

P.E. Long Term Plan

<b>Reception/Year 1</b>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Lesson 1</b> <b>Fundamental skills</b> <b>OAA</b></p> <p>-Working individually and with others -coordination</p>	<p><b>Lesson 1</b> <b>Multi-skills</b></p> <p>Fundamentals of movement (agility, balance, coordination)</p> <p>-Leading to running, skipping and jumping</p> <p>(theme based)</p>	<p><b>Lesson 1</b> <b>Dance</b></p> <p>-move to music -copy dance moves</p>	<p><b>Lesson 1</b> <b>Multi-skills</b></p> <p>Fundamentals of movement</p> <p>-Leading to hopping, skipping and running</p>	<p><b>Lesson 1</b> <b>Activities leading to invasion games</b></p> <p>-basic attacking and defending skills in pairs</p>	<p><b>Lesson 2</b> <b>Activities leading towards athletics</b></p> <p>-Running and throwing skills to be developed</p>
<p><b>Lesson 2</b> <b>Activities leading to Net/Wall games</b></p> <p><b>(tennis)</b></p> <p>-develop throwing and catching -develop coordination</p>	<p><b>Lesson 2</b> <b>Multi-skills</b></p> <p>Develop coordination Leading to throwing/catching</p>	<p><b>Lesson 2</b> <b>Activities leading to gymnastics</b></p> <p>-agility, balance and coordination -control body</p>	<p><b>Lesson 2</b> <b>Activities leading to gymnastics</b></p> <p>-agility, balance and coordination -roll, curl, travel in different ways</p>	<p><b>Lesson 2</b> <b>Swimming</b></p>	<p><b>Lesson 2</b> <b>Bat and ball skills</b></p> <p>-Leading to games -throw underarm -develop coordination -hit a bat with a ball</p>

Activities leading to ....

## P.E. Long Term Plan

<b>Year 1 /2</b>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Lesson 1</b> <b>OAA</b> -Working individually and with others -coordination	<b>Lesson 1</b> <b>Activities developing basic sending and receiving skills</b> -throw and catch -throw and kick -find a space to be in during a game	<b>Lesson 1</b> <b>Dance</b> -copy dance moves and perform own dance -Perform using a range of simple movements	<b>Lesson 1</b> <b>Swimming</b>	<b>Lesson 1</b> <b>Activities developing basic skills in invasion games</b> -begin to understand attacking/defending	<b>Lesson 2</b> <b>Activities developing basic skills in athletics</b> -throwing and running skills to be developed -competing against self and others
<b>Lesson 2</b> <b>Activities developing basic net and wall skills</b> (tennis) -throwing and catching -develop coordination -hit the ball with the bat	<b>Lesson 2</b> <b>Multi-skills</b> Fundamentals of movement (agility, balance, coordination) -Leading to running, jumping, throwing and catching	<b>Lesson 2</b> <b>Activities developing basic skills in gymnastics</b> -agility, balance and coordination -rolling and moving in different ways	<b>Lesson 2</b> <b>Activities developing basic skills in gymnastics</b> -agility, balance and coordination -create and perform a sequence	<b>Lesson 2</b> <b>Activities developing basic skills in striking /fielding</b> -develop throwing and catching skills -aiming at a target	<b>Lesson 2</b> <b>Activities developing basic skills in invasion games</b> -develop understanding of attacking and defending in small team games -follow simple rules

Developing basic skills

P.E. Long Term Plan

<b>Year 2/3</b>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Lesson 1</b> <b>OAA</b></p> <p>-Complete challenges individually and as a team -use clues to follow a map</p>	<p><b>Lesson 1</b> <b>Developing skills in invasion games</b> Equipment on the floor (football/hockey)</p> <p>- develop understanding of attacking and defending in small team games -know and follow rules fairly</p>	<p><b>Lesson 1</b> <b>Swimming</b></p>	<p><b>Lesson 1</b> <b>Dance</b></p> <p>-dance with control and coordination -share and create phrases with a partner or small group</p>	<p><b>Lesson 1</b> <b>Developing skills in net/wall games</b> <b>(tennis)</b> -use bat and ball with control -follow rules fairly -aware of space</p>	<p><b>Lesson 2</b> <b>Developing skills in Invasion games</b> Equipment in hand (eg. tag rugby/netball)</p> <p>-play simple competitive games 2v2, 3v3 -know and follow rules fairly</p>
<p><b>Lesson 2</b> <b>Developing skills in invasion games</b></p> <p>-apply basic principles for attacking/defending</p>	<p><b>Lesson 2</b> <b>Developing skills in net/wall</b></p> <p>-throw and catch with control -follow rules</p>	<p><b>Lesson 2</b> <b>Developing skills in gymnastics</b></p> <p>-Develop strength, balance and flexibility -adapt sequences to suit different apparatus and criteria</p>	<p><b>Lesson 2</b> <b>Developing fitness</b> Yoga/circuits/cross fit</p> <p>-develop a range of skills through fitness -flexibility, strength and balance</p>	<p><b>Lesson 2</b> <b>Developing skills in striking and fielding</b></p> <p>-hitting a target -bat and bowl</p>	<p><b>Lesson 2</b> <b>Developing skills in athletics</b></p> <p>-develop running speed, throwing -begin to compare their performance with previous ones</p>

Developing skills

P.E. Long Term Plan

<b>Year 4/5</b>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Lesson 1</b> <b>OAA</b></p> <p>-Complete challenges individually and as a team -follow a more demanding map (timed)</p>	<p><b>Lesson 1</b> <b>Developing skills in invasion games</b> Equipment on the floor (football/hockey)</p> <p>-pass in different ways - gain/keep possession by working as a team -use techniques to pass, dribble and shoot</p>	<p><b>Lesson 1</b> <b>Developing fitness</b> Yoga/circuits/cross fit</p> <p>-develop a range of skills through fitness -flexibility, strength, control and balance</p>	<p><b>Lesson 1</b> <b>Dance</b></p> <p>-lead, share and create phrases -perform using movements and patterns with a partner and small group</p>	<p><b>Lesson 1</b> <b>Developing skills in net/wall games (tennis)</b></p> <p>-Use forehand and backhand with a racket -play small sided games 1v1, 2v2</p>	<p><b>Lesson 2</b> <b>Developing skills in striking and fielding</b></p> <p>-bat, strike and bowl --field -gain possession by working as a team - competitive game</p>
<p><b>Lesson 2</b> <b>Developing skills in invasion games</b></p> <p>-apply principles for attacking/defending -use tactics -competitive games</p>	<p><b>Lesson 2</b> <b>swimming</b></p>	<p><b>Lesson 2</b> <b>Developing skills in gymnastics</b></p> <p>-Develop strength, control, balance and flexibility -work with a partner to create and improve a sequence</p>	<p><b>Lesson 2</b> <b>Developing skills in net/wall games</b></p> <p>-hit the ball accurately with control -pass in different ways</p>	<p><b>Lesson 2</b> <b>Developing skills in Invasion games</b> Equipment in hand (eg. tag rugby/netball)</p> <p>-apply principles for attacking/defending -use tactics -small sided competitive games</p>	<p><b>Lesson 2</b> <b>Developing skills in athletics</b></p> <p>-develop control, speed, accuracy for throwing -compare their performances with previous ones and demonstrate improvement</p>

Small sided games

## P.E. Long Term Plan

Developing skills

<b>Year 5/6</b>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Lesson 1</b> <b>OAA</b></p> <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>	<p><b>Lesson 1</b> <b>Invasion games</b></p> <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>	<p><b>Lesson 1</b> <b>Invasion Games</b></p> <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>	<p><b>Lesson 1</b> <b>Striking and fielding</b></p> <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>	<p><b>Lesson 1</b> <b>Dance</b></p> <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>	<p><b>Lesson 2</b> <b>Net/wall games (tennis)</b></p> <ul style="list-style-type: none"> <li>-Use forehand and backhand with a racket</li> <li>-play small sided games with agreed rules</li> </ul>
<p><b>Lesson 2</b> <b>Swimming</b></p> <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>	<p><b>Lesson 2</b> <b>Net/wall games</b></p> <ul style="list-style-type: none"> <li>-play with rules</li> <li>- umpire</li> <li>-play competitive games</li> <li>-communicate</li> </ul>	<p><b>Lesson 2</b> <b>Gymnastics</b></p> <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> </ul>	<p><b>Lesson 2</b> <b>Fitness</b> Yoga/circuits/cross fit</p> <ul style="list-style-type: none"> <li>-develop a range of skills through fitness</li> <li>-flexibility, strength technique, control and balance</li> </ul>	<p><b>Lesson 2</b> <b>Athletics</b></p> <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> </ul>	<p><b>Lesson 2</b> <b>Swimming</b></p> <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>

Game specific learning

## P.E. Long Term Plan

Sports application    small sided games

### Net and wall games

Tennis

Badminton

Table tennis

Volleyball

### Invasion games (attack an opponent)

Netball

Football

Tag rugby

Hockey

Basketball

### Strike/field games

Rounders

Cricket

Softball

Baseball