

PE Long Term Plan

Mr D from P.E. Passport to teach

CPD sessions team teach with Ruth from BSBC

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Balance Bikes	Emergency Services (PP)	Dance – Seasons (PP)	A visit to the zoo (PP)	Fine & Gross motor skills in class and playground	Under the sea (PP)
	Demonstrate strength, balance and coordination	Demonstrate strength, balance and coordination when playing	Demonstrate strength, balance and coordination	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Negotiate space and obstacles safely, with consideration for themselves and others	Demonstrate strength, balance and coordination when playing
	Balance Bikes	Fundamental Movement Skills (PP)	Multi-skills Bootcamp	A day on the Farm	Athletics 1 (PP)	Multi-skills Bootcamp
	Negotiate space and obstacles safely, with consideration for themselves and others	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	To develop core strength, stability and resilience	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	
Year 1	Cricket	Fundamental movement skills 2 (PP)	Dance Animals	Invasion game skills 1 (PP)	Target games 1 (PP)	Striking and fielding skills (PP)
	<ul style="list-style-type: none"> To develop hand-eye coordination. To develop catching skills 	<ul style="list-style-type: none"> To work as a team to complete games and work on fine motor skills 	<ul style="list-style-type: none"> Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> Learn how to intercept an opposing team 	<ul style="list-style-type: none"> Throw with accuracy to hit a target both near and far Work together as a team to complete an activity 	<ul style="list-style-type: none"> Strike a ball and get into a space to field Hit a ball with a bat
	Multi-skills Bootcamp	Net and wall game skills 1 (PP)	Gymnastics – Balancing and spinning (PP)	Multi-skills Bootcamp	Object manipulation (PP)	Athletics (PP)
	<ul style="list-style-type: none"> To develop core strength, stability and resilience 	<ul style="list-style-type: none"> How to send and receive a ball. Learnt what a ready position looks like. 	<ul style="list-style-type: none"> Balance and spin on a variety of different body parts Explore a variety of apparatus 	<ul style="list-style-type: none"> To develop core strength, stability and resilience 	<ul style="list-style-type: none"> To develop control over an object by throwing, kicking and dribbling. 	<ul style="list-style-type: none"> Practice a variety of skills such as running, hopping, skipping, balancing and throwing Sports day.

			moving in different ways			
Year 2	PP Tri-golf	PP Gymnastics – spinning, turning, twisting	PP Gymnastics – stretching, curling, arching	PP Striking and fielding game skills 2	PP Target games 3	PP Athletics 2
	What are the two different clubs called which we use in golf? Show me how to use each of them.	To model what these words mean Tall Narrow Spring Crawl Tension Curve	To use arms to help me hop. To make a W shape to receive a catch	To bowl overarm To return a ball underarm To strike a ball.	Show me how to position your body to throw well. Show me how to stand to roll a ball	Show me what these words mean Leap Skip Hop Overarm Underarm
	Cricket	Multi-skills Bootcamp	PP Yoga	Multi-skills Bootcamp	PP Fundamental movement skills 3	PP Dance – mini beasts (Swap with AT)
	To develop hand-eye coordination. To develop catching and hitting skills	To develop core strength, stability and resilience	Why it is important to have quite while performing yoga. Show me what 3 part breathing is.	To develop core strength, stability and resilience	Show me how to dribble and pass a ball. Show me 3 ways to jump.	To describe what rhythm means To describe what space means.
Year 3	Gymnastics (PP) Creating sequences using symmetrical and asymmetrical gymnastics moves (with Will)	Invasion Game Skills(PP) Learning to dodge, attack and defend with a ball	Athletics (PP) Running, jumping, throwing techniques	Invasion: Handball (PP) Attacking and defending, using various tactics	Net and Wall: Tennis (PP) Sending and retrieving a ball using various tactics	Invasion: Hockey (PP) Attacking and defending, using various tactics
	Children know what symmetrical shapes look like. Children know how to work in time with a partner. Children know different ways of performing with a partner.	Children know how to travel with their head up. Children can attack and defend.	Children know how to start a sprint race. Children know the technique associated with hurdling. Children know how to high jump. Children know the pull technique when throwing. Children can improve on personal bests.	Children know the various rules of handball. Children know the importance of demonstrating values of teamwork and sportsmanship.	Children know what the ready position is. Children know to hit the ball with a full backswing. Children know the rules of tennis and how to score.	Children know the rules of hockey. Children know the techniques for push passing. Children know the importance of good close control.
	Dance-Stone Age Follow and copy dance routines, perform with control and poise.	Multi-skills Bootcamp	Yoga (PP) Meditation and control.	Gymnastics- perform a range of gymnastic movements, linking movements seamlessly (PP)	Multi-skills Bootcamp	Dance- Egyptians (PP)

	Children know how to translate images in to actions to communicate meaning.	To develop core strength, stability and resilience	Children know breathing techniques. Children know how to meditate. Children know how to relax.	Children know the difference between a point and a patch. Children can spin with control. Children know how to perform asymmetrically and symmetrically and on different levels. Children have good quality transitions between movements.	To develop core strength, stability and resilience	Children know how to translate images in to actions to communicate meaning.
Year 4	Ultimate Frisbee	Dodgeball (Net and Wall games) PP	Football - PP	Athletics - PP	Basketball (Invasion games) PP	Rounders
	Throw a backhand pass. Perform a crocodile catch Perform a pivot turn. Throw a curve pass. Demonstrate competence in the key skill of the game.	Develop the following skills: throwing, speed, agility, accuracy, dodging and teamwork.	Dribble and control the ball in a marked-out area. Develop their agility and coordination skills. Effectively passing and receiving the ball. Develop and demonstrate sportsmanship	Recognise and name some athletic events and techniques. Practise existing basic running, throwing and jumping skills. Show some control and co-ordination when running and performing a jump or throw.	Dribble and control the ball in a marked-out area. Develop their agility and coordination skills. Effectively passing and receiving the ball. Develop and demonstrate sportsmanship	Catch high balls comfortably Backpedal to catch balls over me How to keep score To call my name if going for a high catch
	Gymnastics (Arching and bridging) PP	Dance	Multi-skills Bootcamp	Gymnastics (Skills 2 – Balance) PP	Archery	Athletics
	Children will develop their balancing, flexibility and core strength throughout the gymnastic sessions. They will also begin to link skills to perform actions and sequences of movement. This will then lead onto the children being able to perform with control and poise.	How to listen to other people's ideas and vocalise my own thoughts Show use of Canon and changes in Formation when creating and performing group section	To develop core strength, stability and resilience	Develop flexibility, strength, technique, control and balance by learning how to perform a range of: jumps, leaps, rolls, vault movements and round-offs. Choose effective linking moves to create sequences of movement. Adapt, improve and perform a movement sequence.	Demonstrate proper stance, nocking, targeting, and release techniques. Follow basic safety procedures involved in handling and using archery equipment. Develop the basic skills necessary to enjoy archery as a sport. Swimming	Travel changing direction and speed easily. Show an awareness of space and know how to use it in games. Describe what happens to their breathing and heart rate during different activity. Develop reaction, control and consistency in their skills.

				Swimming		Change direction and speed Swimming
Year 5	Dance (PP)	Yoga	Tennis (PP)	Gymnastics- mirroring and contrasting (PP)	Handball (PP)	Danish Longball (PP)
	Explain what is meant by action and reaction How did you use these in your dance last year? Swimming lessons	Children know breathing techniques. Children know how to meditate. Children know how to relax. Children to develop flexibility and core strength	Explain the rules of the game Explain how to play Take part in the game, safely	What does mirroring/contrasting mean? Explain/show the following terms: Rotation Stamina Tucked Combine Safety	Explain the rules of the game Explain how to play Take part in the game, safely	Explain the rules of the game Explain how to play Take part in the game, safely
	Health Related Fitness (PP)	Team building and problem solving (PP)	Gymnastics- synchronisation and canon (PP)	OAA (PP)	Invasion game skills 4 (PP)	Athletics (PP)
	Talk about the importance of keeping healthy Explain ways in which we can keep healthy	Explain how to work well as a team Solve problems as a team	What does canon/unison mean? Explain/show the following terms: Rotation Stamina Tucked Combine Safety	Explain what orienteering is Follow a map work as a team	Explain the rules of the game Explain how to play Take part in the game, safely Multi-skills Bootcamp To develop core strength, stability and resilience	Explain/show: Landing foot Hurdles Stance Stamina Approach
Year 6	Cricket	Indoor Athletics	Competitive- Skittleball	Gymnastics – (Group Sequences PP)	Outdoor Activities (Residential)	Athletics (PP)
	<ul style="list-style-type: none"> Bowl with consistent accuracy and length Pick up and return a ball with one hand quickly and consistently well 	Explain/show: Landing foot Hurdles Stance Stamina Approach	<ul style="list-style-type: none"> Attacking Defending Teamwork Competition Chest pass landing foot, pivot and stepping 	<ul style="list-style-type: none"> sequence of rolls formations and pathways change the dynamics within a sequence adapt a floor sequence to make it work on the apparatus 	<ul style="list-style-type: none"> The importance of having a plan before I undertake a challenge How to keep a partner safe Where I need to position myself to give clear 	<ul style="list-style-type: none"> How to control my running over middle distance How running a bend differs from running a straight How to throw safely as part of a group

	<ul style="list-style-type: none"> Use my feet to get to the pitch of the ball when batting) 				<ul style="list-style-type: none"> instructions and keep my partner safe How to use a simple map to navigate myself around 	<ul style="list-style-type: none"> To use my non-throwing arm to help me throw My take off foot and lead leg How to hurdle efficiently
	Multi-skills Bootcamp	Multi-skills Speed Stacking	Dance (Dance through the ages PP) (Swap with AT)	Hockey (PP)	Dodgeball (PP)	Multi-skills Bootcamp
	<ul style="list-style-type: none"> To develop core strength, stability and resilience 	<ul style="list-style-type: none"> Hand-eye coordination 3-6-3 formation 1-10-1 formation Speed Stacking 	<ul style="list-style-type: none"> A motif demonstrating agility, balance, coordination and precision Change static actions into travelling movements Communication Good timing, execution and performance skills 	<ul style="list-style-type: none"> Push passing Indian Dribble Jab tackle Pass and move Attack and defend. 	<ul style="list-style-type: none"> To aim low to get an opponent out Not to turn my back on the other team That by moving around I make myself more difficult to hit What my own strengths are and where I can improve Who to target on the opposition and what tactics might be best deployed 	<ul style="list-style-type: none"> To develop core strength, stability and resilience