|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | **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. | |
|  | **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 | Games  Handball | |  | Netball | Tennis | Athletics (Quadkids SG) | Athletics-track  Running/relay/jumps/throws |
| Gymnastics  Extended sequences: round-offs, symmetry/asymmetry/counterbalance | Dance  Heroes and villains | |  | Swimming | Dance  Bollywood | Cricket | Orienteering  OAA |
| **Year 6** | Circuit Training/  Athletics (SG) | Hockey | |  | Table Tennis | Tag Rugby | Cricket | Orienteering |
| Swimming | Athletics  (SG Indoor) | |  | Netball | Volleyball | Athletics (Quadkids SG) | Rounders |