PE Long Term Plan

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

<u>KS1</u>

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

<u>KS2</u>

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

			Year 1			Year 2						
	Yoga	Games	Gymnastics	Dance	Athletics	Yoga	Games	Gymnastics	Dance	Athletics		
Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co- ordination, and begin to apply these in a range of activities	balance, agility, co- ordination	throwing, catching, rolling, kicking, passing, receiving,	balancing, rolling, jumping		running, throwing, jumping	balance, agility, co- ordination	throwing, catching, rolling, kicking, passing, receiving, striking, fielding	higher, lower, twisting, turning		running, throwing, jumping		
Participate in team games, developing simple tactics for attacking and defending		developing skills into team games Striking & fielding					net & wall games striking & fielding					
Perform dances using simple movement patterns				Fairy stories & super heroes imoves – copying dance moves,					Combat & sports jam			

		keeping to rhythm			

	Year 3							Year 4					
	Gymnastics	Games	Dance	Swimming	Athletics	OAA	Swimmin g	Games	Gymnastics	OAA	Dance	Athletics	
Use running, jumping, throwing and catching in isolation and in combination		throwing, catching, running, jumping, striking & fielding			Running, jumping & throwing (vortex)		3	attacking, defending, invasion techniques throwing, catching techniques				Running, jumping & throwing (vortex)	
Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending		Football Rugby Hockey Handball Tennis Cricket Rounders						Hockey Football Handball Netball Rugby Tennis					
Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	stretching, curling, change of direction, use of apparatus				changing speeds of running, jumping, throwing				developing different types of rolling & balancing techniques, using apparatus			long distance running techniques, jumping, throwing (including hitting a target)	
Perform dances using a range of movement patterns			follow set routines for Charleston dance, bollywood and samba. improvise own moves to add into dance								follow set routines for line dancing dance, improvise own moves to add into dance for freestyle jazz		
Take part in outdoor and adventurous activity challenges both individually and within a team						Problem solving, team building and basic map reading				Team building (small groups) follow a route (time limits) and map reading.			
Compare their performances with previous	evaluate	evaluate	evaluate	evaluate	evaluate	evaluate	evaluate	evaluate	evaluate	evaluate	evaluate	evaluate	

ones and demonstrate improvement to achieve their personal best.	performance	performance	performance	performance	performance	performance	performanc e	performance	performance	performance	performance	performance
Swimming & water safety												
Swim competently, confidently and proficiently over a distance of at least 25 metres				developing water confidence			improving water confidenc e. Meet NC25m					
Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]				developing stroke technique			improving & refining stroke technique					
Perform safe self-rescue in different water- based situations				acquiring water safety skills			improving water safety skills					

			Year 5			Year 6						
	Dance	Games	Gymnastics	Athletics	OAA	Gymnastics	Games	OAA	Dance	Athletics		
Use running, jumping, throwing and catching in isolation and in combination		throwing, catching, striking, fielding		running, jumping & throwing techniques			throwing, catching, running skills striking & fielding skills			Running, jumping & improving throwing techniques		
Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending		Rugby Handball Cricket Dodgeball Badminton					Football Rugby Hockey Netball Handball Dodgeball Rounders Sport's leadership Badminton					
Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]			flight, jumping, bridges in isolation and in sequences, using apparatus (jumping)	strength, technique & control for throwing, running & jumping		counterbalanc e, counter tension, synchronisatio n canon in isolation & sequence, on & off apparatus				stamina for running, improving technique for throwing & jumping		
Perform dances using a range of movement patterns	cheer/Tudor dance – developing range of sequences for performance								develop own dances based on known skills in response to a style & music stimulus			
Take part in outdoor and adventurous activity challenges both individually and within a team					Problem solving, reading maps, using scales & orienteering.			preparing routes for others including the use of clues, compass work				
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	evaluate performance & suggest improvements in own and others	evaluate performance & suggest improvements in own and others	evaluate performance & suggest improvements in own and others	evaluate performance & suggest improvements in own and others	evaluate performance & suggest improvements in own and others	evaluate performance & suggest improvements in own and others	evaluate performance & suggest improvements in own and others	evaluate performance & suggest improvements in own and others	evaluate performance & suggest improvements in own and others	evaluate performance & suggest improvements in own and others		

Swim competently, confidently and proficiently over a distance of at least 25 metres			Improve water confidence, achieve NC 25m		
Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]					
Perform safe self-rescue in different water- based situations					