

Year Group	Autumn 1 Lesson 1	Autumn 1 Lesson 2	Autumn 2 Lesson 1	Autumn 2 Lesson 2	Spring 1 Lesson 1	Spring 1 Lesson 2	Spring 2 Lesson 1	Spring 2 Lesson 2	Summer 1 Lesson 1	Summer 1 Lesson 2	Summer 2 Lesson 1	Summer 2 Lesson 2
EYFS	Additional document attached outlining EYFS Long term plan. BM and LG (CPD)											
1	Fundamental movement games	Real P.E. - Personal	Dance	Real P.E. – Social	Gym AO and AP (CPD)	Real P.E. Cognitive	Team Games	Real P.E. Creative	Striking and fielding	Real P.E. Physical	Athletics skills	Real P.E. Fitness
2	Team Games LM (CPD)	Real P.E. - Personal	Dance	Real P.E. - Social	Gym	Real P.E. Cognitive	Team Games SA (CPD)	Real P.E. Creative	Striking and fielding	Real P.E. Physical	Athletics skills	Real P.E. Fitness
3	Swimming	OAA	Swimming	Real P.E. - Social (LN Gym CPD)	Gymnastics DT (Gym CPD) LN (Real P.E Social)	Real P.E. Cognitive	Real P.E. – Personal Whole unit in 3 weeks	Real P.E. Creative Whole unit in 3 weeks	Team Games <i>Understanding the concepts of team games NOT sport specifics</i>	Real P.E. Physical	Athletics skills	Real P.E. Fitness
4	Striking and fielding NB (CPD) FB (CPD)	Real P.E. - Personal	Dance	Real P.E. - Social	Tri Golf	Real P.E Cognitive	Team Games <i>Understanding the concepts MUST include Tag Rugby</i>	Real P.E. Creative	Swimming	Real P.E. Physical	Swimming	Athletics up to sports day. Real P.E. Fitness after sports day
5	Striking and Fielding Cricket WB (CPD)	Invasion games Football	Gym (Hall) AM (CPD)	Real P.E – Cognitive	Gym	Swimming	Invasion Games Hockey	Swimming	Real PE – Personal	OAA	Real P.E – Social	Athletics
6	Indoor athletics	Invasion games Netball	Dance (Hall)	Real P.E – Health and Fitness	Dance (Hall)	Real P.E – Physical	Net/Wall Tennis AH (CPD)	Real P.E – Creative (Hall)	Invasion Games Handball AK (CPD)	Competitive team games (Dodgeball, bench ball)		Striking and fielding Rounders

Invasion games: Tag rugby, netball, handball, Frisbee, football, hockey and basketball.

Key stage 1 National Curriculum

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending

- perform dances using simple movement patterns.

Key Stage 2 National Curriculum

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.