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.

Physical Education Long Term Plan – Harlow Schools

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	
		Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Physical Education	Autumn 1 CT	Intro to PE 2 *(Multi-Skills)*	Fundamentals *(Multi-Skills)*	Dance: Seasons *(Aesthetics)*	Gymnastics *(Aesthetics)*	Dodgeball *(Target Games)*	Fitness *(Health Related Fitness)*	Fitness *(Health Related Fitness)*
	Autumn 1 ST or CT		Sending and receiving *(Multi-Skills)*	Sending and receiving *(Multi-Skills)*	Football *(Invasion Games)*	Football *(Invasion Games)*	Football *(Invasion Games)*	Football *(Invasion Games)*
	Autumn 2 CT	Ball skills 2 *(Target Games)*	Dance: Toys *(Aesthetics)*	Target Games *(Target Games)*	Ball skills *(Target Games)*	Archery *(Target Games)*	Dance: Secret Agents *(Aesthetics)*	Archery/Boccia/New Age Kurling
	Autumn 2 ST or CT		Ball skills *(Multi-Skills)*	Net and wall *(Multi-Skills)*	Basketball *(Invasion Games)*	Ball skills *(Target Games)*	Basketball *(Invasion Games)*	Basketball *(Invasion Games)*
	Spring 1 CT	Gymnastics 2 *(Aesthetics)*	Yoga *(Aesthetics)*	Dance: Plants *(Aesthetics)*	Fitness *(Health Related Fitness)*	Dance: Changing States *(Aesthetics)*	Volleyball *(Net/Wall)*	Gymnastics *(Aesthetics)*
	Spring 1 ST or CT		Fitness/Indoor Athletics *(Health Related Fitness)*	Fitness/Indoor Athletics *(Health Related Fitness)*	Tag rugby *(Invasion Games)*	Hockey *(Invasion Games)*	Hockey *(Invasion Games)*	Hockey *(Invasion Games)*
	Spring 2 CT	Dance 2 *(Aesthetics)*	Gymnastics *(Aesthetics)*	Gymnastics *(Aesthetics)*	OAA *(OAA)*	OAA *(OAA)*	Gymnastics *(Aesthetics)*	Tennis/Badminton *(Net/Wall)*
	Spring 2 ST or CT		Net and wall *(Net/Wall)*	Ball Skills *(Multi-Skills)*	Tennis *(Net/Wall)*	Tennis *(Net/Wall)*	Tag rugby *(Invasion Games)*	Tag rugby *(Invasion Games)*
	Summer 1 CT	Fundamentals 2 *(Multi-Skills)*	Invasion *(Invasion)*	Invasion *(Invasion Games)*	Tennis *(Net/Wall)*	Rounders/Cricket *(Striking and Fielding)*	Tennis *(Net/Wall)*	Rounders/Cricket *(Striking and Fielding)*
	Summer 1 ST or CT		Striking and fielding *(Striking and Fielding)*	Striking and Fielding *(Striking and Fielding*	Cricket *(Striking and Fielding)*	Netball *(Invasion Games)*	Netball *(Invasion Games)*	Netball *(Invasion Games)*
	Summer 2 CT	Games 2 *(Invasion)* *(Multi-Skills)*	Team building *(OAA)*	Fundamentals *(Multi-Skills)*	Dance: Romans *(Aesthetics)*	Gymnastics *(Aesthetics)*	OAA *(OAA)*	Dodgeball/Golf *(Target Games)*
	Summer 2 ST or CT		Athletics *(Athletics)*	Athletics *(Athletics)*	Athletics *(Athletics)*	Athletics *(Athletics)*	Athletics *(Athletics)*	Athletics *(Athletics)*

Useful Links:

BBC Teach PE Videos

Get Inspired - Local and National Sports Activities

Active Essex

Waltham Abbey Leisure Centre

Harlow Leisure Zone

FA Football Super Kicks

60 Second Activities At Home

Teams/Clubs:

Tegate Netball Club

Harlow Gymnastics

Find A Football Club

Sports/Activities for Children in Waltham Abbey

Harlow Rugby Club

Watham Abbey Karate Club

ProEliteFootballAcademy

CKSportsCoaching