

# Physical Education

## Developing the Pupil Athletes of the future!

At NET, our Physical Education curriculum aims to ensure that all pupils:

- Are inspired to partake, be active, try new skills and live a healthy lifestyle.
- Excel and participate in competitive sport and other physically demanding activities, as well as being physically confident in non-competitive situations.
- Access a varied curriculum that supports a positive mental health, a love of sport; whether to compete, lead or referee.
- Can participate at extra-curricular clubs.
- Have the opportunity to experience new concepts, develop their knowledge and progress their understanding to levels of greater depth that they can take beyond their time at school.
- To lay the foundations to encourage lifelong participation in sport and exercise.

Teachers will impart essential knowledge so pupils can successfully understand, demonstrate and apply key skills, techniques and concepts. This knowledge has been planned progressively, starting in early years and across key stage one and key stage two. This planned knowledge will include skills, techniques and concepts that are appropriate to a range of sports and build upon one another year after year, and refer to one another over time.

### Long Term Plan

| Physical Education Long Term Plan – NET Academies  |                   |                                   |                               |   |  |                                  |                                     |                                 |                                     |
|--|-------------------|-----------------------------------|-------------------------------|---|--|----------------------------------|-------------------------------------|---------------------------------|-------------------------------------|
| Strands: Aesthetics, Invasion Games, Athletics, Net/Wall Games, Health Related Fitness, Striking and Fielding, Swimming, Target Games, OAA and Multi-Skills. |                   |                                   |                               |   |  |                                  |                                     |                                 |                                     |
| CT = Class Teacher / ST = Specialist Teacher / HT = Half Term ALL HIGHLIGHTED UNITS USE NET PLANS  |                   |                                   |                               |   |  |                                  |                                     |                                 |                                     |
|  |                   | EYFS                              |                               | Key Stage One                           |  | Lower Key Stage Two              |                                     | Upper Key Stage Two             |                                     |
|  |                   | Nursery                           | Reception                     | Year 2/1 2023-24                        | Year 2/1 2024-2025                               | Year 4/3 2023-24                 | Year 4/3 2024-2025                  | Year 6/5 2023-24                | Year 6/5 2024-2025                  |
| Physical Education   | Autumn 1 CT       | Intro to PE 1 (Multi-Skills)      | Intro to PE 2 (Multi-Skills)  | Fundamentals Y1 (Multi-Skills)          | Ball Skills Y1 (Multi-Skills)                    | Football (Invasion Games)        | Hockey (Invasion Games)             | Football (Invasion Games)       | Dance: Secret Agents (Aesthetics)   |
|  | Autumn 1 ST or CT |                                   |                               | Net and wall Y1 (Net/Wall)              | Striking and fielding Y1 (Striking and Fielding) | Tag rugby (Invasion Games)       | OAA Y3 (OAA)                        | Tag Rugby (Invasion Games)      | Fitness Y5 (Health Related Fitness) |
|  | Autumn 2 CT       |                                   |                               | Sending and receiving Y1 (Multi-Skills) | Dance: Seasons (Aesthetics)                      | Fitness (Health Related Fitness) | Dodgeball (Target Games)            | Dance: Haka (Aesthetics)        | Handball (Invasion Games)           |
|  | Autumn 2 ST or CT | Ball skills 1 (Target Games)      | Ball skills 2 (Target Games)  | Gymnastics Y1 (Aesthetics)              | Target games 1/2 (Target Games)                  | Tennis Y3 (Net/Wall)             | Handball (Invasion Games)           | Volleyball (Net/Wall)           | Badminton (Net/Wall)                |
|  | Spring 1 CT       | Gymnastics 1 (Aesthetics)         | Gymnastics 2 (Aesthetics)     | Fundamentals Y2 (Multi-Skills)          | Fitness Y1 (Health Related Fitness)              | Gymnastics Y3 (Aesthetics)       | Dance: Changing States (Aesthetics) | Basketball (Invasion Games)     | Dodgeball (Target Games)            |
|  | Spring 1 ST or CT |                                   |                               | Dance: Toys (Aesthetics)                | Invasion Y1 (Invasion Games)                     | Basketball (Invasion Games)      | Ball skills Y3 (Target Games)       | Archery (Target Games)          | Hockey (Invasion Games)             |
|  | Spring 2 CT       |                                   |                               | Sending and receiving Y2 (Multi-Skills) | Dance: Plants (Aesthetics)                       | Netball (Invasion Games)         | OAA Y4 (OAA)                        | Netball (Invasion Games)        | Fitness Y6 (Health Related Fitness) |
|  | Spring 2 ST or CT | Dance 1 (Aesthetics)              | Dance 2 (Aesthetics)          | Gymnastics Y2 (Aesthetics)              | Fitness Y2 (Health Related Fitness)              | Gymnastics Y4 (Aesthetics)       | Ball skills Y4 (Target Games)       | Gymnastics Y5 (Aesthetics)      | Tennis Y5 (Net/Wall)                |
|  | Summer 1 CT       |                                   |                               | Yoga (Aesthetics)                       | Ball Skills Y2 (Multi-Skills)                    | Athletics (Athletics)            | Athletics (Athletics)               | Athletics (Athletics)           | Athletics (Athletics)               |
|  | Summer 1 ST or CT | Fundamentals 1 (Multi-Skills)     | Fundamentals 2 (Multi-Skills) | Athletics (Athletics)                   | Athletics (Athletics)                            | Cricket (Striking and Fielding)  | Archery (Target Games)              | Gymnastics Y6 (Aesthetics)      | Golf (Target Games)                 |
|  | Summer 2 CT       |                                   |                               | Net and wall Y2 (Net/Wall)              | Striking and fielding Y2 (Striking and Fielding) | Dance: Romans (Aesthetics)       | Boulders (Striking and Fielding)    | Cricket (Striking and Fielding) | Boulders (Striking and Fielding)    |
|  | Summer 2 ST or CT | Games 1 (Invasion) (Multi-Skills) | Games 2 (Multi-Skills)        | Team building Y1/2 (OAA)                | Invasion Y2 (Invasion Games)                     | Tennis Y4 (Net/Wall)             | Golf (Target Games)                 | OAA (OAA)                       | Tennis Y6 (Net/Wall)                |