

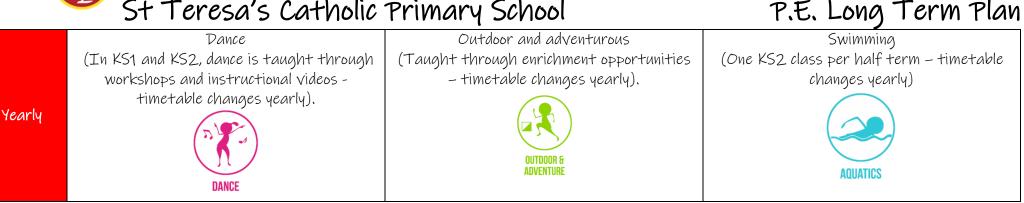
Fundamental P.E. skills								
Locomotor Skills			<u>Stability Skills</u>			<u>Manipulative Skills</u>		
 Walking Running Hopping Skipping Jumping Dodging Side stepping 			BalancingLanding			 Catching Throwing Kicking Striking with the hand Striking with an implement 		
Key stage	EYFS	KS1		LKS2		UKS2		
Lesson	PE unit	PE unit	Fundamental skills	PE unit	Fundamental skills	PE unit	Fundamental skills	
Autumn 1	Introduction to PE	Team building OUTDOOR & ADVENTURE	 Walking Running Catching Throwing 	 Tag rugby Cross GAMES country 	 Running Catching Throwing Sidestepping 	 Tag rugby Cross country GAMES 	 Running Catching Throwing Dodging Sidestepping Fitness 	
Autumn 2	Fundamental Skills	Gymnastics Gymnastics	 Balancing Landing Jumping Hopping 	Gymnastics Gymnastics	 Balancing Landing Jumping Hopping Kicking 	 Gymnastics Athletics Gymnastics 	 Balancing Landing Jumping Kicking Fitness 	

St Teresa's Catholic Primary School

P.E. Long	Term	Plan
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Spring 1	Gymnastics Gymnastics Gymnastics	Net and wall games GAMES	 Running Skipping Catching Kicking 	Tennis GAMES	 Running Catching Throwing Striking with an implement 	Volleyball GAMES	 Hopping Skipping Striking with the hand Striking with an implement Fitness
Spring 2	Ball Skills	Invasion games GAMES	 Running Catching Throwing Kicking 	Netball	 Catching Kicking Skipping Dodging 	Netball	 Throwing Catching Kicking Sidestepping Dodging Fitness
Summer 1	Dance DANCE	Athletics The tics	 Running Jumping Landing Throwing 	Athletics The tics Athletics	 Running Jumping Landing Throwing 	Athletics THLETICS	 Running Jumping Landing Throwing Fitness
Summer 2	Games GAMES	Striking and fielding GAMES	 Running Catching Throwing Balancing 	GAMES Cricket	 Running Catching Throwing Balancing Striking with an implement 	Cricket GAMES	 Catching Throwing Balancing Striking with an implement Fitness

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<u>Notes</u>

- 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 halfterms covering two units.



P.E. Long Term Plan

- 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.