

## PE Long Term Map 2022-2023

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Learning Behaviour: <b>Personal</b>	Learning Behaviour: <b>Social</b>	Learning Behaviour: <b>Cognitive</b>	Learning Behaviour: <b>Creative</b>	Learning Behaviour: <b>Applying Physical</b>	Learning Behaviour: <b>Health and Fitness</b>
<b>FS</b>	<p><b>Real PE</b> Physical Focus: FUNS 10 Footwork (Co-ordination) &amp; FUNS 1 One Leg Balance (Static Balance)</p> <p><b>Real Gym</b> Gymnastic Focus: Shape Balance Shape Skill Matrix:</p> <ul style="list-style-type: none"> <li>- Introduction of Shape</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul> <p><b>Balance Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> <li>-</li> <li>-</li> </ul>	<p><b>Real PE</b> Physical Focus: FUNS 6 Jumping and Landing (Dynamic Balance to Agility) &amp; FUNS 2 Seated (Static Balance)</p> <p><b>Real Gym</b> Gymnastic Focus: Travel &amp; Flight Travel Skill Matrix:</p> <ul style="list-style-type: none"> <li>- Feet Complex</li> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul> <p><b>Flight Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Types of Jumps</li> <li>- Named Jumps</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul>	<p><b>Real PE</b> Physical Focus: FUNS 5 On a Line (Dynamic Balance) &amp; FUNS 4 Stance (Static Balance)</p> <p><b>Real Dance</b> Dance Focus: Solo Shapes, Partnering Shapes &amp; Artistry/ Musicality</p> <p><b>Themes:</b></p> <ul style="list-style-type: none"> <li>- Moving From a Painting</li> <li>- Nature</li> <li>- Freeze Frames</li> </ul>	<p><b>Real PE</b> Physical Focus: FUNS 9 Ball skills (Co-ordination) &amp; FUNS 7 Counterbalance with a partner (Static Balance)</p> <p><b>Real Dance</b> Dance Focus: Circles Solo, Partnering Circles &amp; Artistry (Routines)</p> <p><b>Themes:</b></p> <ul style="list-style-type: none"> <li>- Books and Stories</li> <li>- Moving From a Painting (Revisited)</li> <li>- Working with a Chosen Theme</li> </ul>	<p><b>Real PE</b> Physical Focus: FUNS 8 Sending and Receiving (Co-ordination) &amp; FUNS 12 Reaction/ Response (Agility)</p> <p><b>Real Gym</b> Gymnastic Focus: Rotation Skill Matrix:</p> <ul style="list-style-type: none"> <li>- Rolls</li> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul>	<p><b>Real PE</b> Physical Focus: FUNS 11 Ball Chasing (Agility) &amp; Funs 3 Floor Work (Static Balance)</p> <p><b>Real Gym</b> Gymnastic Focus: Fusion Skills incorporating:</p> <ul style="list-style-type: none"> <li>- Shape</li> <li>- Balance</li> <li>- Travel</li> <li>- Flight</li> <li>- Rotation</li> </ul>
<b>1</b>	<p><b>PE Northampton Tennis Coaching</b> Physical/ Tennis Focus:</p> <ul style="list-style-type: none"> <li>- Week 1: Control</li> <li>- Week 2: Reactions</li> <li>- Week 3: Balance</li> <li>- Week 4: Accuracy</li> <li>- Week 5: Teamwork and Rallying</li> <li>- Week 6: Scoring</li> </ul>	<p><b>Real PE</b> Physical Focus: FUNS 6 Jumping and Landing (Dynamic Balance to Agility) &amp; FUNS 2 Seated (Static Balance)</p> <p><b>Real Gym</b> Gymnastic Focus: Travel &amp; Flight Travel Skill Matrix:</p> <ul style="list-style-type: none"> <li>- Feet Complex</li> <li>- Body Parts/ Points and Patches</li> </ul>	<p><b>PE Saints RFC</b> Physical/ Focus:</p> <ul style="list-style-type: none"> <li>- Ball Skills (Throwing and Catching)</li> <li>- Agility, Balance Co-ordination</li> <li>- Spatial Awareness</li> </ul> <p><b>RFU Values:</b></p> <ul style="list-style-type: none"> <li>- Teamwork</li> <li>- Respect</li> <li>- Enjoyment</li> <li>- Discipline</li> <li>- Sportsmanship</li> </ul>	<p><b>Real PE</b> Physical Focus: FUNS 9 Ball skills (Co-ordination) &amp; FUNS 7 Counterbalance with a partner (Static Balance)</p> <p><b>Real Dance</b> Dance Focus: Circles Solo, Artistry Abstraction &amp; Artistry (Routines)</p>	<p><b>Real PE</b> Physical Focus: FUNS 8 Sending and Receiving (Co-ordination) &amp; FUNS 12 Reaction/ Response (Agility)</p> <p><b>Real Gym</b> Gymnastic Focus: Rotation Skill Matrix:</p> <ul style="list-style-type: none"> <li>- Rolls</li> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> </ul>	<p><b>Real PE</b> Physical Focus: FUNS 11 Ball Chasing (Agility) &amp; Funs 3 Floor Work (Static Balance)</p> <p><b>Real Gym</b> Gymnastic Focus: Fusion Skills incorporating:</p> <ul style="list-style-type: none"> <li>- Shape</li> <li>- Balance</li> <li>- Travel</li> <li>- Flight</li> </ul>

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	<p><b><u>Real Gym</u></b>  <b>Gymnastic Focus:</b> Shape Balance  <b>Shape Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Introduction of Shape</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul> <p><b>Balance Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul>	<ul style="list-style-type: none"> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul> <p><b>Flight Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Types of Jumps</li> <li>- Named Jumps</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul>	<p><b><u>Real Dance</u></b>  <b>Dance Focus:</b> Solo Shapes, Partnering Shapes &amp; Artistry/ Musicality</p> <p><b>Themes:</b></p> <ul style="list-style-type: none"> <li>- Moving From a Painting</li> <li>- Moving Using Words</li> <li>- Moving Like Insects</li> </ul>	<p><b>Themes:</b></p> <ul style="list-style-type: none"> <li>- Working with a Prop</li> <li>- Moving From a Painting</li> <li>- Working with a Chosen Theme</li> </ul>	<ul style="list-style-type: none"> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul>	<ul style="list-style-type: none"> <li>- Rotation</li> </ul>
2	<p><b><u>PE Northampton Tennis Coaching</u></b>  <b>Physical/ Tennis Focus:</b></p> <ul style="list-style-type: none"> <li>- Week 1: Control</li> <li>- Week 2: Reactions</li> <li>- Week 3: Balance</li> <li>- Week 4: Accuracy</li> <li>- Week 5: Teamwork and Rallying</li> <li>- Week 6: Scoring</li> </ul> <p><b><u>Real Gym</u></b>  <b>Gymnastic Focus:</b> Shape Balance  <b>Shape Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Introduction of Shape</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul> <p><b>Balance Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> </ul>	<p><b><u>Real PE</u></b>  <b>Physical Focus:</b> FUNS 6 Jumping and Landing (Dynamic Balance to Agility) &amp; FUNS 2 Seated (Static Balance)</p> <p><b><u>Real Gym</u></b>  <b>Gymnastic Focus:</b> Travel &amp; Flight  <b>Travel Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Feet Complex</li> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul> <p><b>Flight Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Types of Jumps</li> <li>- Named Jumps</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul>	<p><b><u>PE Saints RFC</u></b>  <b>Physical/ Focus:</b></p> <ul style="list-style-type: none"> <li>- Ball Skills (Throwing and Catching)</li> <li>- Agility, Balance Co-ordination</li> <li>- Spatial Awareness</li> </ul> <p><b>RFU Values:</b></p> <ul style="list-style-type: none"> <li>- Teamwork</li> <li>- Respect</li> <li>- Enjoyment</li> <li>- Discipline</li> <li>- Sportsmanship</li> </ul> <p><b><u>Real Dance</u></b>  <b>Dance Focus:</b> Solo Shapes, Partnering Shapes &amp; Circles Solo</p> <p><b>Themes:</b></p> <ul style="list-style-type: none"> <li>- Moving From a Painting</li> <li>- Making Dance from Sporting Actions</li> <li>- Inspired by Words</li> </ul>	<p><b><u>Real PE</u></b>  <b>Physical Focus:</b> FUNS 9 Ball skills (Co-ordination) &amp; FUNS 7 Counterbalance with a partner (Static Balance)</p> <p><b><u>Real Dance</u></b>  <b>Dance Focus:</b> Partnering Circles, Artistry Abstraction &amp; Artistry (Routines)</p> <p><b>Themes:</b></p> <ul style="list-style-type: none"> <li>- Using Space as Inspiration</li> <li>- Moving From a Painting (Revisited)</li> <li>- Working with Chosen Theme</li> </ul>	<p><b><u>Real PE</u></b>  <b>Physical Focus:</b> FUNS 8 Sending and Receiving (Co-ordination) &amp; FUNS 12 Reaction/ Response (Agility)</p> <p><b><u>Real Gym</u></b>  <b>Gymnastic Focus:</b> Rotation  <b>Rotation Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Rolls</li> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul>	<p><b><u>Real PE</u></b>  <b>Physical Focus:</b> FUNS 11 Ball Chasing (Agility) &amp; Funs 3 Floor Work (Static Balance)</p> <p><b><u>Real Gym</u></b>  <b>Gymnastic Focus:</b> Fusion  <b>Skills incorporating:</b></p> <ul style="list-style-type: none"> <li>- Shape</li> <li>- Balance</li> <li>- Travel</li> <li>- Flight</li> <li>- Rotation</li> </ul>

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	- Large Apparatus					
<b>3</b>	<p><b>Real PE</b> <b>Physical Focus:</b> FUNS 10 Footwork (Co-ordination) &amp; FUNS 1 One Leg Balance (Static Balance)</p> <p><b>Real Gym</b> <b>Gymnastic Focus:</b> Travel <b>Travel Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Feet Complex</li> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul> <p><b>Theme:</b></p> <ul style="list-style-type: none"> <li>- Mapping Pathways (Hand Apparatus)</li> <li>-</li> </ul>	<p><b>Real PE</b> <b>Physical Focus:</b> FUNS 6 Jumping and Landing (Dynamic Balance to Agility) &amp; FUNS 2 Seated (Static Balance)</p> <p><b>Real Gym</b> <b>Gymnastic Focus:</b></p> <ul style="list-style-type: none"> <li>- Rotation</li> </ul> <p><b>Rotation Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Rolls</li> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul> <p><b>Theme:</b></p> <ul style="list-style-type: none"> <li>- Rotation Sequences (Partner Work)</li> </ul>	<p><b>PE Saints RFC</b> <b>Physical/ Focus:</b></p> <ul style="list-style-type: none"> <li>- Ball Skills (Throwing and Catching)</li> <li>- Agility, Balance Co-ordination</li> <li>- Spatial Awareness</li> <li>- Tactical Awareness (Decision Making)</li> </ul> <p><b>RFU Values:</b></p> <ul style="list-style-type: none"> <li>- Teamwork</li> <li>- Respect</li> <li>- Enjoyment</li> <li>- Discipline</li> <li>- Sportsmanship</li> </ul> <p><b>Real Dance</b> <b>Dance Focus:</b> Solo Shapes, Partnering Shapes &amp; Artistry/ Musicality</p> <p><b>Themes:</b></p> <ul style="list-style-type: none"> <li>- Moving From a Painting</li> <li>- Freeze Frame Dances</li> <li>- Using Large Props for Inspiration</li> </ul>	<p><b>Real PE</b> <b>Physical Focus:</b> FUNS 8 Sending and Receiving (Co-ordination) &amp; FUNS 7 Counterbalance with a partner (Static Balance)</p> <p><b>Real Dance</b> <b>Dance Focus:</b> Circles Solo, Artistry Abstraction &amp; Artistry (Routines)</p> <p><b>Themes:</b></p> <ul style="list-style-type: none"> <li>- Wider Curriculum Inspiration (Subject Dependent)</li> <li>- Moving From a Painting (Revisited)</li> <li>- Working with Chosen Theme</li> </ul>	<p><b>Real PE</b> <b>Physical Focus:</b> FUNS 12 Reaction/ Response (Agility) &amp; FUNS 3 Floor Work (Static Balance)</p> <p><b>Real Gym</b> <b>Gymnastic Focus:</b> Flight <b>Flight Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Types of Jumps</li> <li>- Named Jumps</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus <b>Theme:</b></li> <li>- Flight Sequences (Low Apparatus)</li> </ul>	<p><b>PE Northants County Cricket</b> <b>Physical Focus:</b> FUNS 11 Ball Chasing (Agility) &amp; FUNS 4 Stance (Static Balance)</p> <p><b>Real Gym</b> <b>Gymnastic Focus:</b> Balance <b>Balance Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul> <p><b>Theme:</b></p> <ul style="list-style-type: none"> <li>- Climbing Sequences (Low and Large Apparatus)</li> </ul>
<b>4</b>	<p><b>PE Pro Action Martial Arts</b> <b>Physical Focus:</b></p> <ul style="list-style-type: none"> <li>- Body Awareness</li> <li>- Physical Fitness</li> <li>- Specific Martial Arts Movements (Hand-eye &amp; Foot-eye co-ordination/ Balance)</li> </ul> <p><b>Values:</b></p> <ul style="list-style-type: none"> <li>- Self-Awareness</li> <li>- Self-Control</li> <li>- Self-Discipline</li> <li>- Mental Toughness (Growth Mindset)</li> </ul>	<p><b>Real PE</b> <b>Physical Focus:</b> FUNS 6 Jumping and Landing (Dynamic Balance to Agility) &amp; FUNS 2 Seated (Static Balance)</p> <p><b>Real Gym</b> <b>Gymnastic Focus:</b></p> <ul style="list-style-type: none"> <li>- Rotation</li> </ul> <p><b>Rotation Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Rolls</li> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> </ul>	<p><b>PE Saints RFC</b> <b>Physical/ Focus:</b></p> <ul style="list-style-type: none"> <li>- Ball Skills (Throwing and Catching)</li> <li>- Agility, Balance Co-ordination</li> <li>- Spatial Awareness</li> <li>- Tactical Awareness (Situational Decision Making)</li> </ul> <p><b>RFU Values:</b></p> <ul style="list-style-type: none"> <li>- Teamwork</li> <li>- Respect</li> <li>- Enjoyment</li> </ul>	<p><b>Real PE</b> <b>Physical Focus:</b> FUNS 8 Sending and Receiving (Co-ordination) &amp; FUNS 7 Counterbalance with a partner (Static Balance)</p> <p><b>Dance (Karen)</b> <b>Dance Curriculum Objectives:</b></p> <ul style="list-style-type: none"> <li>- To choose and use simple actions in response to a stimulus and perform them independently</li> </ul>	<p><b>Real PE</b> <b>Physical Focus:</b> FUNS 12 Reaction/ Response (Agility) &amp; FUNS 3 Floor Work (Static Balance)</p> <p><b>Real Gym</b> <b>Gymnastic Focus:</b> Flight <b>Flight Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Types of Jumps</li> <li>- Named Jumps</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> </ul>	<p><b>Real PE</b> <b>Physical Focus:</b> FUNS 11 Ball Chasing (Agility) &amp; FUNS 4 Stance (Static Balance)</p> <p><b>Real Gym</b> <b>Gymnastic Focus:</b> Travel <b>Travel Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Feet Complex</li> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> </ul>

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	<ul style="list-style-type: none"> <li>- Motivational (Self &amp; Others)</li> </ul> <p><b>Real Gym</b>  <b>Gymnastic Focus:</b> Balance  <b>Balance Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Body Parts/ Points and Patches</li> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul> <p><b>Theme:</b></p> <ul style="list-style-type: none"> <li>- Acrobatic Sequences</li> </ul>	<ul style="list-style-type: none"> <li>- Low Apparatus</li> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul> <p><b>Theme:</b></p> <ul style="list-style-type: none"> <li>- Rotation Sequences (Hand Apparatus)</li> </ul>	<ul style="list-style-type: none"> <li>- Discipline</li> <li>- Sportsmanship</li> </ul> <p><b>Dance (Karen)</b>  <b>Dance Curriculum Objectives:</b></p> <ul style="list-style-type: none"> <li>- To choose and use simple actions in response to a stimulus and perform them independently</li> <li>- To start to use choreographic devices: repetition, unison, and canon to create individual dances and duets</li> <li>- To recognise some dance language: actions, shape, starting and ending positions, levels and direction</li> </ul> <p><b>Dance Stimulus:</b> The Romans (History)</p>	<ul style="list-style-type: none"> <li>- To start to use choreographic devices: repetition, unison, and canon to create individual dances and duets</li> <li>- To recognise some dance language: actions, shape, starting and ending positions, levels, and direction</li> </ul> <p><b>Dance Stimulus:</b> Volcanoes (Geography/ History)</p>	<ul style="list-style-type: none"> <li>- Large Apparatus <b>Theme:</b></li> <li>- Flight Sequences (With Ropes)</li> </ul>	<ul style="list-style-type: none"> <li>- Partner Work</li> <li>- Large Apparatus <b>Theme:</b></li> <li>- Group Sequences (Low and Large Apparatus)</li> </ul>
5	<p><b>Real PE</b>  <b>Physical Focus:</b> FUNS 9 Ball Skills (Co-ordination) &amp; FUNS 12 Reaction/ Response (Agility)</p> <p><b>Dance (Karen)</b>  <b>Dance Curriculum Objectives:</b></p> <ul style="list-style-type: none"> <li>- To choose actions appropriate to the stimulus and begin to perform the actions with control.</li> <li>- To understand some choreographic devices: repetition, mirroring, canon and unison to create duets</li> </ul>	<p><b>PE Pro Action Martial Arts</b>  <b>Physical Focus:</b></p> <ul style="list-style-type: none"> <li>- Body Awareness</li> <li>- Physical Fitness</li> <li>- Specific Martial Arts Movements (Hand-eye &amp; Foot-eye co-ordination/ Balance)</li> </ul> <p><b>Values:</b></p> <ul style="list-style-type: none"> <li>- Self-Awareness</li> <li>- Self-Control</li> <li>- Self-Discipline</li> <li>- Mental Toughness (Growth Mindset)</li> <li>- Motivational (Self &amp; Others)</li> </ul> <p><b>Dance (Karen)</b>  <b>Dance Curriculum Objectives:</b></p>	<p><b>Real PE</b>  <b>Physical Focus:</b> FUNS 4 Stance (Static Balance) &amp; FUNS 10 Footwork (Agility)</p> <p><b>Real Gym</b>  <b>Gymnastic Skill:</b> Fusion incorporating:</p> <ul style="list-style-type: none"> <li>- Shape</li> <li>- Balance</li> <li>- Travel</li> <li>- Flight</li> <li>- Rotation</li> </ul> <p><b>Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> </ul> <p><b>Theme:</b></p> <ul style="list-style-type: none"> <li>- Rhythmic Sequences</li> <li>- Bench Sequences</li> </ul>	<p><b>PE Saints RFC</b>  <b>Physical/ Focus:</b></p> <ul style="list-style-type: none"> <li>- Ball Skills (Throwing and Catching)</li> <li>- Agility, Balance Co-ordination</li> <li>- Spatial Awareness</li> <li>- Tactical Awareness (Concepts of Attacking &amp; Defending)</li> </ul> <p><b>RFU Values:</b></p> <ul style="list-style-type: none"> <li>- Teamwork</li> <li>- Respect</li> <li>- Enjoyment</li> <li>- Discipline</li> <li>- Sportsmanship</li> </ul> <p><b>Real Gym</b>  <b>Gymnastic Skill:</b> Fusion incorporating:</p>	<p><b>Real PE</b>  <b>Physical Focus:</b> FUNS 6 Jumping and Landing (Dynamic Balance to Agility) &amp; FUNS 1 One Leg Balance (Static Balance)</p> <p><b>Dance (Karen)</b>  <b>Dance Curriculum Objectives:</b></p> <ul style="list-style-type: none"> <li>- To choose and link actions appropriately to the stimulus and perform them with control</li> <li>- To understand choreographic devices: repetition, mirroring, canon and unison to create duets</li> </ul>	<p><b>PE Northants County Cricket</b>  <b>Physical Focus:</b> FUNS 8 Sending and Receiving (Co-ordination) &amp; FUNS 11 Ball Chasing (Agility)</p> <p><b>Dance (Karan)</b>  <b>Dance Curriculum Objectives:</b></p> <ul style="list-style-type: none"> <li>- To choose and link actions appropriately to the stimulus and perform them with control</li> <li>- To understand choreographic devices: repetition, mirroring, canon and unison to create duets</li> </ul>

## PE Long Term Map 2022-2023

	<ul style="list-style-type: none"> <li>- To understand the meaning of some dance language: action, shape, starting and ending positions, levels and direction</li> </ul> <p><b>Dance Stimulus:</b> Space and Beyond (Science)</p>	<ul style="list-style-type: none"> <li>- To choose actions appropriate to the stimulus and begin to perform the actions with control.</li> <li>- To understand some choreographic devices: repetition, mirroring, canon and unison to create duets</li> <li>- To understand the meaning of some dance language: action, shape, starting and ending positions, levels and direction</li> </ul> <p><b>Dance Stimulus:</b> Games Consoles (IT- Technology)</p>		<ul style="list-style-type: none"> <li>- Shape</li> <li>- Balance</li> <li>- Travel</li> <li>- Flight</li> <li>- Rotation</li> </ul> <p><b>Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Partner Work</li> <li>- Large Apparatus</li> </ul> <p><b>Theme:</b></p> <ul style="list-style-type: none"> <li>- Acrobatic Sequences</li> <li>- Climbing Sequences</li> </ul>	<ul style="list-style-type: none"> <li>- To understand the meaning of dance language: action, shape, level, direction and speed in order to evaluate work of self and others</li> </ul> <p><b>Dance Stimulus:</b> Spies (Mathematics/ History)</p>	<ul style="list-style-type: none"> <li>- To understand the meaning of dance language: action, shape, level, direction and speed in order to evaluate work of self and others</li> </ul> <p><b>Dance Stimulus:</b> Rainforest (Geography)</p>
6	<p><b>Real PE</b> <b>Physical Focus:</b> FUNS 9 Ball Skills (Co-ordination) &amp; FUNS 12 Reaction/ Response (Agility)</p> <p><b>Dance (Karen)</b> <b>Dance Curriculum</b> <b>Objectives:</b></p> <ul style="list-style-type: none"> <li>- To choose and link actions appropriate to the stimulus and perform the actions with control., co-ordination and accuracy</li> <li>- To use a range of choreographic devices to create duets/ trio dances</li> <li>- To use dance vocabulary accurately in order to evaluate the work of self and others</li> </ul> <p><b>Dance Stimulus:</b> Recycling (Science/ Geography)</p>	<p><b>PE Pro Action Martial Arts</b> <b>Physical Focus:</b></p> <ul style="list-style-type: none"> <li>- Body Awareness</li> <li>- Physical Fitness</li> <li>- Specific Martial Arts Movements (Hand-eye &amp; Foot-eye co-ordination/ Balance)</li> </ul> <p><b>Values:</b></p> <ul style="list-style-type: none"> <li>- Self-Awareness</li> <li>- Self-Control</li> <li>- Self-Discipline</li> <li>- Mental Toughness (Growth Mindset)</li> <li>- Motivational (Self &amp; Others)</li> </ul> <p><b>Dance (Karen)</b> <b>Dance Curriculum Objectives:</b></p> <ul style="list-style-type: none"> <li>- To choose and link actions appropriate to the stimulus and perform the actions with control., co-ordination and accuracy</li> </ul>	<p><b>Real PE</b> <b>Physical Focus:</b> FUNS 4 Stance (Static Balance) &amp; FUNS 10 Footwork (Agility)</p> <p><b>Real Gym</b> <b>Gymnastic Skill:</b> Fusion incorporating:</p> <ul style="list-style-type: none"> <li>- Shape</li> <li>- Balance</li> <li>- Travel</li> <li>- Flight</li> <li>- Rotation</li> </ul> <p><b>Skill Matrix:</b></p> <ul style="list-style-type: none"> <li>- Hand Apparatus</li> <li>- Low Apparatus</li> </ul> <p><b>Theme:</b></p> <ul style="list-style-type: none"> <li>- Rhythmic Sequences</li> <li>- Bench Sequences</li> </ul>	<p><b>PE Saints RFC</b> <b>Physical/ Focus:</b></p> <ul style="list-style-type: none"> <li>- Ball Skills (Throwing and Catching)</li> <li>- Agility, Balance Co-ordination</li> <li>- Spatial Awareness</li> <li>- Tactical Awareness (Concepts of Attacking &amp; Defending)</li> </ul> <p><b>RFU Values:</b></p> <ul style="list-style-type: none"> <li>- Teamwork</li> <li>- Respect</li> <li>- Enjoyment</li> <li>- Discipline</li> <li>- Sportsmanship</li> </ul> <p><b>Real Gym</b> <b>Gymnastic Skill:</b> Fusion incorporating:</p> <ul style="list-style-type: none"> <li>- Shape</li> <li>- Balance</li> <li>- Travel</li> <li>- Flight</li> <li>- Rotation</li> </ul>	<p><b>Real PE</b> <b>Physical Focus:</b> FUNS 6 Jumping and Landing (Dynamic Balance to Agility) &amp; FUNS 1 One Leg Balance (Static Balance)</p> <p><b>Dance (Karen)</b> <b>Dance Curriculum</b> <b>Objectives:</b></p> <ul style="list-style-type: none"> <li>- To choose action, space and dynamics appropriate to the stimulus and link using simple choreographic devices and perform the actions fluently and accurately</li> <li>- To use dance language confidently and accurately</li> </ul> <p><b>Dance Stimulus:</b> Mission Impossible (Pop Culture)</p>	<p><b>Real PE</b> <b>Physical Focus:</b> FUNS 8 Sending and Receiving (Co-ordination) &amp; FUNS 11 Ball Chasing (Agility)</p> <p><b>Dance (Karen)</b> <b>Dance Curriculum</b> <b>Objectives:</b></p> <ul style="list-style-type: none"> <li>- To choose action, space and dynamics appropriate to the stimulus and link using simple choreographic devices and perform the actions fluently and accurately</li> <li>- To use dance language confidently and accurately</li> </ul> <p><b>Dance Stimulus:</b> Cricket (PE- Sporting)</p>

## PE Long Term Map 2022-2023

		<ul style="list-style-type: none"><li>- To use a range of choreographic devices to create duets/ trio dances</li><li>- To use dance vocabulary accurately in order to evaluate the work of self and others</li></ul> <p><b>Dance Stimulus:</b> <i>The Empty Chair</i> by Van Gough (Art/ History)</p>		<p><b>Skill Matrix:</b></p> <ul style="list-style-type: none"><li>- Partner Work</li><li>- Large Apparatus</li></ul> <p><b>Theme:</b></p> <ul style="list-style-type: none"><li>- Acrobatic Sequences</li><li>- Climbing Sequences</li></ul>		
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