

**Bowes Learning Quest**  
**Long Term Subject Maps**



PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	<b>Exploring the continuous provision</b>  <b>Dance</b> Routine of movements	<b>Exploring the continuous provision</b>	<b>Enhanced Provision</b> Gymnastics Activities	<b>Enhanced Provision</b> Hula Hoops, skipping games and ball games	<b>Games</b> Develop team games	<b>Athletics Activity</b> Foundations and link to Sports Day  <b>Dance</b> Begin to develop coordination and movement
<b>Reception</b>	<b>Indoor</b> Locomotion – Walking 1  <b>Outdoor</b> Playing through games	<b>Indoor</b> Dance – Ourselves  <b>Outdoor</b> Ball Skills – Hands 1	<b>Indoor</b> Gymnastics – High, Low, Over, Under  <b>Outdoor</b> Ball Skills – Feet 1	<b>Indoor</b> Dance – Nursery Rhymes  <b>Outdoor</b> Ball Skills – Hands 2	<b>Indoor</b> Dance – Dinosaurs  <b>Outdoor</b> Locomotion – Jumping 1	<b>Indoor</b> Gymnastics – Moving  <b>Outdoor</b> Ball Skills – Rackets, bats, balls and balloons
<b>Year 1</b>	<b>Indoor</b> Dance – Growing  <b>Outdoor</b> Team Building	<b>Indoor</b> Gymnastics – Wide, Narrow, Curled  <b>Outdoor</b> Locomotion – Running 1	<b>Indoor</b> Dance – The Zoo  <b>Outdoor</b> Ball Skills – Feet 1	<b>Indoor</b> Gymnastics – Body Parts  <b>Outdoor</b> Ball Skills – Hands 1	<b>Indoor</b> Dance – Heroes  <b>Outdoor</b> Ball Skills – Rackets, Bats and Balls	<b>Indoor</b> Cambridge Gymnastics  <b>Outdoor</b> Games – Attack v Defence – Games for Understanding
<b>Year 2</b>	<b>Indoor</b> Dance – Water  <b>Outdoor</b> Team Building	<b>Indoor</b> Gymnastics – Pathways  <b>Outdoor</b> Locomotion – Dodging 1	<b>Indoor</b> Dance – Mr Candy's Sweet Factory  <b>Outdoor</b> Ball Skills – Feet 1	<b>Indoor</b> Gymnastics – Linking  <b>Outdoor</b> Ball Skills – Hands 2	<b>Indoor</b> Dance – Explorers  <b>Outdoor</b> Ball Skills – Rackets, Bats and Balls	<b>Indoor</b> Cambridge Gymnastics  <b>Outdoor</b> Games – Attack v Defence – Games for Understanding

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<b>Year 3</b>	<b>Indoor</b> Dance - Weather	<b>Indoor</b> Gymnastics – Canon & Unison	<b>Indoor</b> Dance – Witches and Wizards	<b>Indoor</b> Gymnastics – Symmetry & Asymmetry	<b>Indoor</b> Swimming	<b>Indoor</b> Swimming
	<b>Outdoor</b> Outdoor Adventure Activities – Communication & Tactics	<b>Outdoor</b> Games – Invasion: Football	<b>Outdoor</b> Games – Invasion: Tag Rugby	<b>Outdoor</b> Games – Invasion: Netball	<b>Outdoor</b> Athletics	<b>Outdoor</b> Games – Striking & Fielding: Cricket
<b>Year 4</b>	<b>Indoor</b> Dance - Cats	<b>Indoor</b> Gymnastics – Bridges	<b>Indoor</b> Dance - Space	<b>Indoor</b> Gymnastics – Levels and Direction	<b>Indoor</b> Dance – World War II	<b>Indoor</b> Health and Wellbeing - Mindfulness
	<b>Outdoor</b> Outdoor Adventure Activities – Problem Solving	<b>Outdoor</b> Games – Invasion: Football	<b>Outdoor</b> Games – Invasion: Tag Rugby	<b>Outdoor</b> Games – Invasion: Basketball	<b>Outdoor</b> Athletics	<b>Outdoor</b> Games – Net/Wall: Tennis
<b>Year 5</b>	<b>Indoor</b> Gymnastics – Counter Balance and Counter Tension	<b>Indoor</b> Dance – Street Art	<b>Indoor</b> Gymnastics - Flight	<b>Indoor</b> Dance – Greeks	<b>Indoor</b> Health Related Exercise	<b>Indoor</b> Dance – The Circus
	<b>Outdoor</b> Outdoor Adventure Activities – Orienteering	<b>Outdoor</b> Games – Invasion: Tag Rugby	<b>Outdoor</b> Games – Invasion: Netball	<b>Outdoor</b> Games – Striking & Fielding: Cricket	<b>Outdoor</b> Athletics: Throwing & Jumping	<b>Outdoor</b> Tennis (Bounds Green Tennis Club)
<b>Year 6</b>	<b>Indoor</b> Dance – Titanic	<b>Indoor</b> Gymnastics – Creating Sequences	<b>Indoor</b> Dance – Prejudice and Discrimination	<b>Indoor</b> Gymnastics – Matching & Mirroring	<b>Indoor</b> Dance – Carnival	<b>Indoor</b> Health Related Exercise
	<b>Outdoor</b> Outdoor Adventure Activities – Leadership	<b>Outdoor</b> Games – Invasion: Tag Rugby	<b>Outdoor</b> Games – Invasion: Basketball	<b>Outdoor</b> Games: Striking & Fielding: Cricket	<b>Outdoor</b> Athletics	<b>Outdoor</b> Games – Striking & Fielding: Rounders