



'Life in all its fullness'  
John 10:10

## Christ Church C.E.(VC) Primary School

### PE Long Term Plan 2022/23

#### Physical Education at Christ Church School

At Christ church school, we know that a high-quality physical education curriculum, not only inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities, but also builds character, respect and a sense of fairness. In addition we know that leading an active lifestyle supports wellbeing, resilience and self-esteem.

The national curriculum for physical education 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

At Christ Church School, children take part in two PE lessons every week. Some of these lessons are delivered by specialist sports coaches who work with us to ensure children are receiving high-quality physical education in a range of fields. We also make use of local sports facilities such as Craven Swimming Pool, Skipton Tennis Club and Sandylands Leisure Centre for some of our PE provision to ensure that children have the space and facilities they need to enhance their experience. Please see our PE long term plan for the range of disciplines and activities that we provide.

We are a member of the Skipton School's Sports Partnership. We work closely alongside our School Games Organiser to provide opportunities for all of our pupils, whatever their ability, to take part in a wide range of Inter-school festivals and competitions.

In addition to PE lessons and competitive opportunities, we offer after-school sports clubs, delivered by Kanga Sports coaches. Our playtimes and lunchtimes are another opportunity for pupils to get active. We offer a timetable of lunchtime sports activities, some of which are also led by Kang Sports coaches.

We receive special sports funding from the Department for Education for PE lessons and activities. Please visit our website and click on Sports Premium Grant to see how we spend our PE allocation.








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### PE Long Term Plan 2022/23

NC	Key Stage 1	Key Stage 2	Swimming and Water Safety
			
<b>National Curriculum</b>	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:</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>	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:</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>All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</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>














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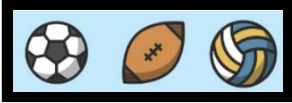










1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Session 1	<b>Outdoor &amp; Adventurous Activities (OAA)</b> 	<b>Multi-skills</b> 	<b>Dance</b> 	<b>Multi-skills</b> 	<b>Activities leading to invasion games</b> 	<b>Activities leading towards athletics</b> 
	<ul style="list-style-type: none"> <li>Working individually and with others</li> <li>Coordination</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals of movement (agility, balance, coordination)</li> <li>Leading to running, skipping and jumping (theme based)</li> </ul>	<ul style="list-style-type: none"> <li>Move to music</li> <li>Copy dance moves</li> </ul>	<ul style="list-style-type: none"> <li>Fundamentals of movement</li> <li>Leading to hopping, skipping and running</li> </ul>	<ul style="list-style-type: none"> <li>Working with others within teams (small team games)</li> </ul>	<ul style="list-style-type: none"> <li>Running and throwing skills to be developed</li> </ul>
Session 2	<b>Activities leading to net/wall games</b> 	<b>Multi-skills</b> 	<b>Activities leading to gymnastics</b> 	<b>Activities leading to gymnastics</b> 	TBC	<b>Bat and ball skills</b> 
	<ul style="list-style-type: none"> <li>Tennis</li> <li>Develop throwing and catching</li> <li>Develop coordination</li> </ul>	<ul style="list-style-type: none"> <li>Develop coordination</li> <li>Moving with a ball with hands and feet (using equipment)</li> </ul>	<ul style="list-style-type: none"> <li>Agility, balance and coordination</li> <li>Control body</li> </ul>	<ul style="list-style-type: none"> <li>Agility, balance and coordination</li> <li>Roll, curl, travel in different ways</li> </ul>		<ul style="list-style-type: none"> <li>Leading to games</li> <li>Throw underarm</li> <li>Develop coordination</li> <li>Hit a bat with a ball</li> </ul>



2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Session 1	<b>Outdoor &amp; Adventurous Activities (OAA)</b>  <ul style="list-style-type: none"> <li>Working individually and with others</li> <li>-coordination</li> </ul>	<b>Developing basic skills in invasion games</b>  <ul style="list-style-type: none"> <li>Moving with the ball</li> <li>Throw and catch</li> <li>Throw and kick</li> <li>Find a space to be in during a game</li> </ul>	<b>Dance</b>  <ul style="list-style-type: none"> <li>Copy dance moves and perform own dance</li> <li>Perform using a range of simple movements</li> </ul>	TBC	<b>Developing basic skills in invasion games</b>  <ul style="list-style-type: none"> <li>Begin to understand attacking/defending</li> </ul>	<b>Developing basic skills in athletics</b>  <ul style="list-style-type: none"> <li>Throwing and running skills to be developed</li> <li>Competing against self and others</li> <li>Basic jumping for distance and height</li> </ul>
	<b>Developing basic skills in net/wall games</b>  <ul style="list-style-type: none"> <li>Tennis</li> <li>Throwing and catching</li> <li>Develop coordination</li> <li>Hit the ball with the bat</li> </ul>	<b>Multi-skills</b>  <ul style="list-style-type: none"> <li>Fundamentals of movement (agility, balance, coordination)</li> <li>Leading to running, jumping, throwing and catching</li> </ul>	<b>Developing basic skills in gymnastics</b>  <ul style="list-style-type: none"> <li>Agility, balance and coordination</li> <li>Rolling and moving in different ways</li> </ul>	<b>Developing basic skills in gymnastics</b>  <ul style="list-style-type: none"> <li>Agility, balance and coordination</li> <li>Create and perform a sequence</li> <li>Develop basic jumps</li> </ul>	<b>Developing basic skills in striking and fielding</b>  <ul style="list-style-type: none"> <li>Develop throwing and catching skills</li> <li>Aiming at a target</li> </ul>	<b>Developing basic skills in invasion games</b>  <ul style="list-style-type: none"> <li>Develop understanding of attacking and defending in small team games</li> <li>Follow simple rules</li> </ul>
Session 2						















3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Session 1	<p><b>Outdoor &amp; Adventurous Activities</b></p>  <ul style="list-style-type: none"> <li>• Complete challenges individually and as a team</li> <li>• Use clues to follow a map</li> </ul>	<p><b>Developing skills in invasion games</b></p>  <ul style="list-style-type: none"> <li>• Equipment on the floor (football/hockey)</li> <li>• Develop understanding of attacking and defending in small team games</li> <li>• Know and follow rules fairly</li> </ul>	<p><b>Dance</b></p>  <ul style="list-style-type: none"> <li>• Dance with control and coordination</li> <li>• Share and create phrases with a partner or small group</li> </ul>	<p><b>TBC</b></p>	<p><b>Developing skills in net/wall games</b></p>  <ul style="list-style-type: none"> <li>• Tennis</li> <li>• Use bat and ball with control</li> <li>• Follow rules fairly</li> <li>• Aware of space</li> </ul>	<p><b>Developing skills in athletics</b></p>  <ul style="list-style-type: none"> <li>• Develop running speed, throwing</li> <li>• Begin to compare their performance with previous ones</li> <li>• Develop jumping for height and distance</li> </ul>
	Session 2	<p><b>Developing skills in invasion games</b></p>  <ul style="list-style-type: none"> <li>• Apply basic principles for passing and moving with a ball</li> </ul>	<p><b>Developing skills in net/wall games</b></p>  <ul style="list-style-type: none"> <li>• Throw and catch with control</li> <li>• Follow rules</li> </ul>	<p><b>Developing skills in gymnastics</b></p>  <ul style="list-style-type: none"> <li>• Develop strength, balance and flexibility</li> <li>• Adapt sequences to suit different apparatus and criteria</li> <li>• Develop jumping</li> </ul>	<p><b>Developing fitness</b></p>  <ul style="list-style-type: none"> <li>• Develop a range of skills through fitness</li> <li>• Flexibility, strength and balance</li> </ul>	<p><b>Developing skills in striking and fielding</b></p>  <ul style="list-style-type: none"> <li>• Hitting a target</li> <li>• Bat and bowl</li> </ul>



4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Session 1	<b>Outdoor &amp; Adventurous Activities</b> 	<b>Developing skills in invasion games</b> 	<b>Dance</b> 	<b>Developing fitness</b> 	<b>Developing skills in net/wall games</b> 	<b>Developing skills in athletics</b> 
	<ul style="list-style-type: none"> <li>Complete challenges individually and as a team</li> <li>Follow a more demanding map (timed)</li> </ul>	<ul style="list-style-type: none"> <li>Equipment on the floor (football/hockey)</li> <li>Pass in different ways</li> <li>gain/keep possession by working as a team</li> <li>Use techniques to pass, dribble and shoot</li> </ul>	<ul style="list-style-type: none"> <li>Lead, share and create phrases</li> <li>Perform using movements and patterns with a partner and small group</li> </ul>	<ul style="list-style-type: none"> <li>Yoga/circuits/cross fit</li> <li>Develop a range of skills through fitness</li> <li>Flexibility, strength, control and balance</li> </ul>	<ul style="list-style-type: none"> <li>Tennis</li> <li>Use forehand and backhand with a racket</li> <li>Play small sided games 1v1, 2v2</li> </ul>	<ul style="list-style-type: none"> <li>Develop control, speed, accuracy for throwing</li> <li>Compare their performances with previous ones and demonstrate improvement</li> <li>Develop jumping (triple jump)</li> </ul>
Session 2	<b>Developing skills in invasion games</b> 	<b>Swimming</b> 	<b>Developing skills in gymnastics</b> 	<b>Developing skills in net/wall games</b> 	<b>Developing skills in invasion games</b> 	<b>Developing skills in striking and fielding</b> 
	<ul style="list-style-type: none"> <li>Apply principles for attacking/defending</li> <li>Use tactics</li> <li>Competitive games</li> </ul>		<ul style="list-style-type: none"> <li>Develop strength, control, balance and flexibility</li> <li>Work with a partner to create and improve a sequence</li> <li>Develop a range of jumps</li> </ul>	<ul style="list-style-type: none"> <li>Hit the ball accurately with control</li> <li>Pass in different ways</li> </ul>	<ul style="list-style-type: none"> <li>Equipment in hand (eg. tag rugby/netball)</li> <li>Pass in different ways</li> <li>Gain/keep possession by working as a team</li> <li>Use techniques to pass and shoot</li> </ul>	<ul style="list-style-type: none"> <li>Bat, strike and bowl</li> <li>Field</li> <li>Gain possession by working as a team</li> <li>Competitive game</li> </ul>



5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Session 1	<b>Outdoor &amp; Adventurous Activities</b> 	<b>Invasion games</b> 	<b>Swimming</b> 	<b>Striking and fielding</b> 	<b>Dance</b> 	<b>Net/wall games</b> 
	<ul style="list-style-type: none"> <li>Complete challenges individually and as a team</li> <li>Use clues and compass to navigate route</li> <li>Plan a route with clues for someone else</li> </ul>	<ul style="list-style-type: none"> <li>Tactics for attacking and defending</li> <li>Using space</li> <li>Competitive games</li> <li>Adapt and develop a broader range of skills</li> </ul>	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over at least 25 metres</li> <li>Range of strokes</li> <li>Perform self-rescue in different water-based situations</li> <li>Stamina</li> </ul>	<ul style="list-style-type: none"> <li>Play with rules</li> <li>Umpire</li> <li>Play competitive games</li> <li>Lead others in game situation</li> </ul>	<ul style="list-style-type: none"> <li>Make and develop complex sequences</li> <li>Refine and perform a range of movements as a group</li> </ul>	<ul style="list-style-type: none"> <li>Tennis</li> <li>Use forehand and backhand with a racket</li> <li>Play small sided games with agreed rules</li> </ul>
Session 2	<b>Swimming</b> 	<b>Net/wall games</b> 	<b>Gymnastics</b> 	<b>Fitness</b> 	<b>Athletics</b> 	<b>Invasion games</b> 
	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over at least 25 metres</li> <li>Range of strokes</li> <li>Perform self-rescue in different water-based situations</li> <li>Stamina</li> </ul>	<ul style="list-style-type: none"> <li>Play with rules</li> <li>Umpire</li> <li>Play competitive games</li> <li>-communicate</li> </ul>	<ul style="list-style-type: none"> <li>Flexibility, strength technique, control and balance</li> <li>Combine my work with that of others</li> <li>Make complex extended sequences</li> <li>Jumping</li> </ul>	<ul style="list-style-type: none"> <li>Yoga/circuits/cross fit</li> <li>Develop a range of skills through fitness</li> <li>Flexibility, strength technique, control and balance</li> </ul>	<ul style="list-style-type: none"> <li>Improve techniques for running, jumping and throwing</li> <li>Compare their performances with previous ones and demonstrate improvement</li> <li>Improve jumping (triple jump) + peer assess</li> </ul>	<ul style="list-style-type: none"> <li>Play to agreed rules</li> <li>Umpire</li> <li>Gain more in-depth knowledge on how to improve their games</li> </ul>