

# Curriculum Map Upper Key Stage 2

YEAR/TERM	Autumn Term 1 <sup>st</sup> half	Autumn Term 2 <sup>nd</sup> half	Spring Term 1 <sup>st</sup> half	Spring Term 2 <sup>nd</sup> half	Summer Term 1 <sup>st</sup> half	Summer Term 2 <sup>nd</sup> half
<b>MULTI ABILITY FOCUS</b>	<b>Cognitive skills</b> I know how to develop my work and the performance of others and develop ways to outwit opponents	<b>Creative skills</b> I can respond imaginatively to different situations and adjust my tactics	<b>Social skills</b> I can give sensible feedback to improve the performance of myself and others	<b>Physical skills</b> I can combine a range of skills fluently and with accuracy	<b>Health and Fitness</b> I can self-select and perform appropriate warm up activities and identify issues	<b>Personal</b> I can recognise my strengths and weaknesses and attempt new challenges
<b>YEAR FIVE</b> *Include swimming or/and other activities where appropriate	<b>Games</b> Sending skills using hands or Flag Football  <b>Real PE or Multi Skills</b>	<b>Gymnastics</b>  <b>Real PE or Multi Skills</b>	<b>Games</b> Mini Volleyball & Tennis or Tag Rugby  <b>Real PE or Multi Skills</b>	<b>Games</b> Attack vs defence or Pass and move with feet  <b>Real PE or Multi Skills</b>	<b>Athletics</b>  <b>Real PE or Multi Skills</b>	<b>Dance or OAA</b>  <b>Real PE or Multi Skills</b>
<b>MULTI ABILITY FOCUS</b>	<b>Cognitive skills</b> I can evaluate strengths and weaknesses to read and react to different game situations	<b>Creative skills</b> I can effectively disguise my actions and use a variety of decisions	<b>Social skills</b> I can motivate others to perform better with constructive feedback	<b>Physical skills</b> I can transfer skills consistently in challenging situations	<b>Health and Fitness</b> I can explain different types of fitness and plan my own fitness program	<b>Personal</b> I can create my own learning plan and make changes based on feedback
<b>YEAR SIX</b> *Include swimming or/and other activities where appropriate	<b>Games</b> Basketball or Football  <b>Real PE or Multi Skills</b>	<b>Games</b> Mini Volleyball & Tennis or Tag Rugby  <b>Real PE or Multi Skills</b>	<b>Gymnastics</b>  <b>Real PE or Multi Skills</b>	<b>Dance or OAA</b>  <b>Real PE or Multi Skills</b>	<b>Games</b> Rounders or Cricket  <b>Real PE or Multi Skills</b>	<b>Athletics</b>  <b>Real PE or Multi Skills</b>

For access to all lesson plans please contact  
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Lesson activities can also be found on our YouTube channel

