



PE Long Term Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Develop the key 10 fundamental movements (hands) <ul style="list-style-type: none"> • Skipping • Running Listen and attend whilst carrying out another activity (heart)	Develop the key 10 fundamental movements (hands) <ul style="list-style-type: none"> • Hopping • Jumping Display some control and co-ordination in large and small movements (hands) Follow instructions involving several ideas and actions (head)	Develop the key 10 fundamental movements (hands) <ul style="list-style-type: none"> • Rolling • Bouncing Talk about ways to keep healthy including exercise (head) Observe the effects of exercise on their bodies. (head)	Develop the key 10 fundamental movements (hands) Throwing Catching Adjust behaviour to different situations (heart)	Develop the key 10 fundamental movements (hands) Dodging Follow basic rules and instructions (heart) Experiment moving in a range of ways, negotiating space (hands)	Develop the key 10 fundamental movements (hands) Kicking Striking Describe and talk about themselves in positive way and talk about their abilities (head)
Year 1	Master the key 10 fundamental movements (hands) <ul style="list-style-type: none"> • Hopping • Jumping Manage emotion, share equipment and opportunities	Master the key 10 fundamental movements (hands) <ul style="list-style-type: none"> • Skipping • Running Perform dances with a range of movements and levels by choreographing simple sequences (hands)	Master the key 10 fundamental movements (hands) <ul style="list-style-type: none"> • Rolling • Bouncing •Discuss and explore the effects on the body when exercising.	Master the key 10 fundamental movements (hands) Throwing Catching Use communication skills in a small group and to help themselves (heart)	Master the key 10 fundamental movements (hands) Dodging Use agility balance and co-ordination (hands) Solve simple problems and persevere when challenged (head)	Master the key 10 fundamental movements (hands) Kicking Striking Focus and maintain concentration through an activity (head)
Year 2	Master the key 10 fundamental movements Hopping Skipping Jumping Managing emotions and sharing equipment and opportunities (heart)	Master the key 10 fundamental movements Bouncing Kicking Discuss and explore the effects on the body when exercising.	Master the key 10 fundamental movements Running Dodging Use communication skills in a small group game (heart)	Use agility balance and co-ordination (hands) Solve simple problems and persevere when challenged (head)	Apply the key 10 fundamental movements to a range of activities and mini games (hands)) (linked to FMS Striking) Apply simple attacking and defending tactics (head)	Apply the key 10 fundamental movements to a range of activities and mini games (hands) Apply simple attacking and defending tactics (head)

Year 3	<p>To have refined and mastered a range of basic fundamental movement skills (hands)</p> <p>Solve problems through decision making as an individual in an unopposed environment (head)</p>	<p>Compose and performance dances using co-ordination and control (hands)</p> <p>Co-operate within a group/team; respecting valuing other members (heart)</p>	<p>To have refined and mastered a range of basic fundamental movement skills (hands)</p> <p>Manage their own emotional intelligence (ie empathy self-awareness, growth mindset and discipline) (heart)</p>	<p>Develop strength, flexibility, control and balance (athletics-sports day links) (hands)</p> <p>Use a range of communication methods styles and language appropriate to the context effectively (heart)</p>	<p>Apply a range of physical skills acquired in a range of competitive games and small sided games and physical activities (focus on invasion) (hands)</p> <p>Identify and learn how to apply the attacking and defending principles (head)</p>	<p>Apply a range of physical skills acquired in a range of competitive games and small sided games and physical activities ((hands) (focus on striking and fielding).</p> <p>Select and apply tactical strategies in individual and team game contexts (head)</p>
Year 4	<p>Apply a range of physical skills acquired in a range of competitive games and small sided games and physical activities (hands)</p> <p>Understand the impact of exercise on the body for both short and long term (head)</p>	<p>Assess and analyse own performance- to recognise achievement and areas for development to achieve personal best (Head)</p> <p>Manage their own emotional intelligence (ie empathy self-awareness, growth mindset and discipline) (heart)</p>	<p>Develop strength, flexibility, control and balance (hands) (gymnastics)</p> <p>Use a range of communication methods, styles and language appropriate to the context, effectively (heart)</p>	<p>Co-operate within a group, team respecting and valuing other members (heart)</p> <p>Select and apply tactical strategies in individual and team game contexts (head)</p>	<p>Apply a range of physical skills acquired in a range of competitive games and small sided games and physical activities (hands)</p> <p>Identify and learn how to apply the attacking and defending principles (head)</p>	<p>Apply a range of physical skills acquired in a range of competitive games and small sided games and physical activities (hands)</p> <p>Select and apply tactical strategies in individual and team game contexts (head)</p>
Swim a minimum of 25m in a range of strokes competently, confidently and proficiently (hands)						
Year 5	<p>Demonstrate strength, flexibility, technique, control and balance through a broad range of experiences (gymnastics) (hands)</p> <p>Display positive character traits and manage own emotional intelligence i.e empathy, self-awareness, growth mindset and discipline (heart)</p>	<p>Compose and perform dances using a range of creative and imaginative movement patterns and sequences. (hands)</p> <p>Assess and analyse own and others performances -giving and receiving feedback- to recognise achievements and areas for development to achieve personal bests. (Head)</p>	<p>Understand the importance of exercise on the body, both short and long term (head)</p> <p>Select and apply appropriate tactical strategies in individual and team game context (hands)</p>	<p>Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive games, small sided games and physical activities using FMS in more complex actions (hands)</p> <p>Contribute (collaborate) effectively to a group/team; respecting and valuing other members (heart)</p>	<p>Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive games, small sided games and physical activities using FMS in more complex actions (hands)</p> <p>Use a range of communication methods, styles and language appropriate</p>	<p>Take part in outdoor and adventurous activities individually and within a team. (hands)</p> <p>Solve problems through decision making as an individual and with others in a range of context (head)</p>

					to the context, effectively (heart)	
Year 6	<p>Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive games, small sided games and physical activities using FMS in more complex actions.</p> <p>Select and apply appropriate tactical strategies in individual and team game context (head)</p>	<p>Compose and perform dances using a range of creative and imaginative movement patterns and sequences (hands)</p> <p>Contribute (collaborate) effectively to a group/team; respecting and valuing other members (heart)</p>	<p>Apply the attacking and defencing principles (head)</p> <p>Display positive character traits and manage own emotional intelligence i.e empathy, self-awareness, growth mindset and discipline (heart)</p>	<p>Apply the attacking and defencing principles (head)</p> <p>Use a range of communication methods, styles and language appropriate to the context, effectively (heart)</p>	<p>Demonstrate strength, flexibility, technique, control and balance through a broad range of experience (athletics ties to sports day) (hands)</p> <p>Assess and analyse own and others performances -giving and receiving feedback- to recognise achievements and areas for development to achieve personal bests (head)</p>	<p>Combine, link and apply the broad range of physical skills acquired to excel in a range of competitive games, small sided games and physical activities using FMS in more complex actions (focus on striking and fielding).</p> <p>Solve problems through decision making as an individual and with others in a range of context (head)</p>
Delivered on residential- Take part in outdoor and adventurous activities individually and within a team (hands)						

Understand the school key characteristics in PE and during physical activity (heart).
Outcome taught throughout each unit.