

PE Long term plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>EYFS</u>	At St Vincent's, we know that a child's learning in the early years is the foundation to their lifelong learning. What we provide them today will set them up for future learning and successes. We understand that the prime areas of learning; Communication and language, Physical development and Personal, social and emotional development underpin children's curiosity and love for learning. Therefore, the prime areas will run through all topics throughout the year. Furthermore, we know that the specific areas; Literacy, Mathematics, Understanding the world and Expressive arts and design will strengthen the prime areas and we have stated where these particular areas are prevalent and linked in the topics we teach. Through the below topic areas, we will be working towards the ELG for Gross Motor Skills: • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.					
	Gymnastics	Dance	Body Management	Cooperate and Solve Problems	Manipulation and Coordination	Speed Agility Travel

<u>Year 1</u>	<u>Basic ball and team skills</u> 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	<u>Gymnastics Unit 1</u> master basic movements including jumping, as well as developing balance, agility and co-ordination	Gymnastics Unit 2 master basic movements including jumping, as well as developing balance, agility and co-ordination	Hit catch run (unit 1) 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 participate in team games, developing simple tactics for attacking and defending	(May alter in line with Charlton Athletic coach) <u>Hit catch run (unit 2)</u> 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 participate in team games, developing simple tactics for attacking and defending	(May alter in line with Charlton Athletic coach) <u>Send and return (unit 2)</u> 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 participate in team games, developing simple tactics for attacking and defending
---------------	--	--	---	---	--	--

	Hockey master basic movements including running, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending	Basic ball and team skills 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	<u>Dance</u> perform dances using simple movement patterns	<u>Dance (unit 2)</u> perform dances using simple movement patterns	Send and return (unit 1) 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 participate in team games, developing simple tactics for attacking and defending	Run, jump throw (unit 1) 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 participate in team games, developing simple tactics for attacking and defending
--	---	---	---	--	---	---

<u>Year 2</u>	Basic ball skills 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	<u>Gymnastics (Unit 1)</u> master basic movements including jumping, as well as developing balance, agility and co-ordination	Gymnastics (Unit 2) master basic movements including jumping, as well as developing balance, agility and co-ordination	<u>Tennis</u> 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	<u>Tag Rugby</u> 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 participate in team games, developing simple tactics for attacking and defending	<u>Athletics</u> 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
---------------	---	---	--	---	--	--

	<u>Hockey</u> master basic movements including running, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending	, Basic ball and team skills 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	<u>Handball</u> master basic movements including jumping, as well as developing balance, agility and co-ordination participate in team games, developing simple tactics for attacking and defending	Hit catch run (unit 1) 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 participate in team games, developing simple tactics for attacking and defending	Send and return (Unit 1) 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 participate in team games, developing simple tactics for attacking and defending	Attack defend and shoot (Unit 1) 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 participate in team games, developing simple tactics for attacking and defending
--	--	---	---	---	---	---

<u>Year 3</u> *compare their performances with previous ones and demonstrate improvement to achieve their personal best incorporate throughout year.	OAA take part in outdoor and adventurous activity challenges both individually and within a team	<u>Gymnastics</u> develop flexibility, strength, technique, control and balance	<u>Handball</u> use running, jumping, throwing and catching in isolation and in combination 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	<u>Tennis</u> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	<u>Tag Rugby</u> use running, jumping, throwing and catching in isolation and in combination 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	<u>Cricket</u> use running, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending
---	--	--	---	---	--	---

	Hockey play competitive games, and apply basic principles suitable for attacking and defending	Netball use running, jumping, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending	Gymnastics Unit 2 develop flexibility, strength, technique, control and balance	Dance perform dances using a range of movement patterns	Basketball use running, jumping, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending	Athletics develop flexibility, strength, technique, control and balance use running, jumping, throwing and catching in isolation and in combination
--	--	---	---	---	---	---

<u>Year 4</u> compare their performances with previous ones and demonstrate improvement to achieve their personal best incorporate throughout year.	OAA take part in outdoor and adventurous activity challenges both individually and within a team	Gymnastics develop flexibility, strength, technique, control and balance	Handball use running, jumping, throwing and catching in isolation and in combination 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	Tennis play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Tag Rugby use running, jumping, throwing and catching in isolation and in combination 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	Cricket use running, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending
---	---	---	--	--	---	--

	Hockey play competitive games, and apply basic principles suitable for attacking and defending	Netball use running, jumping, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending	Gymnastics (Unit 2) develop flexibility, strength, technique, control and balance	Dance perform dances using a range of movement patterns	Basketball use running, jumping, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending	Athletics develop flexibility, strength, technique, control and balance use running, jumping, throwing and catching in isolation and in combination
<u>Year 5</u> compare their performances with previous ones and demonstrate improvement to achieve their personal best incorporate throughout year.	OAA take part in outdoor and adventurous activity challenges both individually and within a team	Gymnastics develop flexibility, strength, technique, control and balance	Handball use running, jumping, throwing and catching in isolation and in combination	Dance (Unit 1) perform dances using a range of movement patterns	Swimming swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations.	

	Hockey play competitive games, and apply basic principles suitable for attacking and defending	Netball use running, jumping, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending	Tag Rugby use running, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending	Basketball use running, jumping, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending	Cricket use running, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending	Athletics develop flexibility, strength, technique, control and balance use running, jumping, throwing and catching in isolation and in combination
--	---	---	--	--	--	---

<u>Year 6</u>	OAA	<u>Gymnastics</u>	Swimming	<u>Tag Rugby</u>	<u>Cricket</u>
compare their performances with previous ones and demonstrate improvement to achieve their personal best incorporate throughout year.	take part in outdoor and adventurous activity challenges both individually and within a team	develop flexibility, strength, technique, control and balance	swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations.	use running, jumping, throwing and catching in isolation and in combination 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	use running, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending

	<u>Hockey</u> play competitive games, and apply basic principles suitable for attacking and defending	Netball use running, jumping, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending	<u>Handball</u> use running, jumping, throwing and catching in isolation and in combination 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	<u>Tennis</u> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Dance perform dances using a range of movement patterns	Athletics develop flexibility, strength, technique, control and balance use running, jumping, throwing and catching in isolation and in combination
--	---	---	--	--	--	---