u> Collaboration</p> <p><u>NC links</u> -take part in outdoor and adventurous activity challenges both individually and within a team</p>
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Year 3 Long Term Curriculum Plan for PE (indoor)

<p><u>Big Question</u> Can I explore what makes an effective team?</p> <p><u>Area of learning</u> Problem Solving</p> <p><u>Focus</u> Challenges</p> <p><u>NC links</u> -take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><u>Big Question</u> Can I add drama and emotion?</p> <p><u>Area of learning</u> Dance (wild animals)</p> <p><u>Focus</u> Stage presence, timing, rhythm</p> <p><u>NC links</u> -develop flexibility, strength, technique, control and balance -perform dances using a range of movement patterns -compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Big Question</u> Can I explore symmetrical and asymmetrical shapes?</p> <p><u>Area of learning</u> Gymnastics (symmetry and asymmetry)</p> <p><u>Focus</u> Sequences</p> <p><u>NC links</u> -develop flexibility, strength, technique, control and balance -perform dances using a range of movement patterns -compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Big Question</u> Can I add drama and emotion?</p> <p><u>Area of learning</u> Dance (weather)</p> <p><u>Focus</u> Stage presence, timing, rhythm</p> <p><u>NC links</u> -develop flexibility, strength, technique, control and balance -perform dances using a range of movement patterns -compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Big Question</u> Can I explore different techniques for throwing and jumping?</p> <p><u>Area of learning</u> Throwing and Jumping</p> <p><u>Focus</u> Jumping as far as possible Throwing for distance</p> <p><u>NC links</u> -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p><u>Big Question</u> Can I explore different techniques for running?</p> <p><u>Area of learning</u> Running</p> <p><u>Focus</u> Running technique</p> <p><u>NC links</u> -use running, jumping, throwing and catching in isolation and in combination -take part in outdoor and adventurous activity challenges both individually and within a team</p>
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Year 4 Long Term Curriculum Plan for PE (outdoor)

<p><u>Big Question</u> Can I develop my swimming?</p> <p><u>Area of learning</u> Swimming</p>	<p><u>Big Question</u> Can I develop my swimming?</p> <p><u>Area of learning</u> Swimming</p>	<p><u>Big Question</u> How can we use offensive and defensive tactics to win a game tag rugby?</p> <p><u>Area of learning</u> Games</p> <p><u>Focus</u> Tag rugby</p> <p><u>NC Links</u> -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.</p>	<p><u>Big Question</u> Can I develop my skills in hitting and returning a ball?</p> <p><u>Area of learning</u> Tennis</p> <p><u>Focus:</u> Hitting the ball and aiming</p> <p><u>NC Links</u> -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.</p>	<p><u>Big Question</u> What are the roles and responsibilities in a rounders team?</p> <p><u>Area of learning:</u> Rounders</p> <p><u>Focus:</u></p> <p><u>NC Links</u> -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.</p>	<p><u>Big Question</u> Can I develop my sprinting techniques?</p> <p><u>Area of learning</u> Running</p> <p><u>Focus</u> Sprinting/ relay</p> <p><u>NC Links</u> -Use running, jumping, throwing and catching in isolation and in combination.</p>
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Year 4 Long Term Curriculum Plan for PE (indoor)

<p><u>Big Question</u> Can I play in a team game?</p> <p><u>Area of learning:</u> Basketball</p> <p><u>Focus:</u> Attacking and defending</p> <p><u>NC Links</u> -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. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Big Question</u> How could we win a game of football?</p> <p><u>Area of learning</u> Games</p> <p><u>Focus</u> Football</p> <p><u>NC Links</u> -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.</p>	<p><u>Big Question</u> Can I perform a range of bridge techniques?</p> <p><u>Area of learning</u> Gymnastics</p> <p><u>Focus</u> Bridges</p> <p><u>NC Links</u> -Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics.</p>	<p><u>Big Question</u> Can I create space?</p> <p><u>Area of learning</u> Dance</p> <p><u>Focus</u> Space</p> <p><u>NC Links</u> -Perform dances using a range of movement patterns.</p>	<p><u>Big Question</u> Can I develop a range of throwing and jumping techniques?</p> <p><u>Area of learning</u> Athletics</p> <p><u>Focus</u> Throwing and jumping</p> <p><u>NC Links</u> -Use running, jumping, throwing and catching in isolation and in combination.</p>	<p><u>Big Question</u> What is 'orienteering'?</p> <p><u>Area of learning</u> Orienteering</p> <p><u>Focus</u> Working in a team</p> <p><u>NC Links</u> -Take part in outdoor and adventurous activity challenges both individually and within a team.</p>
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Year 5 Long Term Curriculum Plan for PE (outdoor)

<p><u>Big Question</u> Can I create an attack for a shooting opportunity?</p> <p><u>Area of learning</u> Netball</p> <p><u>Focus</u> Building on prior knowledge passing and moving.</p> <p><u>NC Links</u> - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p><u>Big Question</u> Can I apply the principles of attack vs defence?</p> <p><u>Area of learning</u> Hockey</p> <p><u>Focus</u> To keep possession by combining passing, moving and dribbling</p> <p><u>NC Links</u> - play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p><u>Big Question</u> Can I execute different passes at appropriate times in a game?</p> <p><u>Area of learning</u> Tag Rugby</p> <p><u>Focus</u> Developing tactics for attacking and defending</p> <p><u>NC Links</u> - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p><u>Big Question</u> Can I use my prior knowledge to play the ball in to space?</p> <p><u>Area of learning:</u> Tennis</p> <p><u>Focus</u> Develop serving and the volley</p> <p><u>NC Links</u> - play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p><u>Big Question</u> Can I refine my skills of batting a fielding?</p> <p><u>Area of learning</u> Cricket</p> <p><u>Focus</u> Applying tactics including for batting</p> <p><u>NC Links</u> - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p><u>Big Question</u> Can I explore how to orientate a map?</p> <p><u>Area of learning</u> Orienteering</p> <p><u>Focus</u> Collaborating with others to complete challenges</p> <p><u>NC Links</u> - take part in outdoor and adventurous activity challenges both individually and within a team</p>
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Year 5 Long Term Curriculum Plan for PE (indoor)

<p><u>Big Question</u> Can I understand the meaning of strength, flexibility and the cardiovascular elements of fitness?</p> <p><u>Area of Learning</u> Health Related Exercise</p> <p><u>Focus</u> Developing own fitness by performing focused circuit training.</p> <p><u>NC Links</u> -develop flexibility, strength, technique, control and balance</p>	<p><u>Big Question</u> Can I bring together the movements of different characters that would have been performed at a 19th century circus?</p> <p><u>Area of Learning</u> Dance (The Circus)</p> <p><u>Focus</u> Perform through clear movements and expression</p> <p><u>NC Links</u> - develop flexibility, strength, technique, control and balance - perform dances using a range of movement patterns - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Big Question</u> Can I explore movements and balances in symmetrical and asymmetrical ways?</p> <p><u>Area of Learning</u> Gymnastics (Counter balance & Counter tension)</p> <p><u>Focus</u> Creating sequences using apparatus</p> <p><u>NC Links</u> - develop flexibility, strength, technique, control and balance</p>	<p><u>Big Question</u> Can I apply effective teamwork?</p> <p><u>Area of Learning</u> Outdoor Adventure Activities (Communication & Tactics)</p> <p><u>Focus</u> Problem solving</p> <p><u>NC Links</u> -take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><u>Big Question</u> Can I develop a range of athletics skills?</p> <p><u>Area of Learning</u> Athletics</p> <p><u>Focus</u> Sprinting, shot putt and hurdles.</p> <p><u>NC Links</u> - use running, jumping, throwing and catching in isolation and in combination</p>	<p><u>Big Question</u> Can I apply my athletics knowledge to a competition situation?</p> <p><u>Area of Learning</u> Athletics</p> <p><u>Focus</u> Competitions</p> <p><u>NC Links</u> - use running, jumping, throwing and catching in isolation and in combination - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
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Year 6 Long Term Curriculum Plan for PE (outdoor)

<p><u>Big Question</u> Why and how do we keep fit and healthy?</p> <p><u>Area of Learning</u> Health Related Exercise</p> <p><u>Focus</u> Strength, flexibility and the cardiovascular elements of fitness.</p> <p><u>NC Links</u> -Develop flexibility, strength, technique, control and balance. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Big Question</u> Who can create movements that show expression and creativity?</p> <p><u>Area of Learning</u> Dance</p> <p><u>Focus</u> Titanic</p> <p><u>NC Links</u> -Perform dances using a range of movement patterns.</p>	<p><u>Big Question</u> How can we use offensive and defensive tactics to win a game tag rugby?</p> <p><u>Area of Learning</u> Games - Invasion</p> <p><u>Focus</u> Tag Rugby</p> <p><u>NC Links</u> -Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. -Use running, jumping, throwing and catching in isolation and in combination.</p>	<p><u>Big Question</u> How can we create space and think tactically about where we place our shots?</p> <p><u>Area of Learning</u> Games - Net/ Wall</p> <p><u>Focus</u> Tennis</p> <p><u>NC Links</u> -Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. -Use running, jumping, throwing and catching in isolation and in combination.</p>	<p><u>Big Question</u> How will we know when to change and adapt our tactics?</p> <p><u>Area of Learning</u> Games - Striking and Fielding</p> <p><u>Focus</u> Cricket</p> <p><u>NC Links</u> -Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. -Use running, jumping, throwing and catching in isolation and in combination.</p>	<p><u>Big Question</u> Can we throw further, jump further and run faster when we apply the correct technique?</p> <p><u>Area of Learning</u> Athletics (Competitions)</p> <p><u>Focus</u> Competition</p> <p><u>NC Links</u> -Develop flexibility, strength, technique, control and balance. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best. -Take part in outdoor and adventurous activity challenges both individually and within a team.</p>
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Year 6 Long Term Curriculum Plan for PE (indoor)

<p><u>Big Question</u> How can we create fluidity with our movement, dribbling and passing?</p> <p><u>Area of Learning</u> Games - Invasion</p> <p><u>Focus</u> Basketball</p> <p><u>NC Links</u> -Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. -Use running, jumping, throwing and catching in isolation and in combination.</p>	<p><u>Big Question</u> How can we improve our communication when dribbling and passing? Area of Learning: Games - Invasion</p> <p><u>Focus</u> Football</p> <p><u>NC Links</u> -Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. -Use running, jumping, throwing and catching in isolation and in combination.</p>	<p><u>Big Question</u> How can we improve upon our partner mirror and matching using different gymnastic approaches (unison, canon etc.)?</p> <p><u>Area of Learning</u> Gymnastics</p> <p><u>Focus</u> Mirror and Matching</p> <p><u>NC Links</u> -Develop flexibility, strength, technique, control and balance.</p>	<p><u>Big Question</u> How can we effectively communicate clearly with our team members in order to solve problems?</p> <p><u>Area of Learning</u> Outdoor Adventure Activities</p> <p><u>Focus</u> Problem Solving</p> <p><u>NC Links</u> -Enjoy communicating, collaborating and competing with each other. - develop an understanding of how to improve in different physical activities and sports -learn how to evaluate and recognise their own success.</p>	<p><u>Big Question</u> What actions are involved in different athletic events and how do we execute them effectively?</p> <p><u>Area of Learning</u> Athletics</p> <p><u>Focus</u> Throwing, Jumping and Running</p> <p><u>NC Links</u> -Develop flexibility, strength, technique, control and balance. -Use running, jumping, throwing and catching in isolation and in combination.</p>	<p><u>Big Question</u> How can we apply our map and compass skills to arrive at our destination?</p> <p><u>Area of Learning</u> Outdoor Adventure Activities</p> <p><u>Focus</u> Orienteering</p> <p><u>NC Links</u> -Enjoy communicating, collaborating and competing with each other. -develop an understanding of how to improve in different physical activities and sports -learn how to evaluate and recognise their own success.</p>
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