



Sacred Heart- PE Long Term Curriculum Map (2023-24)



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R/1 Blue Bell	FMS- Movement Development	FOMS - Agility, balance and co-ordination	FMS - Sending	FMS - Striking	FSS - Athletics	FMS- Jumping
	FMS -Travelling	Me and Myself (ELG)	FSS- Dance	FSS - Gymnastics	FSS - Introduction to Invasion Games	Working with Others (Linked to ELG)
Year 2 Wharfe	SSS - Gymnastics	Multi Skills (FOMS and FMS)	SSS - Basketball (Invasion Games)	SSS - Short Tennis (Net & Wall)		SSS Athletics
	SSS - Football (Invasion Games)	Health Related Fitness	SSS - Uni-Hockey (Invasion Games)	SSS - Dodgeball (Invasion Games)	Dance	SSS - Kwik Cricket (Striking & Fielding)
Year 3/4 Rombalds	SSS - Tag Rugby (Wharfe Valley Primary leagues)	Dance	Multi-Skills (FOMS and FMS)	SSS - Benchball (Invasion Games)	SSS - Kwik Cricket (Striking & Fielding)	Outdoor & Adventurous
	Wild Hearts (Outdoor and Adventurous)	SSS - Handball	Health Related Fitness	SSS - Dodge ball	SSS - Athletics	SSS - Tennis (Net & Wall)

Year 4/5 Wheatley	SSS - Football (Invasion Games) (Wharfe Valley Primary Leagues)	SSS - Dodge Ball (Invasion Games)	Multi-Skills (FOMS & FMS)	Swimming	FSS - Rounders (Striking & Fielding) (Wharfe Valley Primary Leagues)	SSS- High Five netball (Invasion Games) (Wharfe Valley Primary Leagues)
	SSS- Dance	SSS- Gymnastics	Swimming	SSS - Tag Rugby (Invasion Games) (Wharfe Valley Primary Leagues)	SSS- Tennis (Net and Wall)	SSS- Cricket (Striking & Fielding)
Year 6- Olicana	SSS- Football (Wharfe Valley Primary Leagues)	SSS - Handball (Invasion Games)	SSS - Basketball (Invasion Games)	SSS - Football (Invasion Games) (Wharfe Valley Primary Leagues)	FSS - Rounders (Striking & Fielding) (Wharfe Valley Primary Leagues)	SSS - Athletics
	SSS- Hockey - Quick sticks England Hockey Scheme (Invasion games)	SSS - Health Related Fitness	SSS - Volleyball (Net & Wall)	SSS - Gymnastics	SSS- Tennis (Net and Wall)	SSS - Cricket (Striking & Fielding)

Fundamentals of Movement Skills (FOMS), Fundamental Movement Skills (FMS), Fundamental Sport Skills (FSS), Sport Specific Skills (SSS)

Please note some classes will receive 2 PE sessions per week and this will rotate during the year.

Topics per half term will be selected dependant on weather conditions and the topics that have previously been taught to ensure progressive and sequential learning.

Each class will receive a half term of outdoor and adventurous themed lessons during the 'wild hearts' programme of study.

Topics highlighted in green are taught as part of the PE CPD programme.