



## Physical Education Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	<b>Introduction to PE</b> Pupils will learn the basic principles of movement fundamentals such as running, jumping and skipping and partake in simple activities. Children will learn to stop and start and how to find a space. Children will move freely to music. Children will explore moving while holding different striking equipment and a beanbag.	<b>Fundamentals</b> Pupils will develop balancing, running, jumping, hopping, travelling and changing direction skills. Fine and gross motor skills will be developed by handling equipment. Will work independently. Children will begin to learn to copy a simple dance phrase connected to Diwali.	<b>Fundamentals Dance</b> <b>Three Little Pigs</b> Pupils will copy, repeat and remember actions. Simple routines will be performed. Children will experience dancing as a different character.	<b>Fundamentals Gymnastics</b> <b>Unit 1</b> Pupils will explore shape and space safely. Basic skills will be performed on the floor and soft and low apparatus.	<b>Fundamentals Games</b> <b>Unit 1</b> Pupils will learn to play simple games with a partner and in a small group. They will learn to win, lose and take turns.	<b>Fundamentals Ball Skills</b> <b>Unit 1</b> Pupils will learn to travel with, throw, catch, dribble, and strike a ball.
<b>Reception</b>	<b>Introduction to PE</b> Pupils will learn the basic principles of PE lessons including some safety rules. They will participate in some fundamentals such as running, jumping and skipping and partake in simple games. Children will make a ball move in different ways. Pupils will take turns and travel along a bench safely in a variety of ways.	<b>Fundamentals</b> Pupils will develop balancing, running, jumping, hopping, travelling and changing direction skills. Fine and gross motor skills will be developed by handling equipment. Pupils will work independently and in pairs. Pupils will copy a simple dance phrase connected to Diwali with more control and balance within their movements.	<b>Fundamentals Dance</b> <b>Places and Winter</b> Pupils will explore spaces. They will explore travelling, shapes and balances. Pupils will copy, repeat and remember actions. Performance and simple evaluation will be introduced.	<b>Fundamentals Gymnastics</b> <b>Shape</b> Pupils will focus on the shape they make in the air, while travelling and while balancing.	<b>Fundamentals Ball Skills</b> Pupils will practise basic ball skills of rolling, kicking, throwing and catching including at a target. Simple games with rules will be introduced.	<b>Athletic Type Activities</b> <b>Sports Day Type activities</b> Pupils will practise skills of running, jumping, hopping, skipping, balancing etc and learn how to use these skills in a race. Children will practise fair play and learn to congratulate others.
	<p>Early Years children will have achieved the following skills by the end of Reception:</p> <p><b><u>Physical Development</u></b></p> <p><b><u>Gross Motor Skills</u></b></p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination for themselves and others.</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> <p><b><u>Personal, Social and Emotional Development</u></b></p> <p><b><u>Self regulation</u></b></p>					

	<ul style="list-style-type: none"> <li>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> </ul> <p><u>Managing Self</u></p> <ul style="list-style-type: none"> <li>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li> <li>Explain the reason for rules, know right from wrong and try to behave accordingly.</li> </ul> <p><u>Building Relationships</u></p> <ul style="list-style-type: none"> <li>Work and play cooperatively and take turns with others.</li> <li>Show sensitivity towards their own and others needs.</li> </ul> <p><u>Expressive Arts and Design</u></p> <p><u>Being Imaginative and Expressive</u></p> <ul style="list-style-type: none"> <li>When appropriate try to move in time to music</li> </ul>					
<b>Year 1</b>	<p><b>Fundamentals</b> Pupils will develop their running, jumping, hopping and skipping skills and identify their own strengths and weaknesses.</p> <p><b>Gymnastics</b> <u>Travel and Balance</u> Children will explore travelling and balancing on different body parts.Children will learn to roll sideways.. Children will plan, practice and perform simple sequences on the floor and apparatus.</p>	<p><b>Dance</b> <u>Weather and Toys</u> Pupils will understand why it is easy to count to music and use this in their dances. Pupils will copy and repeat actions learning how to link them together. Pupils will work individually and with a partner.</p> <p><b>Games</b> <u>Ball Skills</u> Pupils will explore and develop their fundamental skills such as throwing, catching, rolling and dribbling with both their hands and feet.</p>	<p><b>Health,Fitness and Lifestyle</b> <u>Yoga/ Team building</u> Improve well-being by building strength, flexibility, coordination and balance. Learn how to improve their breathing and meditate through fun activities. Work individually, in pairs and small groups learning to take turns and work collaboratively to solve problems.</p> <p><b>Games</b> <u>Target Skills</u> Pupils will learn attacking and defending skills and strategies for target games using both underarm and overarm actions.</p>	<p><b>Gymnastics</b> <u>Rolling</u> Pupils will learn how to perform side rolls including sausage and tucked roll. Teddy roll to be introduced. Simple sequence of travel, balance and roll to be practised and performed on the floor and apparatus.</p> <p><b>Games</b> <u>Moving With a Ball</u> Pupils will learn how to move with a ball using their hands, feet and a variety of equipment. Pupils will put these actions into simple game situations.</p>	<p><b>Dance</b> <u>1960's</u> Pupils will learn traditional dances from the 1960's. Children will copy, move in time, perform and evaluate.</p> <p><b>Games</b> <u>Throwing and Catching</u> Pupils will improve their skills in throwing and catching using a wide variety of equipment individually, in pairs and small groups.</p>	<p><b>Athletic Type Activities</b> <u>.Running, Jumping ,Hopping, skipping</u> Pupils will practise and learn to improve their running, jumping, hopping and skipping skills with and without equipment. Children will put actions into competitive situations.</p> <p><b>Gymnastics</b> <u>Pathways</u> Pupils will explore different pathways when travelling.Children will plan, practice and perform simple sequences on the floor and adapt to low and high apparatus.</p>
<b>Year 2</b>	<p><b>Fundamentals</b> Pupils will further develop their skills of running, jumping, hopping, skipping both with and without equipment. Pupils will work collaboratively with others and learn to take turns.</p>	<p><b>Dance</b> <u>Circus and Jack Frost</u> Pupils explore space and how their bodies can move to express an idea, mood, character or feeling. They will build on their understanding of dynamics and expression. They will</p>	<p><b>Health,Fitness and Lifestyle</b> <u>Yoga / Team Building</u> Pupils continue to learn and build on poses and techniques that will help them to connect their mind and body. They will improve well-being by</p>	<p><b>Gymnastics</b> <u>Rock 'n' Roll</u> Pupils will learn to roll sideways, forwards and backwards. Pupils will think about how they move in and out of a sequence. Pupils will work with a partner..</p>	<p><b>Dance</b> <u>Europe</u> Pupils will explore traditional music and dances from across Europe including Poland, Spain and Ireland. Pupils will learn simple movements and use these</p>	<p><b>Athletic Type Activities.</b> <u>Running, Jumping, Hopping, skipping</u> Pupils will practise and learn to improve their running, jumping, hopping and skipping skills with and without equipment. Children will put actions</p>

	<p><b>Gymnastics Flight</b></p> <p>Pupils will learn and practise the 5 basic jumps and the shape they make while in the air. Simple sequences will be planned, practised, performed and evaluated both on the floor and on apparatus.</p>	<p>keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes and direction,</p> <p><b>Games Ball Skills</b></p> <p>Pupils will develop their fundamental ball skills, such as throwing, catching, rolling, hitting a target, dribbling with both hands and feet and kicking. They will look to perform these skills with increasing control and accuracy using coordination and balance. Pupils will work independently, in pairs and in small groups.</p>	<p>building strength, flexibility, coordination and balance. Pupils will further develop their teamwork skills. They will lead a partner whilst considering safety. Pupils have the opportunity to show honesty and fair play. .</p> <p><b>Games Target Skills</b></p> <p>Pupils learn attacking and defending for target games, improving throwing and striking skills. They choose the best actions for target size and distance. They apply skills alone, in pairs, and in small groups, organising activities. Pupils follow the rules for safety, score points, and use simple tactics.</p>	<p>Simple sequences will be planned, practised, performed and evaluated both on the floor and on apparatus.</p> <p><b>Games Net and Wall Skills</b></p> <p>Pupils develop their understanding of attacking and defending principles in net games such as using a ready position to defend their court and placement of a ball into space. They use and develop skills such as throwing, catching, tracking and hitting a ball. They learn how to score points in these types of games and how to play to the rules. They work independently, with a partner and in a small group and begin to self-manage their games, showing respect and kindness towards their teammates and opponents.</p>	<p>to develop their own sequences alone, with a partner and in a small group.</p> <p><b>Games Striking and Fielding</b></p> <p>Pupils develop their understanding of the principles of defending (fielding) and attacking (batting) for striking and fielding games. They use and develop skills such as throwing, catching, tracking, and striking a ball. They learn how to score points in these types of games, how to play to the rules and use simple tactics. They show respect towards others when playing competitively and develop communication skills to manage small-sided games.</p>	<p>into competitive situations both individually, in pairs and in small groups.</p> <p><b>Dance Celebration</b></p> <p>Pupils explore space and how their bodies can move to express feelings. They will build on their understanding of dynamics and expression. Pupils will also explore speeds and timing. They will work independently and with others to perform and provide feedback, beginning to use key terminology.</p>
<b>Year 3</b>	<p><b>Gymnastics Symmetry and Asymmetry</b></p> <p>Pupils will make symmetrical and asymmetrical shapes while balancing and travelling in different directions Pupils will take their weight on different body parts . Pupils build their confidence to perform, considering the quality and control of their actions.</p>	<p><b>Invasion Games Netball</b></p> <p>Pupils will learn attacking and defending principles of invasion games, using skills and tactics to win. Netball is used to maintain possession and score. Fair play, self-management, and rule-following will be emphasised, as well as self-evaluation and evaluating other's performances.</p>	<p><b>Invasion Games Hockey</b></p> <p>Pupils will learn attacking and defending principles of invasion games, using skills and tactics including ball and stick control.Hockey is used to maintain possession and score. Fair play, self-management, and rule-following will be emphasised, as well as self-evaluation and evaluating other's performances.</p>	<p><b>Dance Cheerleading</b></p> <p>Pupils will copy basic cheerleading movements. This will be practised and performed in time with others. Pupils will plan a short cheerleading sequence and teach it to a short small group and lead a short performance</p> <p>Yoga CPD - 4 weeks.</p>	<p><b>Striking/fielding Games Rounders</b></p> <p>Pupils learn about striking and fielding games, the roles of players, and the use of skills and tactics to outsmart opponents. Pupils hit the ball and avoid fielders to score runs. Focus will be on simple rounders type games. There is an emphasis on fair play, respect, and understanding the rules.</p>	<p><b>Net/wall Games Squash</b></p> <p>Pupils will learn net and wall game principles, skills, strategies, and tactics to outwit opponents. They will develop racket control, hitting, and scoring abilities. There will also be an emphasis on honest play and rule-following.</p>

	<p><b>Fundamentals</b> Pupils will develop fundamental skills such as balancing, running, jumping, hopping, throwing, catching and skipping. They will also learn to change direction, accelerate, and decelerate with control. Pupils will put these into action in circuit type situations.</p>	<p><b>Dance</b> <b>Stoneage</b> Pupils will plan, practise, perform, evaluate and improve a contemporary dance which tells a story based on hunting during the Stone Age. Pupils will work individually, with a partner and in small groups throughout the unit.</p>	<p><b>Gymnastics</b> <b>Pathways</b> Pupils will change pathways while travelling, transferring their weight and changing direction while they do. They will use these skills individually and with a partner. Pupils build their confidence to perform, considering the quality and control of their actions.</p>	<p><b>Target Games</b> <b>Tri- Golf</b> Pupils will learn the basics of golf and use both a chipper and a putter on a course devised alongside the children.</p>	<p><b>OAA</b> <b>Orienteering</b> Pupils improve problem-solving skills through challenges where they work alone or in groups. They learn about teamwork, trust, and inclusivity and use maps and symbols to plot and follow routes.</p>	<p><b>Athletics</b> Pupils will learn running, jumping, and throwing techniques while being challenged to use different combinations of these skills. They will strive for personal bests and have opportunities to measure and record their scores. Sportshall athletics will be used as a basis for all lessons.</p>
<b>Year 4</b>	<p><b>Gymnastics</b> <b>Balance</b> Pupils learn to create complex sequences by balancing, rolling, jumping, and performing inverted movements. Balances must show a use of large / small body parts. They practise to gain control and provide feedback to one another to improve their skills.</p> <p><b>Target Games</b> <b>Dodgeball</b> Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to apply simple tactics to outwit their opponents. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.</p>	<p><b>Invasion Games</b> <b>Netball</b> Pupils learn invasion game principles, including attacking and defending. They must use skills, strategies, and tactics to outwit opponents in all games. In netball, this means keeping the ball and moving towards the goal. Pupils learn fair play and self-management while following rules and evaluating performances.</p> <p><b>Health, Fitness and Lifestyle</b> <b>Yoga</b> Pupils learn about mindfulness, yoga, breathing, and meditation to improve their well-being. They work collaboratively, create their own flows, and lead others. Pupils will participate in various health and fitness activities to improve fitness aspects such as speed, stamina, strength, coordination, balance, and agility.</p>	<p><b>Swimming</b> Pupils will learn front and back swimming strokes, floating, and submerging. They will practise different kicking and arm actions and observe others for feedback. Additionally, they will learn personal survival skills and water safety.</p> <p><b>Gymnastics</b> <b>Rolling, Twisting, Turning</b> Pupils learn to create complex sequences including rolling, twisting and turning. They will work with a partner matching and mirroring and showing a change of speed in their sequence. They also provide feedback to one another to improve their skills.</p>	<p><b>Swimming</b> Pupils will learn front and back swimming strokes, floating, and submerging. They will practise different kicking and arm actions and observe others for feedback. Additionally, they will learn personal survival skills and water safety.</p> <p><b>Dance</b> <b>Superpowers / Superheroes</b> Pupils create characters and narratives through movement and gesture inspired by various stimuli. They explore and communicate ideas, issues, and personal thoughts and feelings. Performance skills are developed, and feedback is given to improve their work. Pupils will work together in small groups to list others safely during a short sequence.</p>	<p><b>Striking/fielding Games</b> <b>Rounders</b> Pupils learn about striking and fielding games, the roles of players, and the use of skills and tactics to outsmart opponents. Pupils hit the ball and avoid fielders to score runs. Focus will be on rounders. There is an emphasis on fair play, respect, and understanding the rules.</p> <p><b>Dance</b> <b>Build on it</b> Pupils will learn basic movements in various dance styles, from individual to group performances, using movement to explore and communicate ideas,</p>	<p><b>Net/wall Games</b> <b>Tennis</b> Pupils develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.</p> <p><b>Athletics</b> Pupils will learn running, jumping, and throwing techniques while being challenged to use different combinations of these skills. They will strive for personal bests and have opportunities to measure and record their scores. Sportshall athletics will be used as a basis for all lessons.</p>

Year 5	<p><b>Swimming</b></p> <p>Pupils will learn front and back swimming strokes, floating, and submerging. They will practise different kicking and arm actions and observe others for feedback. Additionally, they will learn personal survival skills and water safety.</p>	<p><b>Swimming</b></p> <p>Pupils will learn front and back swimming strokes, floating, and submerging. They will practise different kicking and arm actions and observe others for feedback. Additionally, they will learn personal survival skills and water safety.</p>	<p><b>Invasion Games</b> <b>Hockey</b></p> <p>Pupils learn attacking and defending principles in invasion games. They use skills, strategies, and tactics to outwit opponents. In hockey, they maintain possession and move towards the goal. They learn fair play, honesty, and self-management and evaluate performances to improve skills.</p>	<p><b>Dance</b> <b>Bhangra plus</b></p> <p>Pupils will learn basic movements in various dance styles, from individual to group performances, using movement to explore and communicate ideas, issues, and emotions. They will understand the history and culture behind different dances, create and perform their work, and use feedback to improve their performances. Safety and respect towards others are essential in this course.</p>	<p><b>Striking/fielding Games</b> <b>Cricket</b></p> <p>Pupils learn striking and fielding principles and roles of bowler, wicketkeeper, fielder, and batter. They use skills, tactics and strategies to outsmart the opposition in games. In cricket, pupils strike a ball, avoid fielders, and score runs between wickets. They collaborate, play fair, and show respect.</p>	<p><b>Net/wall Games</b> <b>Tennis</b></p> <p>Pupils learn net and wall game principles, using skills and tactics to outsmart opponents. They develop teamwork, leadership, fair play, and tactical awareness to outmanoeuvre opponents.</p>
	<p><b>Gymnastics</b> <b>Flight, Twisting, Turning, Spinning</b></p> <p>Pupils develop various skills needed to show flight, twists, turns and spins Pupils will show a contract in their balances. Pupils get feedback and provide feedback to others to improve their performance skills.</p>	<p><b>Invasion Games</b> <b>Basketball</b></p> <p>Pupils learn attacking and defending principles in invasion games and use skills, strategies and tactics to outwit opponents. Basketball requires maintaining possession to score. However, dribbling will be a skill which will be developed. Pupils learn fair play, self-management, rules and evaluate performances.</p>	<p><b>Gymnastics</b> <b>Partner work</b></p> <p>Pupils develop various skills such as balancing, rolling, jumping, and inverted movements. They will also explore partner relationships in matching, mirroring and balance with and without contact. Pupils get feedback and provide feedback to others to improve their performance skills.</p>	<p><b>OAA</b> <b>Orienteering</b></p> <p>Pupils work independently and collaboratively in pairs and groups to solve problems, develop leadership skills, and learn map reading skills, including using controls.</p> <p><b>YOGA CPD - 4 weeks</b></p>	<p><b>Dance</b> <b>States of Matter</b></p> <p>Pupils will learn various dance styles, from individual to group performances, using movement to explore and communicate ideas, issues, and emotions. They will understand the history and culture behind different dances, create and perform their work, and use feedback to improve their performances. Safety and respect towards others are essential in this course.</p>	<p><b>Athletics</b></p> <p>Pupils will learn running, jumping, and throwing techniques while being challenged to use different combinations of these skills. They will strive for personal bests and have opportunities to measure and record their scores. Quad Kids will be used as a basis for sessions.</p>
Year 6	<p><b>Gymnastics</b> <b>Obstacles</b></p> <p>Pupils use compositional principles to develop sequences, build trust when working collaboratively, and receive and provide feedback to improve their performance skills. Pupils will focus on moving over, under and around obstacles including their partner.</p>	<p><b>Invasion games</b> <b>Rugby</b></p> <p>Pupils learn attacking and defending principles in invasion games and use skills, strategies and tactics to outwit opponents. Rugby requires maintaining possession to score. The skill of passing backwards will be developed. Pupils learn fair</p>	<p><b>Invasion Games</b> <b>Hockey</b></p> <p>Pupils learn attacking and defending principles in invasion games. They use skills, strategies, and tactics to outwit opponents. In hockey, they maintain possession and move towards the goal. They learn fair play, honesty, and</p>	<p><b>Dance</b> <b>Capoeira</b></p> <p>Pupils will learn the background to Capoeira and the basic movements enabling them to perform alone or with a partner in the Hodder.</p>	<p><b>Striking/fielding Games</b> <b>Cricket</b></p> <p>Pupils learn about striking and fielding and the roles of bowlers, wicketkeepers, fielders, and batters. They use skills and tactics to win against the other team in cricket by striking a ball, running between wickets, and avoiding fielders. Pupils also learn to</p>	<p><b>Net/wall Games</b> <b>Volleyball</b></p> <p>Pupils learn the principles of volleyball, using skills and tactics to outsmart opponents. They develop teamwork, leadership, fair play, and tactical awareness to outmanoeuvre opponents</p>



	<p><b>Target Games</b> Dodgeball</p> <p>Pupils learn and improve skills such as throwing, dodging, and catching. They use tactics to outsmart opponents, hit them with a ball, and avoid getting hit. Pupils play independently, follow rules, and evaluate their performance to improve their game and team's performance.</p>	<p>play, self-management, rules and evaluate performances.</p> <p><b>Health, Fitness and Lifestyle</b> Yoga/Circuit</p> <p>Pupils learn about mindfulness, yoga, breathing, and meditation to improve their well-being. They work collaboratively, create their own flows, and lead others.</p> <p>Pupils will participate in various health and fitness activities to improve fitness aspects such as speed, stamina, strength, coordination, balance, and agility.</p>	<p>self-management and evaluate performances to improve skills.</p> <p><b>Gymnastics</b> Counter tension/ Balance</p> <p>Pupils use compositional principles to develop sequences, build trust when working collaboratively, and receive and provide feedback to improve their performance skills.</p> <p>They will demonstrate canon, synchronised and inverted movements.</p>	<p><b>OAA</b> Orienteering and Problem Solving</p> <p>Pupils gain transferable skills for outdoor adventures. They solve problems individually or in groups, share ideas, and learn leadership and map reading skills.</p>	<p>collaborate, play fair, and respect their teammates and opponents.</p> <p><b>Dance</b> Stamp, Clamp and Waiting for ...</p> <p>Pupils will develop dance choreography in pairs and groups using different tools like formations, timing and dynamics. They will perform, provide feedback and explore how movement conveys ideas.</p> <p>They will also lead short warm-ups and keep others safe</p>	<p><b>Athletics</b></p> <p>Pupils will learn running, jumping, and throwing techniques while being challenged to use different combinations of these skills. They will strive for personal bests and have opportunities to measure and record their scores. Quad Kids will be used as a basis.</p>
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