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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 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.
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|  | **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** | Hit , catch & run.(Unit 1) | Hit , catch & run.(Unit 2) |  | Attack, defend & shoot. (1) | Send & return (1) | Attack, defend & shoot. (2) | Outdoor/Orienteering |
| Gymnastics | Dance (Unit 1)Jungle Book |  | Gymnastics (2) | Dance (2)Nursery Rhymes | Athletics(Run, jump & throw) 1 | Athletics(Run, jump & throw) 2 |
| **Year 2** | Run, Jump, Throw (1) Athletics | Attack, defend, shoot (1) |  | Run, Jump, throw (2)Athletics | Send and return (1) Tennis | Attack, defend, shoot (2) | Send and return (2)Tennis |
| Gymnastics (1) | Dance – Penguin dance |  | Gymnastics | Dance- Clockface dance  | Gymnastics  | OAA |
| **Year 3** | Invasion Games | Multi-skills |  | Athletics (Indoor) | Net/wall games | OAA  | OAA Orienteering |
| Gymnastics (Jumping & rolling) | Dance |  | Gymnastics | Dance | Athletics (outdoor) | Rounders |
| **Year 4** | Rugby Skills | Volleyball |  | Athletics (Indoor) | Handball | Athletics | Invasion Games |
| OAA | Dance |  | Dance | Gymnastics | Swimming | OAA |
| **Year 5** | Games -Tag Rugby | GamesHandball |  | Netball | Tennis | Athletics (Quadkids SG) | Athletics-trackRunning/relay/jumps/throws |
| GymnasticsExtended sequences: round-offs, symmetry/asymmetry/counterbalance | DanceHeroes and villains  |  | Swimming | DanceBollywood | Cricket | OrienteeringOAA |
| **Year 6** | Circuit Training/Athletics (SG) | Hockey |  | Table Tennis | Tag Rugby | Cricket | Orienteering |
| Swimming | Athletics(SG Indoor) |  | Netball | Volleyball | Athletics (Quadkids SG) | Rounders |