

St. Peter’s

Church of England (VA)

Primary school



Physical Education Long Term Plan

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| Term | Foundation Stage  | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Autumn 1 | Hands 1Ourselves Jumping 1Nursery and Rhymes  | Running 1 Health and Wellbeing  | Dodging 1Explorers  | Game Sense Invasion Boccia  | Game Sense Invasion Boccia  | Game Sense Invasion Health Related Exercise  | Game Sense Invasion Health Related Exercise  |
| Autumn 2 | Hands 1Jumping 1Moving Dinosaurs  | Hands Heroes | Hands 1 Linking  | Communication and tactics Wild Animals | Problem Solving Space  | Tag Rugby Counter Balance and Counter Tension  | Hockey Carnival  |
| Spring 1 | Nursery rhymes Moving Hands 1 High, low, over and under  | Feet 1 Wide, narrowed, curled  | Feet 1Mr Candy Man’s Sweet Shop | Basketball Symmetry and asymmetry  | Handball Bridges  | Football Greeks  | Tag Rugby Matching and Mirroring  |
| Spring 2 | Ourselves Feet 1 Games for understanding Feet 1 | Hands 2 The Zoo  | Pathways Games for Understanding  | Handball Witches and Wizards | Hockey Cats  | Orienteering Street Art  | Swimming Prejudice and Discrimination |
| Summer 1 | Walking Dinosaurs Ourselves Feet 1 | Jumping 1 Rackets, balls and bats  | Jumping 1 Rackets, balls and bats | Rounders Tennis  | Tennis Basketball  | Badminton Dodgeball  | badminton  Leadership  |
| Summer 2 | High, low, over and under Sports day Walking 2 | Games for understanding Sports Day  | Team BuildingSports Day  | Athletics Sports Day  | Cricket Athletics  | Rounders Athletics  | Cricket Athletics  |

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| Design and Technology National Curriculum Objectives: |
| Purpose  | A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect |
| Aims  | 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. |

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|  | Subject Content:  |
| KS1  | 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: ♣ 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 ♣ perform dances using simple movement patterns. |

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| KS2  | 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:♣ 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♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ♣ perform dances using a range of movement patterns ♣ take part in outdoor and adventurous activity challenges both individually and within a team ♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best. |
| Swimming  | All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: ♣ 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. |