

PE Long term plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>EYFS</u>	<p align="center"><b>Ball skills</b></p> <p>Develop &amp; refine a range of ball skills including: throwing, catching, kicking, batting &amp; aiming</p> <p>Develop confidence, competence, precision &amp; accuracy with activities that involve a ball</p>	<p align="center"><b>Gym (rolls and jumps)</b></p> <p>Squat with steadiness to rest or play with an object on the ground. Rise to feet without using hands. Stand on one foot. Revise &amp; refine fundamental movements, making changes to body shape, position &amp; pace of movement such as slithering, shuffling, rolling, skipping, hopping &amp; sliding Combine different movements with ease &amp; fluency Develop overall body strength, coordination, balance &amp; agility</p>	<p align="center"><b>Dance</b></p> <p>Move freely with pleasure and confidence in a range of ways. E.g. slithering, shuffling, rolling, crawling, walking, running, jumping, sliding, hopping. Experiment with different ways of moving. Initiates new combinations of movements &amp; gestures to express &amp; respond to feelings, ideas &amp; experiences Watch &amp; talk about dance &amp; performance art, expressing their feelings &amp; responses Explore &amp; engage in dance, performing solo or in groups</p>	<p align="center"><b>Team Games</b></p> <p>Negotiate space successfully in racing and chasing games with others. Run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Negotiate space successfully when playing racing or chasing games, adjusting speed or changing direction to avoid obstacles</p> <p>Develop confidence, competence, precision &amp; accuracy with activities that involve a ball</p> <p>Develop overall body strength, coordination, balance &amp; agility e.g. wheelbarrows, balance bikes &amp; pedal bikes</p>	<p align="center"><b>Gym (apparatus)</b></p> <p>Climb confidently and begin to pull themselves up on equipment. Mount stairs, steps or climbing equipment using alternate feet. Jump off an object and land appropriately. Travel with confidence and skill around, under and over balancing and climbing equipment. Revise &amp; refine fundamental movements, making changes to body shape, position &amp; pace of movement such as slithering, shuffling, rolling, skipping, hopping &amp; sliding Combine different movements with ease &amp; fluency Develop overall body strength, coordination, balance &amp; agility</p>	<p align="center"><b>Athletics</b></p> <p>Run safely on whole foot. Vary pace depending on distance. Show basic jumping and hopping</p>

<u>Year 1</u>	<p><b>Basic ball and team skills</b></p> <p>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</p>	<p><b>Gymnastics</b></p> <p>master basic movements including jumping, as well as developing balance, agility and co-ordination</p>	<p><b>Gymnastics</b></p> <p>master basic movements including jumping, as well as developing balance, agility and co-ordination</p>	<p><b>Dance</b></p> <p>perform dances using simple movement patterns</p>	<p><b>Athletics</b></p> <p>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</p>	<p><b>Cricket</b></p> <p>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</p> <p>participate in team games, developing simple tactics for attacking and defending</p>
	<p><b>Hockey</b></p> <p>master basic movements including running, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p><b>Alternate sports</b></p> <p><b>(karate)</b></p> <p>developing balance, agility and co-ordination,</p>	<p><b>Dance</b></p> <p>perform dances using simple movement patterns</p>	<p><b>Netball</b></p> <p>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</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p><b>Basketball</b></p> <p>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</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p><b>Alternate sports</b></p> <p><b>(lacrosse)</b></p> <p>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</p> <p>participate in team games, developing simple tactics for attacking and defending</p>

<p><u>Year 2</u></p>	<p><b>Basic ball skills</b></p> <p>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</p>	<p><b>Gymnastics</b></p> <p>master basic movements including jumping, as well as developing balance, agility and co-ordination</p>	<p><b>Gymnastics</b></p> <p>master basic movements including jumping, as well as developing balance, agility and co-ordination</p>	<p><b>Dance</b></p> <p>perform dances using simple movement patterns</p>	<p><b>Athletics</b></p> <p>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</p>	<p><b>Cricket</b></p> <p>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</p> <p>participate in team games, developing simple tactics for attacking and defending</p>
	<p><b>Hockey</b></p> <p>master basic movements including running, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p><b>Alternate sports</b></p> <p><b>(karate)</b></p> <p>developing balance, agility and co-ordination,</p>	<p><b>Dance</b></p> <p>perform dances using simple movement patterns</p>	<p><b>Netball</b></p> <p>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</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p><b>Basketball</b></p> <p>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</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p><b>Alternate sports</b></p> <p><b>(lacrosse)</b></p> <p>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</p> <p>participate in team games, developing simple tactics for attacking and defending</p>

<p><u>Year 3</u></p> <p>*compare their performances with previous ones and demonstrate improvement to achieve their personal best incorporate throughout year.</p>	<p><b>OAA</b></p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>Gymnastics</b></p> <p>develop flexibility, strength, technique, control and balance [</p>	<p><b>Dance</b></p> <p>perform dances using a range of movement patterns</p>	<p><b>Tag Rugby</b></p> <p>use running, throwing and catching in isolation and in combination</p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>	<p><b>Athletics</b></p> <p>develop flexibility, strength, technique, control and balance</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p><b>Cricket</b></p> <p>use running, throwing and catching in isolation and in combination</p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>
	<p><b>Hockey</b></p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>	<p><b>Alternate sports (Karate)</b></p> <p>develop flexibility, strength, technique, control and balance</p>	<p><b>Handball</b></p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>	<p><b>Netball</b></p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>	<p><b>Basketball</b></p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>	<p><b>Alternate sports (Lacrosse)</b></p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>

<p><u>Year 4</u></p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best incorporate throughout year.</p>	<p><b>OAA</b></p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>Gymnastics</b></p> <p>develop flexibility, strength, technique, control and balance</p>	<p><b>Dance</b></p> <p>perform dances using a range of movement patterns</p>	<p><b>Tag Rugby</b></p> <p>use running, throwing and catching in isolation and in combination</p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>	<p><b>Athletics</b></p> <p>develop flexibility, strength, technique, control and balance</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p><b>Cricket</b></p> <p>use running, throwing and catching in isolation and in combination</p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>
	<p><b>Hockey</b></p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>	<p><b>Alternate sports (Karate)</b></p> <p>develop flexibility, strength, technique, control and balance</p>	<p><b>Netball</b></p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p><b>Basketball</b></p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p><b>Basketball</b></p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p><b>Alternate sport (Lacrosse)</b></p> <p>use running, throwing and catching in isolation and in combination</p>

					play competitive games, and apply basic principles suitable for attacking and defending	play competitive games, and apply basic principles suitable for attacking and defending
<p><u>Year 5</u></p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best incorporate throughout year_</p>	<p><b>OAA (CPD)</b></p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>Gymnastics</b></p> <p>develop flexibility, strength, technique, control and balance</p>	<p><b>Handball</b></p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p><b>Tag Rugby</b></p> <p>use running, throwing and catching in isolation and in combination</p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>	<p><b>Swimming</b></p> <p>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.</p>	
	<p><b>Hockey</b></p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>	<p><b>Alternate sports (Karate)</b></p> <p>develop flexibility, strength, technique, control and balance</p>	<p><b>Dance</b></p> <p>perform dances using a range of movement patterns</p>	<p><b>Netball</b></p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, and apply basic principles suitable for</p>	<p><b>Athletics</b></p> <p>develop flexibility, strength, technique, control and balance</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p><b>Alternate sport (Lacrosse)</b></p> <p>use running, throwing and catching in isolation and in combination</p> <p>play competitive games, and apply basic principles</p>

				attacking and defending		suitable for attacking and defending
<p><u>Year 6</u></p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best incorporate throughout year<sub>2</sub></p>	<p><b>OAA (CPD)</b></p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>Gymnastic</b></p> <p>develop flexibility, strength, technique, control and balance</p>	<p><b>Swimming</b></p> <p>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.</p>		<p><b>Athletics</b></p> <p>develop flexibility, strength, technique, control and balance</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p><b>Cricket</b></p> <p>use running, throwing and catching in isolation and in combination</p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>
	<p><b>Hockey</b></p> <p>play competitive games, and apply basic principles suitable for attacking and defending</p>	<p><b>Alternate sports (Karate)</b></p> <p>develop flexibility, strength, technique, control and balance</p>	<p><b>Dance</b></p> <p>perform dances using a range of movement patterns</p>	<p><b>Tag Rugby</b></p> <p>use running, throwing and catching in isolation and in combination</p> <p>play competitive</p>	<p><b>Netball</b></p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive</p>	<p><b>Alternate sports (Lacrosse)</b></p> <p>use running, throwing and catching in isolation and in combination</p> <p>play competitive games, and apply basic principles</p>

				games, and apply basic principles suitable for attacking and defending	games, and apply basic principles suitable for attacking and defending	suitable for attacking and defending
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