

We Learn, We Respect, We Succeed!



## P.E Long Term Plan

Key Stage 1						
National Curriculum	<p><b>Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Participate in team games, developing simple tactics for attacking and defending</li> <li>• Perform dances using simple movement patterns.</li> </ul>					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 Sports Coach	Fundamentals of movement	FOM Skills	Intro to striking and fielding	Intro to net and wall	Athletics	Athletics <b>(Comp. in July)</b>
Year 1 Teacher Led	Gymnastics: Traditional Tales	Dance: Seasons	Gymnastics: Animals	Yoga: Salute to the sun	Circuit Training	Boogie Bounce
Year 2 Sports Coach	Fundamentals of movement	FOM Skills	Intro to striking and fielding	Intro to net and wall	Athletics	Athletics <b>(Comp. in July)</b>
Year 2 Teacher Led	Gymnastics: Landscapes and Cityscapes	Dance: The Gunpowder Plot	Circuit Training	Gymnastics: Under the Sea	Dance: Plants	Boogie Bounce



## P.E Long Term Plan

Lower Key Stage 2						
<b>National Curriculum</b>	<p><b>Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination</li> <li>• 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</li> <li>• Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• Perform dances using a range of movement patterns</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p><b>Swimming and water safety:</b></p> <ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>• Perform safe self-rescue in different water-based situations.</li> </ul>					
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 3 Sports Coach</b>	Invasion Games (Hockey)	Invasion Games (Basketball)	Tag Rugby	Striking and fielding	Net and Wall	Athletics
<b>Year 3 Teacher Led</b>	Dance: Extreme Earth (2021 – FoM)	Gymnastics: Movement	Circuit Training / Cross Country <b>(Comp. in March)</b>	Benchball <b>(Comp. in May)</b>	Outdoor Adventures	Boogie Bounce
<b>Year 4 Sports Coach</b>	Invasion Games (Hockey)	Invasion Games (Basketball)	Tag Rugby	Striking and fielding	Net and Wall	Athletics
<b>Year 4 Teacher Led</b>	Dance: Carnival of the Animals (2021 – Dodgeball)	Gymnastics: Movement (2021 – Dance)	Outdoor Adventures/ Cross Country <b>(Comp. in March)</b>	Boogie Bounce / Benchball <b>(Comp. in May)</b>	Swimming	Swimming



## P.E Long Term Plan

Upper Key Stage 2						
<b>National Curriculum</b>	<p><b>Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination</li> <li>• 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</li> <li>• Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• Perform dances using a range of movement patterns</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p><b>Swimming and water safety:</b></p> <ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>• Perform safe self-rescue in different water-based situations.</li> </ul>					
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 5 Sports Coach</b>	Hockey <b>(Comp. in Oct)</b>	Basketball <b>(Comp. in Nov)</b>	Football / Dodgeball <b>(Comp. in Feb)</b>	Cricket / Rounders	Tennis	Athletics
<b>Year 5 Teacher Led</b>	Dance: World War II (2021 – Hockey)	Gymnastics: Movement	Swimming	Swimming	Outdoor Adventures	Boogie Bounce
<b>Year 6 Sports Coach</b>	Hockey <b>(Comp. in Oct)</b>	Basketball <b>(Comp. in Nov)</b>	Football / Dodgeball <b>(Comp. in Feb)</b>	Cricket / Rounders	Tennis	Athletics
<b>Year 6 Teacher Led</b>	Swimming	Swimming	Dance: Electricity (Y6)	Gymnastics: Shape and Balance Rivers and Mountains	Outdoor Adventures	Boogie Bounce

We Learn, We Respect, We Succeed!



## P.E Long Term Plan

### Rationale:

- Teacher led – Dance, Gymnastics, Yoga, Boogie Bounce, Circuit training, Dodgeball and Outdoor Adventurous Activities.
- Sport coach led – FOM, Net and Wall, Athletics, Invasion games, Striking and fielding, Hockey, Football, Tag Rugby, Cricket, Basketball, Tennis and Rounders.
- KS1 – 2 gymnastics sessions due to missed gymnastics over the past 2 years
- Circuit training has been added to KS1 to improve fitness
- All PE topics are linked as closely as possible with science, history or geography topics
- Outdoor Adventures and Boogie Bounce are taught within the summer term – due to better weather
- The units are planned using Twinkl to provide support and structure to all teachers – these can be adapted as long as the skills progression documents are being used to ensure progression across year groups.
- All EIP sports events have been planned into the curriculum to ensure that children are trained in the rules, have practised the sport and understand the sportsmanship involved.