



Fundamental P.E. skills

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Locomotor Skills			Stability Skills			Manipulative Skills	
<ul style="list-style-type: none"> Walking Running Hopping Skipping Jumping Dodging Side stepping 			<ul style="list-style-type: none"> Balancing Landing 			<ul style="list-style-type: none"> Catching Throwing Kicking Striking with the hand Striking with an implement 	
Key stage	EYFS	KS1		LKS2		UKS2	
Lesson	PE unit	PE unit	Fundamental skills	PE unit	Fundamental skills	PE unit	Fundamental skills
Autumn 1	Introduction to PE  OUTDOOR & ADVENTURE	Team building  OUTDOOR & ADVENTURE	<ul style="list-style-type: none"> Walking Running Catching Throwing 	<ul style="list-style-type: none"> Tag rugby Cross country  GAMES	<ul style="list-style-type: none"> Running Catching Throwing Sidestepping 	<ul style="list-style-type: none"> Tag rugby Cross country  GAMES	<ul style="list-style-type: none"> Running Catching Throwing Dodging Sidestepping Fitness
Autumn 2	Fundamental Skills  ATHLETICS	Gymnastics  GYMNASTICS	<ul style="list-style-type: none"> Balancing Landing Jumping Hopping 	Gymnastics  GYMNASTICS	<ul style="list-style-type: none"> Balancing Landing Jumping Hopping Kicking 	<ul style="list-style-type: none"> Gymnastics Athletics  GYMNASTICS	<ul style="list-style-type: none"> Balancing Landing Jumping Kicking Fitness



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<p>Spring 1</p>	<p>Gymnastics</p>  <p>GYMNASTICS</p>	<p>Net and wall games</p>  <p>GAMES</p>	<ul style="list-style-type: none"> • Running • Skipping • Catching • Kicking 	<p>Tennis</p>  <p>GAMES</p>	<ul style="list-style-type: none"> • Running • Catching • Throwing • Striking with an implement 	<p>Volleyball</p>  <p>GAMES</p>	<ul style="list-style-type: none"> • Hopping • Skipping • Striking with the hand • Striking with an implement • Fitness
<p>Spring 2</p>	<p>Ball Skills</p>  <p>GAMES</p>	<p>Invasion games</p>  <p>GAMES</p>	<ul style="list-style-type: none"> • Running • Catching • Throwing • Kicking 	<p>Netball</p>  <p>GAMES</p>	<ul style="list-style-type: none"> • Catching • Kicking • Skipping • Dodging 	<p>Netball</p>  <p>GAMES</p>	<ul style="list-style-type: none"> • Throwing • Catching • Kicking • Sidestepping • Dodging • Fitness
<p>Summer 1</p>	<p>Dance</p>  <p>DANCE</p>	<p>Athletics</p>  <p>ATHLETICS</p>	<ul style="list-style-type: none"> • Running • Jumping • Landing • Throwing 	<p>Athletics</p>  <p>ATHLETICS</p>	<ul style="list-style-type: none"> • Running • Jumping • Landing • Throwing 	<p>Athletics</p>  <p>ATHLETICS</p>	<ul style="list-style-type: none"> • Running • Jumping • Landing • Throwing • Fitness
<p>Summer 2</p>	<p>Games</p>  <p>GAMES</p>	<p>Striking and fielding</p>  <p>GAMES</p>	<ul style="list-style-type: none"> • Running • Catching • Throwing • Balancing 	<p>Cricket</p>  <p>GAMES</p>	<ul style="list-style-type: none"> • Running • Catching • Throwing • Balancing • Striking with an implement 	<p>Cricket</p>  <p>GAMES</p>	<ul style="list-style-type: none"> • Catching • Throwing • Balancing • Striking with an implement • Fitness



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Yearly	<p>Dance (In KS1 and KS2, dance is taught through workshops and instructional videos - timetable changes yearly).</p>	<p>Outdoor and adventurous (Taught through enrichment opportunities - timetable changes yearly).</p>	<p>Swimming (One KS2 class per half term - timetable changes yearly)</p>
	 <p>DANCE</p>	 <p>OUTDOOR & ADVENTURE</p>	 <p>AQUATICS</p>

Notes

- Each week, every class will receive one PE lesson focussing on a specific sporting discipline and an extra PE lesson focussing on the basic skills required to participate in sport. Throughout the year, these will be supplemented by additional coaching, competition, and taster opportunities throughout the year to supplement these and provide a wider range of sports.
- Each half-term, every class will practise a maximum of five basic skills, including at least one locomotor skill and one move movement skill (excluding Autumn 2 for KS1). In KS1, this will be limited to a maximum of four basic skills.
- The skills allocated to each half-term are designed to align with the unit of work being taught in the corresponding curriculum P.E. lesson to allow these basic skills to be applied and practised in the context of a specific area of the subject.
- Striking with the hand, striking with an implement, dodging and sidestepping will not be introduced until KS2 to allow KS1 pupils more time to focus on and develop more fundamental skills.
- The skills of running, catching, and throwing will be revisited more often, especially in KS1 and LKS2, as these are considered essential skills for a wide range of sports.
- In UKS2, most locomotor skills should have been mastered, so these will be supplemented with fortnightly fitness sessions.
- Each unit of work is selected to align with the Darlington School Sports Partnership's Events Calendar, hence some half-terms covering two units.



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- KS1 and KS2 classes complete a 'Walk and Talk' session each day.
- Dance is taught through yearly instructional videos and through cross-curricular workshops delivered by specialised dance teachers.
- All children in KS2 also receive a block of swimming lessons each year.