



Caedmon Primary PE Curriculum Map

Year	Autumn Term	Spring Term	Summer Term
1	<p>Activity - Throwing, Catching, running and jumping – Creativity</p> <p>Healthy Lifestyle - Protein & Carbohydrates.</p> <p>Positive Mind Management - Resilience</p> <p>Activity - Balance, co-ordination, strength, flexibility, agility.</p> <p>Healthy Lifestyle - Fats and Water.</p> <p>Positive Mind Management Self-belief.</p> <p>Strength & Conditioning Exercises (every lesson)</p> <p>Intra house competitions 1wk</p>	<p>Activity - Dance, movement sequences, strength and flexibility. Self-assessment</p> <p>Healthy Lifestyle - Vitamins and Minerals.</p> <p>Positive Mind Management – Positive thinking</p> <p>Activity - Striking, catching, running - attacking and defensive principles: Verbal self- assessment</p> <p>Healthy Lifestyle – Sleep</p> <p>Positive Mind Management – Team work</p> <p>Strength & Conditioning Exercises (every lesson)</p> <p>Intra house competitions 1wk</p>	<p>Activity - Balance, co-ordination, strength, flexibility, agility</p> <p>Healthy Lifestyle – Hygiene</p> <p>Positive Mind Management – Winning or learning</p> <p>Activity - Jumping, throwing, running, catching</p> <p>Strength and Conditioning (every session)</p> <p>Intra House Competitions 1wk</p>
2	<p>Activity - Throwing, Catching, running and jumping - Attacking & defensive principles, creativity.</p> <p>Healthy Lifestyle - Protein & Carbohydrates.</p> <p>Positive Mind Management - Resilience</p> <p>Activity - Balance, co-ordination,</p>	<p>Activity - Dance, movement sequences, strength and flexibility.</p> <p>Healthy Lifestyle - Vitamins and Minerals.</p> <p>Positive Mind Management – Positive thinking</p> <p>Activity - Striking, catching, running -</p>	<p>Activity - Balance, co-ordination, strength, flexibility, agility. Peer assessment.</p> <p>Healthy Lifestyle – Hygiene</p> <p>Positive Mind Management – Winning or learning</p> <p>Activity - Jumping, throwing, running,</p>

	<p>strength, flexibility, agility. Healthy Lifestyle - Fats and Water. Positive Mind Management Self-belief.</p> <p>Strength & Conditioning Exercises (every lesson)</p> <p>Intra house competitions 1wk</p>	<p>attacking and defensive principles: Verbal self- assessment Healthy Lifestyle – Sleep Positive Mind Management – Team work</p> <p>Strength & Conditioning Exercises (every lesson)</p> <p>Intra house competitions 1wk</p>	<p>catching</p> <p>Strength and Conditioning (every session)</p> <p>Intra House Competitions 1wk</p>
3	<p>Activity - Throwing, Catching, running and jumping - Attacking & defensive principles, creativity. Healthy Lifestyle - Protein & Carbohydrates. Positive Mind Management - Resilience</p> <p>Activity - Balance, co-ordination, strength, flexibility, agility. Peer assessment. Healthy Lifestyle - Fats and Water. Positive Mind Management Self-belief.</p> <p>Strength & Conditioning Exercises (every lesson)</p>	<p>Activity - Dance, movement sequences, strength and flexibility. Self-assessment Healthy Lifestyle - Vitamins and Minerals. Positive Mind Management – Positive thinking</p> <p>Activity - Striking, catching, running - attacking and defensive principles. Healthy Lifestyle – Sleep Positive Mind Management – Team work</p> <p>Strength & Conditioning Exercises (every lesson)</p>	<p>Activity - Balance, co-ordination, strength, flexibility, agility. Peer assessment. Healthy Lifestyle – Hygiene Positive Mind Management – Winning or learning</p> <p>Activity - Jumping, throwing, running, catching</p> <p>Strength and Conditioning (every session)</p> <p>Intra House Competitions 1wk</p>

	Intra house competitions 1wk	Intra house competitions 1wk	
4	<p>Activity - Throwing, Catching, running and jumping - Attacking & defensive principles as a team, problem solving</p> <p>Healthy Lifestyle - Protein & Carbohydrates.</p> <p>Positive Mind Management - Resilience</p> <p>Activity - Balance, co-ordination, strength, flexibility, agility. Self-assessment, goal setting.</p> <p>Healthy Lifestyle - Fats and Water.</p> <p>Positive Mind Management Self-belief.</p> <p>Strength & Conditioning Exercises (every lesson)</p> <p>Intra house competitions 1wk</p>	<p>Activity - Dance, movement sequences, strength and flexibility. Self-assessment</p> <p>Healthy Lifestyle - Vitamins and Minerals.</p> <p>Positive Mind Management – Positive thinking</p> <p>Activity - Striking, catching, running - attacking and defensive principles. Attacking & defensive in isolation. Goal setting</p> <p>Healthy Lifestyle – Sleep</p> <p>Positive Mind Management – Team work</p> <p>Strength & Conditioning Exercises (every lesson)</p>	<p>Activity - Balance, co-ordination, strength, flexibility, agility. Group assessment.</p> <p>Healthy Lifestyle – Hygiene</p> <p>Positive Mind Management – Winning or learning</p> <p>Activity - Jumping, throwing, running, catching</p> <p>Strength and Conditioning (every session)</p> <p>Intra House Competitions 1wk</p>

5	<p>Activity - Throwing, Catching, running and jumping - Attacking & defensive principles in isolation and as a team, creativity.</p> <p>Healthy Lifestyle - Protein & Carbohydrates.</p> <p>Positive Mind Management – Resilience and barriers holding me back.</p> <p>Activity - Balance, co-ordination, strength, flexibility, agility. Peer-assessment, goal setting and overcoming barriers.</p> <p>Healthy Lifestyle - Fats and Water.</p> <p>Positive Mind Management Self-belief and the power of believing.</p> <p>Strength & Conditioning Exercises (every lesson)</p> <p>Intra house competitions 1wk</p>	<p>Activity - Dance, movement sequences, strength and flexibility. Self-assessment</p> <p>Healthy Lifestyle - Vitamins and Minerals.</p> <p>Positive Mind Management – Positive thinking and creating habits.</p> <p>Activity - Striking, catching, running - Attacking & defensive in isolation and combination. Goal setting</p> <p>Healthy Lifestyle – Sleep</p> <p>Positive Mind Management – Goal setting, small steps and giants leaps.</p> <p>Strength & Conditioning Exercises (every lesson)</p> <p>Intra house competitions 1wk</p>	<p>Activity - Balance, co-ordination, strength, flexibility, agility. Group assessment, feedback</p> <p>Healthy Lifestyle – Hygiene</p> <p>Positive Mind Management – Winning or learning.</p> <p>Activity - Jumping, throwing, running, catching</p> <p>Strength and Conditioning (every session)</p> <p>Intra House Competitions 1wk</p>
6	<p>Activity - Throwing, Catching, running and jumping - Attacking & defensive principles in isolation and as a team, problem solving.</p> <p>Healthy Lifestyle - Protein & Carbohydrates.</p> <p>Positive Mind Management – Creating a vision and how to achieve it. Investigate</p>	<p>Activity - Dance, movement sequences, strength and flexibility. Self-assessment and setting targets to improve.</p> <p>Healthy Lifestyle - Vitamins and Minerals.</p> <p>Positive Mind Management – Positive thinking and overcoming barriers.</p>	<p>Activity - Balance, co-ordination, strength, flexibility, agility. Group assessment, feedback</p> <p>Healthy Lifestyle – Hygiene</p> <p>Positive Mind Management – Achieving your capability.</p> <p>Activity - Jumping, throwing, running,</p>

	<p>the Physiological Gap and how we can use it to progress.</p> <p>Activity - Balance, co-ordination, strength, flexibility, agility. Peer-assessment.</p> <p>Healthy Lifestyle - Fats and Water.</p> <p>Positive Mind Management Self-belief and the power of believing.</p> <p>Strength & Conditioning Exercises (every lesson)</p> <p>Intra House Competitions 1wk</p>	<p>Activity - Striking, catching, running - attacking and defensive principles. Attacking & defensive in isolation and as a team.</p> <p>Healthy Lifestyle – Sleep</p> <p>Positive Mind Management – Winning or learning.</p> <p>Strength & Conditioning Exercises (every lesson)</p> <p>Intra house competitions 1wk</p>	<p>catching</p> <p>Strength and Conditioning (every session)</p> <p>Intra House Competitions 1wk</p>
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- Intra house competition lunch time 2x every term
- Weeks are not fixed, fluctuation will happen depending on progress and achievement
- Motivational/ and personal success seminars termly



Skills for Learning Focus

Physical Me	Thinking Me	Social Me	Healthy Me
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Stamina Strength Flexibility Speed Agility Balance Control Power Jumping Running Stopping Turning Hopping Throwing Catching Rolling Kicking Sending Receiving Skipping Reaction time	Problem solving Self-evaluate Set own targets Self-assess Share learning outcomes Plan Research Creativity / imagination Investigate Question Predict & Anticipate Reasoned decisions Suggest refinements / improvements Memory Generate ideas Judgement Explain your language Use precise language Classify Sort Sequence Compare & contrast Spatial awareness	Honesty Teamwork Determination Self-belief Passion Respect Communication Empathise Sympathise Help Praise Support Fair play Take turns Co-operate Listen to others Patience Mediate Enthuse Collaborate Give constructive feedback Negotiate Encourage Compromise	Importance of warm up / cool down How to warm up & cool down Effect of exercise on heart, lungs temperature etc Benefits of exercise Components of fitness FIIT principles Nutrition Hygiene Types of training methods How to exercise safely Can say why exercise good for your health
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- **Spirit of the games** – qualities that will be encouraged and rewarded during Redcar & Eston School Sport Partnership competitions and follows from the Olympic values