|  |  |
| --- | --- |
|  | **PHYSICAL EDUCATION LONG TERM PLAN**  |
| **Aims to ensure that all pupils:** Develop competence to excel in a broad range of physical activitiesAre physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives.   | **Physical Development****ELG: Gross Motor Skills** Children at the expected level of development will: Negotiate space and obstacles safely, with consideration for themselves and othersDemonstrate strength, balance and coordination when playingMove energetically, such as running, jumping, dancing, hopping, skipping and climbing. | **KS1 Pupils should be taught to:*** 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
* Participate in team games, developing simple tactics for attacking and defending
* Perform dances using simple movement patterns.
 | **KS2 Pupils should be taught to:*** Use running, jumping, throwing and catching in isolation and in combination
* 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
* Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)
* Perform dances using a range of movement patterns
* Take part in outdoor and adventurous activity challenges both individually and within a team
* Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
 |
| **Black – Taught by Sports Coach****Blue – Taught by Class Teachers** | **Autumn**  |  | **Spring**  | **Summer**  |
| **1st half term** | **2nd half term** |  | **1st half term** | **2nd half term** | **1st half term** | **2nd half term** |
| **EYFS** | Movement | Throwing and catching |  | Indoor games | Bat and ball skills | Team games | Team Games |
| Dance | Gymnastics |  | Dance | Gymnastics | Dance | Gymnastics |
| **Year 1** | Throwing and catching | Movement skills |  | Indoor games | Bat and ball skills | Invasion games | Throwing and catching |
| Gymnastics | Dance |  | Gymnastics | Dance | Gymnastics | Dance |
| **Year 2** | Throwing and catching | Movement skills |  | Indoor games | Bat and ball skills | Invasion games | Multi-skills |
| Gymnastics | Dance |  | Gymnastics | Dance | Gymnastics | Dance |
| **Year 3** | Athletics | Multi-skills |  | Athletics | Netball | OAA  | OAA Orienteering |
| Gymnastics | Dance |  | Gymnastics | Dance | Swimming | Rounders |
| **Year 4** | Indoor Athletics | Invasion Games |  | Athletics | Rugby skills | Athletics | Invasion Games |
| OAA | Dance |  | Dance | Gymnastics | Swimming | OAA |
| **Year 5** | Games | Invasion Games |  | Games | Athletics-track | Games | Athletics-field/Orienteering |
| Circuit Training | Dance |  | Swimming | Dance | Athletics | Gymnastics |
| **Year 6** | Rugby skills + (Haka) | Hockey |  | Table Tennis | Quidditch | Fielding Games | Orienteering |
| Swimming | Invasion Games |  | Invasion Games | Volleyball | Athletics | Rounders/Athletics |