



## Greysbrooke PE Long Term Curriculum Plan

*Headings in italic are Cornerstones topics*

	<b>Autumn 1 (8 weeks)</b>	<b>Autumn 2 (7 weeks)</b>	<b>Spring 1 (6 weeks)</b>	<b>Spring 2 (7 weeks)</b>	<b>Summer 1 (4 weeks)</b>	<b>Summer 2 (7 weeks)</b>
<b>Y1</b>	<i>Paws, Claws and Whiskers</i>	<i>Rio de Vida</i>	<i>Moon Zoom</i>	<i>Moon Zoom</i>	<i>Great fire of London</i>	<i>Bright lights, big city</i>
<b>Sport</b>	<b>Multi-Skills</b> Balancing, co-ordination drills, aiming, controlled movement, change in direction, agility	<b>Story Time Dance</b> Change in direction, gestures, linking movement, beats in music, movement in time to music, basic body patterns, jumping, flowing movement, fluency	<b>Groovy Gymnastics</b> Different speed, direction, level, linking 3 movements together, link isolated moves and shapes, tuck, pike, straddle, rolling movements, travelling on benches, travel on small apparatus, repeat and link combinations	<b>Brilliant Ball Skills</b> Anticipation and reactions when working with balls and beanbags, catch ball/beanbag on a bounce, catch from a throw, develop accurate throwing, underarm/overarm throws, stop/trap/catch a ball, playing small games	<b>Throwing and Catching</b> Throwing and catching, shark game, bean game, bouncing balls, batting with the hand, striking, retrieving a ball, fielding, numbers game, racket/bat striking, fair game play/sporting manner	<b>Active Athletics</b> Travel in different ways, change speed from slow to fast, hop, travel and land on two feet, jumping; take-off and landing, distance throwing, obstacle running,
<b>Health</b>	<b>Body Parts and their functions</b> Heads, shoulders, knees and toes, Simon says, locating bones, what makes bones move, naming organs, organ jobs, why we need to eat	<b>Healthy Minds, emotions and Goals</b> Emotions, different situations, turning negative into positive, aiming high, working towards goals, personal goals and honesty	<b>Hygiene, Medicine and Exercise</b> Staying clean and dry, preventing spread of germs, avoiding tooth decay, oral brushing, symptoms of illness, dangers of medicine, how exercise helps us	<b>Body Protectors and body changes</b> Revision of body parts and organs, senses to protect, fire safety, healing skin, people and humans, body changes	<b>Relationships with others and opinions</b> Friendships, parents/carers, Fair/unfair, Listening to others, treating others how we would like to be treated	<b>Diet and Vitamins</b> Food likes/dislikes, making sensible food choices, food for energy, vitamins to support activity, what is happening inside us, sun safety
<b>Fitness</b>	<b>Boot Camp</b> Warming up, raising heart rate, fitness, circuits, technique, patterns of movement,	<b>Mighty Movers</b> Running; speed, style, direction, control, relay, breathing, running circuits,	<b>Skip to the beat!</b> Hopping, jumping, step hop, skipping, different ways of skipping, skip with balance, control,	<b>Gymfit circuits</b> Simple movement patterns, flexibility, stretching, reach, spotting, lunges	<b>Cool core (strength)</b> Breathing control, supporting own body weight, core control, plank, maintain balance when running, wheelbarrow, supporting body weight on hands, good posture	<b>Fitness Frenzy</b> Agility and co-ordination, improving fitness scores, using arms to run, gait skills, skipping circuits, improving performance
<b>Y2</b>	<i>Towers and Turrets</i>	<i>Remembrance Day Christmas Cakes</i>	<i>Street Detectives</i>	<i>Street Detectives Local Area</i>	<i>Land Ahoy</i>	<i>Australia</i>
<b>Sport</b>	<b>Multi-Skills</b> Static balancing, upper and lower body movements, aiming variety of balls and equipment accurately, clear transitions between movements, Twisting and turning, fair play and understanding rules	<b>Ugly Bug Ball Dance</b> Contrasting in simple dances, good body shape and position, medieval ballroom, partner work, improve timing, phrases of movement, rhythm and control, clarity and flow, performance	<b>Groovy Gymnastics</b> Remember/repeat simple gymnastic actions, perform balances, combine movements into a routine, balance on isolated parts of the body, link balances with travelling movements, safely use benches and mats, create sequences, mirror and match	<b>Brilliant Ball Skills (football/handball)</b> Move a ball using hands and feet, catch different objects, watch the ball, reactions, targets, bounce pass, dribbling, passing, catch from different heights, move with the ball, participate in mini sports festival	<b>Throwing and Catching (kwik cricket)</b> Bowling underarm with accuracy, catching skills, striking a ball from a tee, retrieval skills, overarm throw technique, consistent striking, tactics in order to win	<b>Active Athletics</b> Run with change in direction, arms when jumping, landing with balance and fluency, throwing for distance, running over hurdles
<b>Health</b>	<b>Body Parts and their functions</b> Comparing body parts, skull as a protector, common muscles, brain/nervous system, oxygen, digestive system	<b>Healthy Minds, emotions and Goals</b> Similar looking emotions, playground emotions, dealing with emotions, setting goals, right path, honesty	<b>Hygiene, Medicine and Exercise</b> Hygiene, harmful germs, brushing our teeth, dangers of medicine, pulse rates, emotional and physical feeling	<b>Body Protectors and body changes</b> How bones protect us, senses to protect ourselves, how wounds/bruises/bones heal, stages of life, predictions on body changes	<b>Relationships with others and opinions</b> Thoughts/feelings, friendships, challenging friendships, parent/carer relationships, fair/unfair situations, opinions, persuasion	<b>Diet and Vitamins</b> Food in our lives, balance of food groups, food for energy, Vitamins A,B,C, E, sun safety
<b>Fitness</b>	<b>Boot Camp</b> Warming up(linked to health), raising heart rate, fitness,	<b>Mighty Movers</b> Running; speed, style, direction, control, relay, breathing,	<b>Skip to the beat!</b> Consolidate skipping techniques, raise heart rate,	<b>Gymfit circuits</b> Basic movements, develop balance, agility and co-ordination,	<b>Cool core (strength)</b> Core strength bridge, improve plank technique, wheelbarrow	<b>Fitness Frenzy</b> Agility, co-ordination, warming up, cooling down, circuits,

	circuits, technique, patterns of movement, agility, co-ordination, importance of fitness	running circuits,	hop consistently, jump with control, skip with good technique, rope awareness, observe and comment on others performances,	travel, spot, extend, flexible, stretch, reach, strength and stamina	walk, crunch, abdominals, squats, transferring weight from one foot to the other, footwork patterns, jumping with accuracy	skipping technique, hoop skills for core strength, hand-eye co-ordination
<b>Y3</b>	<i>Flow</i>	<i>Pharaohs</i>	<i>Tribal Tales</i>	<i>Scrumdiddlyumptious</i>	<i>Gods and Mortals</i>	<i>Gods and Mortals</i> Ancient Greece
<b>Sport</b>	<b>Multi-Skills (Tag rugby)</b> Changing and maintaining centre of balance, hand-eye co-ordination, using agility, stopping and turning in a game, observation/matching others speed, carrying ball when running	<b>African Dance</b> Count beats and change direction when dancing, keep count and tempo, develop steps with clarity and rhythm, working co-operatively, use music to keep the beat, devise African style dance steps and patterns	<b>Groovy Gymnastics</b> Jumping with safe, stable landing, different ways to jump, shapes and travelling, create complex shapes at different levels, travelling, rolling, balance focus	<b>Brilliant Ball Skills (football)</b> Dribble with greater control, roll or throw at a target with accuracy, anticipate the ball and be ready to catch, sending and receiving the ball, understand rules of the game, apply tactics learnt	<b>Throwing and Catching (Kwik cricket, rounders)</b> Underarm, overarm technique, throw accurately, catching with cushioned hands, bowling technique, batting technique, fielding skills, safe zone game play	<b>Active Athletics</b> Running, throwing using arms and legs for distance, standing long jump, appropriate pacing for relay, sprinting, long distance running, competition and sporting ways
<b>Health</b>	<b>Body Parts and their functions</b> External body parts, skeleton function, muscle function, brains, heart & lungs, mouth & stomach	<b>Healthy Minds, emotions and Goals</b> Naming emotions, how situations make me feel, positive emotions, ambition, determination/perseverance, goals	<b>Hygiene, Medicine and Exercise</b> Bacteria, fungi 7 viruses, gum disease, tooth decay, symptoms, diagnoses and prescriptions, dangers of medicine, co-ordination, independent exercise	<b>Body Protectors and body changes</b> Valuing our bodies and taking care of ourselves, missing senses, healing process, body changes	<b>Relationships with others and opinions</b> Relationships with friends, negative feelings, playground relationships, relationships with parents/carers, fair/unfair, explaining opinions, listening	<b>Diet and Vitamins</b> Food importance, balanced diet, food plate, portion control, vitamins, sun safety
<b>Fitness</b>	<b>Boot Camp</b> Raising heart rate, simple patterns of movement, circuit based activities,	<b>Mighty Movers</b> Analyse running techniques, hand over relay baton in efficient manner, running circuits,	<b>Skip to the beat!</b> Safety aspects concerned with skipping, large rope skipping technique, compose sequence of skipping moves, large rope skipping to songs and rhymes, rope and non-rope technique	<b>Gymfit circuits</b> Strength, flexibility, aerobic fitness, circuit training	<b>Cool core (strength)</b> Learn techniques to those similar in Pilates, link agility and core strength, hula hooping for core strength, develop activities into a circuit, squat thrusts, burpees, , running squat	<b>Fitness Frenzy</b> Basic circuit moves, running, jumping jacks, ball pass, honesty, rope and non-rope skipping, strength and stamina
<b>Y4</b>	<i>I am Warrior</i>	<i>I am Warrior</i>	<i>Tremors</i>	<i>Misty Mountains</i>	<i>Road trip</i>	<i>Blue Abyss</i>
<b>Sport</b>	<b>Invaders (Football/Netball/ Basketball)</b> Dribbling with hands and feet, maintaining control, running/turning/passing ball, working as a team, improve accuracy when passing, supporting other players in the team	<b>Dynamic Dance</b> Line dancing using a range of movements, Charleston step, chasse, strut, phrasing, dynamics, space, rhythm, emotion, motif, unison, canon, variation	<b>Gym sequences</b> Balance, tuck, straddle, pike, symmetrical and asymmetrical balances, linking moves with fluency, posture, body tension, balance, counterbalance, canon and unison	<b>Striking and Fielding (Kwik Cricket/Rounders)</b> underarm/overarm throwing, wickets, stumps, receiving, fielding, beat-the-ball rounders, tournament	<b>Nimble Nets (Badminton)</b> Racket control, hand-eye co-ordination, drop and hit shuttlecock, drop serve, forehand, backhand, rally, accuracy of strokes	<b>Young Olympians</b> Modify stride length, arm action, knee lift, appropriate pace, pull technique for throwing, short sprints, hurdles, standing broad jumps
<b>Health</b>	<b>Healthy Body: inside out!</b> Human skeleton, muscles, major organs, teeth, digestive system/health	<b>Healthy Minds: Going for goals</b> stress, challenges, mental health, self -confidence/belief, reflection, emotions	<b>Healthy Lifestyle: you are what you eat</b> healthy diet, vitamins and minerals, healthy hearts, benefits of exercise, sleep, responsible choices	<b>Healthy body: blood and guts</b> <small>circulatory system, blood vessels, blood cells, respiratory system, exercise on body, stages of growth</small>	<b>Healthy Mind: healthy body</b> <small>Mistakes, being happy, strangers, e-safety, road safety, health around the world</small>	<b>Germ busters!</b> Hygiene, microorganisms, feeling unwell, poisoning, living standards, body temperature
<b>Fitness</b>	<b>Boot Camp</b> Body changes during exercise, heart rate changes, correct technique for activity, burpees,	<b>Mighty Movers (boxercise)</b> correct technique for jab, build an aerobic exercise using skilled	<b>Skip to the beat!</b> Heart rate, rhythm, knee crunch, side steps, music co-ordination, step-type exercise	<b>Gymfit circuits</b> Ball-skill circuits, hockey based circuit, basketball circuits, football based circuits, understand circuits	<b>Cool core (Pilates)</b> Mountain pose, rock, Siamese pose, giraffe, mountain top, pencil point pose,	<b>Fitness Frenzy</b> Circuits to include; spotty dogs, plank, squats, burpees. Completing a full boxercise

	spotty dogs, plank	moves, cross jab, precision, boxing twist, toe touch, footwork patterns		can be sport-specific		workout, indoor athletics and adaptations, speed bounce, Pilates moves with accuracy
<b>Y5</b>	<b>South America</b>	<b>Traders and Raiders</b>	<b>Frozen Kingdom</b>	<b>Peasants, princes and Pestilence</b>	<b>Revolution</b>	<b>Revolution</b>
<b>Sport</b>	<b>Invaders (netball/basketball)</b> Passing and receiving skills, basic footwork, hand/eye co-ordination, chest pass, overhead pass, bounce pass, making space, defending skills, shooting, 5-a-side	<b>Dynamic Dance (Bollywood)</b> Patterns and actions of Bollywood dance, musical rhythm, performance skills, sequencing, performing and evaluating for others	<b>Gym sequences</b> Body shapes and balances, control and accuracy, symmetrical and asymmetrical body shapes, counterbalances, rolling, in canon and in unison, evaluating others performances	<b>Striking and Fielding (Kwik Cricket/Rounders)</b> Develop batting and fielding skills, choosing fielding techniques, running between wickets, keeping score, running for maximum runs, playing in a mini tournament	<b>Nimble Nets (tennis)</b> Racket control, hand-eye co-ordination, drop and hit ball, drop serve, forehand, backhand, rally, accuracy of strokes	<b>Young Olympians</b> Running at speed, throwing with accuracy and power, relay running, jumping for distance, technique in competitive arenas
<b>Health</b>	<b>Healthy Body: inside out!</b> Joints in the body, muscles to support, protect and move, major organs and functions, human teeth, digestive health	<b>Healthy Minds: Going for goals</b> Dealing with stress, dealing with challenges and accessing help, importance of mental health, self-confidence and belief, personal goals	<b>Healthy Lifestyle: you are what you eat</b> Healthy diet, food which promotes health, vitamins and minerals which are essential, healthy hearts, responsible choices and time priorities	<b>Healthy body: blood and guts</b> Circulatory system, blood vessel function, , respiration and what parts of the body are involved, how exercise effects the body	<b>Healthy Mind: healthy body</b> Learning from mistakes, improving our happiness, potential dangers when on streets, online dangers, road safety, society issues affecting our health and wellbeing	<b>Germ busters!</b> Personal hygiene, keeping our bodies clean, microorganisms, dangers of different substances, signs of ill health, living standards, sun safety
<b>Fitness</b>	<b>Boot Camp</b> Preparing the body for exercise, circuit based activities, heart rate, agility and co-ordination, complex patterns of movement	<b>Mighty Movers (Boxercise)</b> Perform routines demonstrating good technique, dynamic stretching, linking kicks and jabs, applying compositional ideas to a sequence	<b>Skip to the beat!</b> Warming up, co-ordination, balance, increasing general fitness levels, improving muscle tone, new strength based moves, sequences in time to music	<b>Gymfit circuits</b> Fitness for health and wellbeing, fitness circuits that improves strength and stamina, reasons for improvements and lack of improvements, obstacle style circuits	<b>Cool core (Pilates)</b> Identify exercises which will improve core strength and stability, develop co-ordination and balance, triangle pose, cool core, learn new Pilates moves	<b>Fitness Frenzy</b> Music based circuits including aerobic boxercise moves
<b>Y6</b>	<b>Off with her head</b>	<b>Staffordshire Hoard</b>	<b>A child's war</b>	<b>The Mayan's</b>	<b>Allotments</b>	<b>Russia</b>
<b>Sport</b>	<b>Invaders (Tag Rugby/Dodgeball)</b> Ball handling skills, spatial awareness, try scoring, footwork and dodging skills, catching/tagging skills	<b>Dynamic Dance</b> Patterns and actions in street style dance, dance patterns and moving to the beat, canon, unison, mirror, match, choreograph, pose, routine, performing to an audience	<b>Gym sequences</b> Developing skills in flexibility, strength, balance, power, mental focus, symmetrical, asymmetrical, counterbalance, tension, rotation, dynamic movement	<b>Striking and Fielding (Kwik Cricket/Rounders)</b> quick reactions, long barrier technique, batting technique, wicket keeper/backstop, play mini tournaments	<b>Nimble Nets (Table tennis)</b> Racket control, hand-eye co-ordination, drop and hit ball, drop serve, forehand, backhand, rally, accuracy of strokes	<b>Young Olympians</b> Run efficiently for speed, pull technique for throwing, throwing position, competitive situations, standing broad jump, javelin throw
<b>Health</b>	<b>Healthy Body: inside out!</b> Organs as muscles, anatomy of teeth, nutrients in digestion, keeping digestion health	<b>Healthy Minds: Going for goals</b> Exam stress, asking for help and being assertive, anxiety/mood/personality disorders, self-confidence, personal goals, emotional intelligence	<b>Healthy Lifestyle: you are what you eat</b> Healthy diet, how cooking affects nutrients, how we eat affects our heart, benefits of exercise, health implications of sleep, prioritising our time	<b>Healthy body: blood and guts</b> How heart pumps, blood vessel function, cells, breathing and ventilation, respiratory system when exercising, puberty	<b>Healthy Mind: healthy body</b> Learning from mistakes, improving happiness, keeping safe, online dangers, road crossings, sustainable development	<b>Germ busters!</b> Personal hygiene including clothes and bedding, illness, health emergencies, household substances and hazards, homes around the world, dangers of sunlight
<b>Fitness</b>	<b>Boot Camp</b> Circuit based activities	<b>Mighty Movers (Boxercise)</b> aerobic warm up, jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, front kick, back kick, jumping jacks, turn, punch, combination moves	<b>Skip to the beat!</b> Understand the value of aerobic exercise, jumpstart Johnny, knee crunch, cross step, v step, heel flick, squat, grapevine, switch arm , push up, perform aerobic activity to music	<b>Gymfit circuits</b> Planning a personal programme	<b>Cool core (Pilates)</b> Identify exercises which will improve core strength and stability, develop co-ordination and balance, triangle pose, cool core, learn new Pilates moves	<b>Fitness Frenzy</b> Music based circuits including aerobic boxercise moves

