

### Keystage 1 Long Term PE Plan 2019-2020

- 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.
- Highlighted units are assessment units

|              | Autumn                                       |   | Spring   |  | Summer                           |                            |
|--------------|--|---|--|--|----------------------------------|----------------------------|
|              | 1 <sup>st</sup> half term                    | 2 <sup>nd</sup> half term   | 1 <sup>st</sup> half term                        | 2 <sup>nd</sup> half term                    | 1 <sup>st</sup> half term        | 2 <sup>nd</sup> half term  |
| PD<br>EYFS   | Bike<br>Balanceability<br>Write Dance        | Bike<br>Balanceability<br>Write Dance                             | Yoga<br>Smart Moves                              | Gymnastics<br>Best of Balls<br>(Multiskills) | Gymnastics<br>Mini Athletics     | Dance<br>Tennis            |
| PE<br>Year 1 | Gymnastics (I)<br>Running and<br>Jumping (O) | Dance- Nativity<br>/Toy Theme (I)<br>Throwing and<br>catching (O) | Team games (I)<br>Attacking and<br>Defending (O) | Yoga (I)<br>Rounders (O)                     | Multiskills (I)<br>Athletics (O) | Football (I)<br>Tennis (O) |
| PE<br>Year 2 | Gymnastics<br>Hockey                         | Gymnastics<br>Netball/Basketball<br>skills                        | Dance<br>Football, rugby                         | Team games<br>Athletics                      | Swimming<br>Rounders             | Swimming<br>Cricket        |

PE Long Term Plan- Miss L Dean and N Boswell

(PE Co-ordinators)

## Keystage 2 Long Term PE Plan

- 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.
- Highlighted units are assessment units

|              | Autumn                          |                                    | Spring                    |                           | Summer                    |                           |
|--------------|---------------------------------|------------------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
|              | 1 <sup>st</sup> half term       | 2 <sup>nd</sup> half term          | 1 <sup>st</sup> half term | 2 <sup>nd</sup> half term | 1 <sup>st</sup> half term | 2 <sup>nd</sup> half term |
| PE<br>Year 3 | Netball<br>Team games           | Dance<br>Team games                | Swimming<br>Tri Golf      | Swimming<br>Tri Golf      | Athletics<br>Athletics    | Cricket<br>Rounders       |
| PE<br>Year 4 | Swimming<br>Netball             | Swimming<br>Gymnastics             | Tri-Golf<br>Dance         | Tag Rugby<br>Hockey       | Athletics<br>Athletics    | Tennis<br>Rounders        |
| PE<br>Year 5 | OAA<br>Team Games               | Basketball/<br>Netball<br>Circuits | Tag Rugby                 | Dance<br>Gymnastics       | Athletics<br>Athletics    | Cricket<br>Rounders       |
| PE<br>Year 6 | Sports Hall<br>Athletics<br>OAA | Gymnastics<br><br>Fitness          | Netball<br>Dance          | Hockey<br>Fitness         | Athletics<br>Athletics    | Tennis<br>Rounders        |

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