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|  | | | **PHYSICAL EDUCATION LONG TERM PLAN** | | | | | |
| **Aims to ensure that all pupils:**  Develop competence to excel in a broad range of physical activities  Are 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 others  Demonstrate strength, balance and coordination when playing  Move 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) | Benchball | |  | Hockey | Quidditch | Fielding Games | Orienteering |
| Table Tennis | Invasion Games | |  | Invasion Games | Volleyball | Athletics | Rounders/Athletics |