



P.E Long Term Plan

Curricular Goal

Autumn Term 1						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Outdoor Learning</p> <p>Develop the ability to listen and observe.</p> <p>Show an awareness of space for themselves and of others.</p> <p>Move confidently, with imagination and in safety.</p> <p>Demonstrate strength, balance and coordination when playing.</p>	<p>Gymnastics</p> <p>Travel in different ways, changing direction and speed.</p> <p>Recognise and copy contrasting actions (small/tall, narrow/wide).</p> <p>Hold still shapes and simple balances.</p> <p>Link two actions to make a sequence.</p> <p>Carry out a range of simple jumps, landing safely.</p> <p>Begin to move with control and care</p>	<p>Gymnastics</p> <p>Travel in a variety of ways, including rolling. Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence.</p> <p>Hold a still shape whilst balancing on different points of the body.</p> <p>Jump in a variety of ways and land with increasing control and balance.</p> <p>Climb onto and jump off the equipment safely.</p> <p>Move around, under, over, and through different objects and equipment.</p>	<p>Football</p> <p>Move the ball with both feet.</p> <p>Pass the ball with control.</p> <p>Receive the ball with control.</p> <p>Be able to shoot with a stationary ball.</p> <p>Understand attack and defend.</p>	<p>Football</p> <p>Keep control of the ball whilst moving</p> <p>Experience different ways of moving and passing the ball.</p> <p>Experience different ways of moving and receiving the ball.</p> <p>Understand attack and defend.</p> <p>Be able to shoot with a moving ball.</p>	<p>Football</p> <p>To dribble the ball using different parts of the foot.</p> <p>Pass and receive the ball with increasing control and over increasing distances.</p> <p>Understand attack and defend and when to attack and defend.</p> <p>Exploit space when attacking and defending.</p> <p>Begin to understand the rules and tactics in football</p>	<p>Football</p> <p>Control the ball with increasing confidence.</p> <p>Use space effectively to create attacking opportunities.</p> <p>Gain possession to create goal scoring opportunities.</p> <p>Be able to shoot from different angles to create goal scoring opportunities.</p> <p>Use tactics and strategies to work as a team to outwit opponents.</p>



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	<p>Ball Skills</p> <p>Roll equipment in different ways.</p> <p>Throw underarm.</p> <p>Throw an object at a target.</p> <p>Catch equipment using two hands.</p>	<p>Ball Skills</p> <p>Throw underarm and overarm.</p> <p>Use rolling skills in a game.</p> <p>Practise accurate throwing and consistent catching.</p>	<p>Handball</p> <p>Move the ball around different parts of the body.</p> <p>Dribble and bounce the ball in a variety of ways.</p> <p>Pass and receive the ball safely.</p> <p>Score a goal.</p> <p>Introduce footwork through warm ups and games.</p> <p>Play adapted games.</p>	<p>Tennis</p> <p>Move with balance and control to catch a ball</p> <p>Hit a ball into a target from a variety of distances/ angles with no bounce</p> <p>Hit/bounce ball on racket when moving</p> <p>Hit ball in forehand/ backhand position with drop feed</p> <p>Play adapted games, Children encouraged to think of tactics</p>	<p>Outdoor Learning Preparation and Planning</p> <p>To arrive on time, properly equipped and prepared for activities.</p> <p>To take responsibility for the care of their personal clothing and equipment.</p> <p>To undertake appropriate tasks with minimum levels of supervision.</p>	<p>Tennis</p> <p>Move in a variety of directions (using footwork) when hitting a ball</p> <p>Hit/bounce ball to a partner with control</p> <p>Serve diagonally under/overarm in a game of mini tennis</p> <p>Keep on toes using quick feet to hit a ball in game in forehand/ backhand position</p> <p>Use techniques learned and apply in a game situation.</p>



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Autumn Term 2						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Outdoor Learning</p> <p>Work and play cooperatively and take turns with others.</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</p> <p>Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions.</p> <p>Return to and build on their previous learning, refining ideas and developing their ability to represent them.</p>	<p>Bats and Racquets</p> <p>Hit a ball with a bat or racquet</p> <p>Use hitting skills in a game</p> <p>Practise basic striking, sending and receiving.</p> <p>Pass the ball to another player in a game</p>	<p>Bats and Racquets</p> <p>Strike or hit a ball with increasing control</p> <p>Use striking sending and receiving</p> <p>Begin to work cooperatively with a partner or within a small group.</p> <p>Learn skills for playing striking and fielding games.</p>	<p>Rugby</p> <p>Pass the ball accurately.</p> <p>Be able to hold the ball accurately.</p> <p>Be able to tag opponents.</p>	<p>Rugby</p> <p>Use speed and agility to avoid the opposition.</p> <p>Hold the ball accurately when moving.</p> <p>Begin to understand the basic principles of rugby.</p>	<p>Rugby</p> <p>Apply tactics to match situations.</p> <p>Pass accurately over increasing distances whilst on the move.</p> <p>Apply speed in different scenarios to receive the ball</p>	<p>Rugby</p> <p>Be able to catch the ball whilst moving.</p> <p>Begin to understand tactics and positions to outwit opposition.</p> <p>Dodge (different types) to beat opponents, enter space and attack.</p>



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	<p>Dance</p> <p>Identify how different parts of the body imitate and lead movements</p> <p>Begin to copy and remember movements and positions demonstrated by their teacher</p> <p>Link two actions or movements together to perform a sequence</p>	<p>Dance</p> <p>Link four actions or movements together in a sequence to perform</p> <p>Use movements to communicate mood and feeling, recognising this through observing performances</p> <p>Begin to perform simple sequences with careful control and coordination</p>	<p>Hockey</p> <p>Hold the hockey stick accurately and understand the reasoning behind this.</p> <p>To use the hockey stick to control the ball.</p> <p>Pass the ball using control.</p> <p>To understand attack and defend.</p>	<p>Tennis</p> <p>Move with balance and control to catch a ball</p> <p>Hit a ball into a target from a variety of distances/ angles with no bounce</p> <p>Hit/bounce ball on racket when moving</p> <p>Hit ball in forehand/ backhand position with drop feed</p> <p>Play adapted games, Children encouraged to think of tactics</p>	<p>Outdoor Learning Resilience and Perseverance</p> <p>To demonstrate initiative in overcoming obstacles to their progress.</p> <p>To try hard to succeed at activities they find physically or emotionally challenging</p> <p>To set realistic targets for themselves over an extended period, and keep focused until they succeed</p>	<p>Dance</p> <p>Take the lead when working within a group</p> <p>Understand the importance of a warm up and cool down by sequencing their own as part of a group</p> <p>Use appropriate criteria to evaluate and refine their own work and the work of other</p>



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Spring Term 1						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Dance</p> <p>Create movements to music.</p> <p>Begin to represent their own ideas, thoughts and feelings through dance</p> <p>Sing songs, make music and dance, and experiment with ways of changing them</p>	<p>Attack</p> <p>Be able to respond to the teacher's instructions, changing speed, direction and control.</p> <p>Participate in team games and begin to understand the principles for attack vs defence.</p> <p>To be able to defend a goal or target.</p>	<p>Attack</p> <p>Explore how to choose and apply skills and actions in sequence and combination.</p> <p>Be able to make connections between invasion games.</p> <p>Play/create/modify simple games working individually, in pairs or in small groups.</p>	<p>Netball</p> <p>Be able to demonstrate the three types of passes (chest, shoulder and bounce)</p> <p>Be able to pass and receive accurately from a variety of distances.</p> <p>Begin to understand the footwork rule</p> <p>Be able to intercept the ball (attack v defend)</p>	<p>Netball</p> <p>Develop their shooting technique and stance</p> <p>Be able to defend and apply pressure</p> <p>Continue to learn and apply the positions in netball and understand the roles of each position</p> <p>Be able to dodge opponents and find space to receive the ball</p>	<p>Netball</p> <p>Selecting the correct pass in a game and move into a space</p> <p>Receive the ball on the move and perform the correct footwork (jump stop, stride stop and pivot)</p> <p>Defend a player and attempt to intercept a pass</p> <p>Shooting into netball posts - Stance, bend knees to gain height, flick wrist for accuracy</p> <p>Begin to use attacking and defending, techniques learned in a game situation</p> <p>In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)</p>	<p>Netball</p> <p>Perform a variety of passes with some precision - quickly move into a space to receive another pass</p> <p>Perform correct footwork in a game - pivoting to turn the correct way to pass the ball</p> <p>Defend a player during a game, intercepting the ball</p> <p>Shoot into a netball post, focus on precision and accuracy and attempt to get the rebound if the shot is missed</p> <p>In a team, discuss tactics and how to win as a team (communicate and collaborate)</p>



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<p>Movement</p> <p>Move safely in and around space.</p> <p>Negotiate space carefully.</p> <p>Begin to control my speed</p>	<p>Bat and Ball Games</p> <p>Use a range of small equipment.</p> <p>Begin to handle equipment with control.</p> <p>Begin to stop and control equipment using different parts of the body.</p>	<p>Bat and Ball Skills</p> <p>Be able to demonstrate hand-eye coordination.</p> <p>Begin to travel with the racket successfully.</p> <p>Be able to work with a partner.</p>	<p>Gymnastics (Claire Millbank)</p> <p>To improve their quality of movement.</p> <p>To describe how the body reacts during different types of activity.</p> <p>To develop flow by linking actions smoothly and planning variations in speed.</p>	<p>Dance</p> <p>Copy, refine and repeat more complex movements within a phrase or dance, comparing with previous performances</p> <p>Respond imaginatively to a range of stimuli related to a narrative</p> <p>Hold body posture expressively, working on balance</p>	<p>Outdoor Learning Working with a positive attitude</p> <p>To persevere with good humour in the face of discomfort (eg, fatigue or inclement weather)</p> <p>To take responsibility for not letting others down</p> <p>To work well with different people in different group situations</p>	<p>Handball</p> <p>Ball Awareness-copying a partner and keeping control while moving the ball.</p> <p>Dribbling the ball in various directions at speed.</p> <p>Perform a variety of passes within a game with precision and control</p> <p>Use a variety of shooting techniques in a game situation</p> <p>Moving with the ball and perform the correct footwork</p> <p>Dodging around an active defender in a game situation. Apply basic principles for attacking</p>



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Spring Term 2						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Gymnastics Mini Gym/Dance (Claire Millbank)</p> <p>Begin to travel with skill under, over, through and around equipment.</p> <p>Jump off equipment safely using both feet to land.</p> <p>Show control and coordination when using small and large movements.</p>	<p>Defence</p> <p>Show different ways of travelling.</p> <p>Be able to use words to describe how I am travelling.</p> <p>Use my movement skills in games to occupy space</p>	<p>Defence</p> <p>Show different ways of travelling.</p> <p>Be able to use words to describe how I am travelling.</p> <p>Use my movement skills in games to occupy space</p>	<p>Dance</p> <p>Plan, sequence and perform movements on their own or as part of a group</p> <p>Explore changing speed, direction and levels within a performance</p> <p>Practice and perform movements and stretches to develop strength and suppleness</p>	<p>Gymnastics (Claire Millbank)</p> <p>To improve their quality of movement.</p> <p>To describe how the body reacts during different types of activity.</p> <p>To develop flow by linking actions smoothly and planning variations in speed.</p>	<p>Outdoor Learning Speaking and Listening</p> <p>To listen to instructions (eg, safety briefings) and respond accordingly</p> <p>To come up with ideas and are able to express them</p> <p>To understand the importance of listening to the ideas and opinions of others</p> <p>They are able to describe their experiences orally or in writing (or using video and IT skills)</p>	<p>Gymnastics</p> <p>Use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.</p> <p>Use skills and abilities individually.</p> <p>Use their own criteria to judge performance; suggest different ideas that will lead to individuals improving their performance in small group sequences</p>



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<p>Gymnastics</p> <p>Land safely when jumping.</p> <p>Jump over a target using balance</p> <p>Balance on objects whilst stationary and moving</p>	<p>Mini Rounders</p> <p>Be able to hold the ball/equipment tightly.</p> <p>Be able to watch the ball and catch it correctly.</p> <p>Throw, bounce and catch a ball with two hands</p>	<p>Mini Rounders</p> <p>Throw a ball to a partner and receive a ball of a partner.</p> <p>Be able to throw whilst travelling both under and overarm.</p> <p>Experiment with a range of equipment to practise throwing and catching</p>	<p>Cricket</p> <p>Begin to understand the technique to over arm bowling.</p> <p>Bowl accurately at the wickets.</p> <p>Receive the ball from both an under and over arm throw</p>	<p>Cricket</p> <p>Learn to hit or strike the ball into space.</p> <p>When fielding learns to work as a team.</p> <p>Develop different skills and understanding of the game, play different roles during a game.</p>	<p>Cricket</p> <p>Be able to participate in a team sport confidently and work well as a team.</p> <p>Develop batting and bowling skills by participation in all roles on the field.</p> <p>Deliver with increasing accuracy and pace at the wickets.</p>	<p>Cricket</p> <p>Begin to understand the rules of cricket</p> <p>Develop tactics and begin to manipulate situations in cricket.</p> <p>Be able to defend the wickets with a bat.</p>



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Summer Term 1						
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<p>Ball Skills</p> <p>Push an object/towards a target</p> <p>Catch a large ball</p> <p>Be able to throw an object.</p> <p>Be able to throw an object at a target.</p>	<p>Multi Skills Games</p> <p>Balance on lines with control and use equipment to balance on various parts of the body C</p> <p>Changing direction with some control (agility)</p> <p>Co-ordinating body whilst beginning to move with equipment</p> <p>Co-operate, compete and challenge themselves as a team in various games</p>	<p>Multi Skills Games</p> <p>Balance on low equipment with good control</p> <p>Changing direction quickly with good balance and control (agility)</p> <p>Co-ordinating body whilst beginning to move at different speeds with various equipment</p> <p>Complete challenges as a team in various running/obstacle games and working to improve performance</p>	<p>Rounders</p> <p>To begin to hold the bat correctly with some direction.</p> <p>Develop a bowling style</p> <p>Be able to run around the posts correctly without touching the posts.</p>	<p>Rounders</p> <p>Begin to understand the positions in Rounders.</p> <p>Begin to bat effectively with an increasing understanding of the technique behind batting.</p> <p>Bowl under arm accurately.</p>	<p>Rounders</p> <p>Understand the technical importance of each position.</p> <p>Develop a variety of shots and carefully select appropriate to the situation.</p> <p>Bat with increasing accuracy and distance.</p> <p>Consistently apply the rules in rounders and when/how to score rounders.</p>	<p>Rounders</p> <p>Understand the technical importance of each position.</p> <p>Develop a variety of shots and carefully select appropriate to the situation.</p> <p>Bat with increasing accuracy and distance.</p> <p>Consistently apply the rules in rounders and when/how to score rounders.</p>



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<p>Invasion Game Skills</p> <p>Show different ways of travelling.</p> <p>Be able to use words to describe how I am travelling.</p> <p>Use my movement skills in games to occupy space.</p>	<p>Circuits (Agility, Balance, Coordination)</p> <p>Demonstrate coordination when passing a range of equipment around the different parts of the body.</p> <p>To be able to move fluently, changing direction and speed easily and avoiding collisions.</p> <p>To be able to describe what is happening at each station.</p>	<p>Circuits (Agility, Balance, Coordination)</p> <p>To be able to talk about the positive effects of exercise.</p> <p>To become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p> <p>To be able to show locomotion, stabilisation and manipulation skills accurately across a range of activities.</p>	<p>Tennis</p> <p>Move body position to catch a ball</p> <p>Control a ball on racket when moving - varying speed</p> <p>Hit ball across the floor with forehand/backhand position</p>	<p>Swimming</p> <p>Learn, practice and develop the different strokes</p> <p>Develop backstroke technique with increasing confidence</p> <p>Develop front crawl technique with increasing confidence</p> <p>Develop breaststroke with increasing confidence</p>	<p>Tennis</p> <p>Move in a variety of directions (using footwork) when hitting a ball</p> <p>Hit/bounce ball to a partner with control</p> <p>Serve diagonally under/overarm in a game of mini tennis</p> <p>Keep on toes using quick feet to hit a ball in game in forehand/backhand position</p> <p>Use techniques learned and apply in a game situation.</p> <p>Outdoor Learning Team Work To work co-operatively in planning activities and solving problems</p> <p>They are willing to try out a variety of ideas in order to find out what will work</p> <p>To vary and adapt what they do in response to changing circumstances</p>	<p>Hockey</p> <p>Use a range of passes: Choose between the passes (push/slap) and explain simply why.</p> <p>Dribble and change direction by making a square pass (across the pitch) or straight pass (up/down the pitch).</p> <p>Use the hockey stick tactically to defend and make it difficult for the opposition</p> <p>Use speed and agility to outwit defenders and use the hockey stick to dribble past.</p>



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Summer Term 2						
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<p>Athletics</p> <p>Begin to coordinate movements together (egg and spoon)</p> <p>Show Increasing control over an object in pushing, patting, throwing, catching or kicking it</p> <p>Be able to throw different objects at a target.</p>	<p>Mini Athletics</p> <p>Develop their running and jumping skills.</p> <p>Learn how to run in a co-ordinated way over obstacles</p> <p>Be able to use their bodies and variety of equipment with greater control and coordination.</p>	<p>Mini Athletics</p> <p>Develop their sprinting technique.</p> <p>Be able to use coordinated movement.</p> <p>Be able to identify different pieces of equipment and what they are used for</p>	<p>Athletics</p> <p>Develop the pupil's athletic ability.</p> <p>Be able to improve their personal best.</p> <p>Develop good basic running, jumping and throwing techniques.</p>	<p>Athletics</p> <p>Develop running, jumping and throwing skills using a variety of equipment.</p> <p>Beat their personal best.</p> <p>Set different challenges for distance and time.</p>	<p>Outdoor Learning Team Work</p> <p>To understand how team members take on different roles to achieve success</p> <p>They are able to take on a leadership role where appropriate</p> <p>They are willing to step back and allow others to take a leadership role</p> <p>They are able to help their group arrive at a team decision and implement it.</p>	<p>Athletics</p> <p>perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Set up and lead activities (jumping and throwing) including measuring and recording data accurately.</p> <p>Be able to demonstrate endurance, speed and agility when performing different types of running. Including leg technique and striding pattern.</p>



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<p>Athletics</p> <p>Be able to adjust speed or direction to avoid obstacles.</p> <p>Be able to move in a variety of different ways accurately. (forwards, backwards, sideways, one foot, tiptoe, and crawl)</p> <p>Be able to listen, follow and copy different movements instructed by an adult/partner</p>	<p>Tennis</p> <p>Play a modified game using skills e.g forehand</p> <p>Adapted games, with variations of rules, begin to apply some basic principles</p>	<p>Hopping, Skipping and Jumping</p> <p>To bounce, hop, skip and jump using a variety of take offs and landings.</p> <p>To bounce, hop, skip and jump using a variety of movements (sideways, forwards, backwards)</p> <p>To begin to develop power</p>	<p>Tennis</p> <p>Play a modified game using skills e.g forehand</p> <p>Adapted games, with variations of rules, begin to apply some basic principles</p>	<p>Swimming</p> <p>swim confidently, competently and proficiently over a distance of 25m.</p> <p>Perform self-rescue in different water based Scenarios</p>	<p>Athletics</p> <p>perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Set up and lead activities (jumping and throwing) including measuring and recording data accurately.</p> <p>Be able to demonstrate endurance, speed and agility when performing different types of running. Including leg technique and striding pattern</p>	<p>Tennis</p> <p>To use agility, balance and coordination.</p> <p>To be able to serve accurately and correctly.</p> <p>Understand the ready position</p> <p>Be able to hold the tennis racket and use front hand and back hand.</p> <p>Begin to understand the different shots in tennis and when to apply them</p>

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