

## Physical Education

### *Developing the Pupil Athletes of the future!*

At NET, our Physical Education curriculum aims to ensure that all pupils:

- Are inspired to partake, be active, try new skills and live a healthy lifestyle.
- Excel and participate in competitive sport and other physically demanding activities, as well as being physically confident in non-competitive situations.
- Access a varied curriculum that supports a positive mental health, a love of sport; whether to compete, lead or referee.
- Can participate at extra-curricular clubs.
- Have the opportunity to experience new concepts, develop their knowledge and progress their understanding to levels of greater depth that they can take beyond their time at school.
- To lay the foundations to encourage lifelong participation in sport and exercise.

Teachers will impart essential knowledge so pupils can successfully understand, demonstrate and apply key skills, techniques and concepts. This knowledge has been planned progressively, starting in early years and across key stage one and key stage two. This planned knowledge will include skills, techniques and concepts that are appropriate to a range of sports and build upon one another year after year, and refer to one another over time.

### Non-rolling long term plan

Physical Education Long Term Plan – NET Academies									
Strands: <b>Aesthetics</b> , <b>Invasion Games</b> , <b>Athletics</b> , <b>Net/Wall Games</b> , <b>Health Related Fitness</b> , <b>Striking and Fielding</b> , <b>Swimming</b> , <b>Target Games</b> , <b>OAA</b> and <b>Multi-Skills</b> .									
CT = Class Teacher / ST = Specialist Teacher / HT = Half Term <b>ALL HIGHLIGHTED UNITS USE NET PLANS</b>									
		EYFS		Key Stage One		Lower Key Stage Two		Upper Key Stage Two	
		Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Physical Education	Autumn 1 CT	Intro to PE 1 (Multi-Skills)	Intro to PE 2 (Multi-Skills)	Fundamentals (Multi-Skills)	Dance: Seasons (Aesthetics)	Football (Invasion Games)	Hockey (Invasion Games)	Football (Invasion Games)	Hockey (Invasion Games)
	Autumn 1 ST or CT			Sending and receiving (Multi-Skills)	Fundamentals (Multi-Skills)	Tag rugby (Invasion Games)	Handball (Invasion Games)	Tag Rugby (Invasion Games)	Dance: Secret Agents (Aesthetics)
	Autumn 2 CT			Dance: Toys (Aesthetics)	Target Games (Target Games)	Fitness (Health Related Fitness)	Dodgeball (Target Games)	Dance: Haka (Aesthetics)	Handball (Invasion Games)
	Autumn 2 ST or CT	Ball skills 1 (Target Games)	Ball skills 2 (Target Games)	Gymnastics (Aesthetics)	Net and wall (Multi-Skills)	Tennis (Net/Wall)	Tennis (Net/Wall)	Volleyball (Net/Wall)	Badminton (Net/Wall)
	Spring 1 CT			Yoga (Aesthetics)	Gymnastics (Aesthetics)	Gymnastics (Aesthetics)	Dance: Changing States (Aesthetics)	Basketball (Invasion Games)	Dodgeball (Target Games)
	Spring 1 ST or CT	Gymnastics 1 (Aesthetics)	Gymnastics 2 (Aesthetics)	Ball skills (Multi-Skills)	Invasion (Invasion Games)	Basketball (Invasion Games)	Gymnastics (Aesthetics)	Fitness (Health Related Fitness)	Gymnastics (Aesthetics)
	Spring 2 CT			Invasion (Invasion)	Dance: Plants (Aesthetics)	Netball (Invasion Games)	OAA (OAA)	Netball (Invasion Games)	Fitness (Health Related Fitness)
	Spring 2 ST or CT	Dance 1 (Aesthetics)	Dance 2 (Aesthetics)	Net and wall (Net/Wall)	Fitness (Health Related Fitness)	Ball skills (Target Games)	Ball skills (Target Games)	Gymnastics (Aesthetics)	Tennis (Net/Wall)
	Summer 1 CT			Athletics (Athletics)	Athletics (Athletics)	Athletics (Athletics)	Athletics (Athletics)	Athletics (Athletics)	Athletics (Athletics)
	Summer 1 ST or CT	Fundamentals 1 (Multi-Skills)	Fundamentals 2 (Multi-Skills)	Striking and fielding (Striking and Fielding)	Ball Skills (Multi-Skills)	Cricket (Striking and Fielding)	Archery (Target Games)	Tennis (Net/Wall)	Archery (Target Games)
	Summer 2 CT			Fitness (Health Related Fitness)	Sending and receiving (Multi-Skills)	Dance: Romans (Aesthetics)	Rounders (Striking and Fielding)	Cricket (Striking and Fielding)	Rounders (Striking and Fielding)
	Summer 2 ST or CT	Games 1 (Invasion) (Multi-Skills)	Games 2 (Invasion) (Multi-Skills)	Team building (OAA)	Striking and Fielding (Striking and Fielding)	OAA (OAA)	Golf (Target Games)	OAA (OAA)	Golf (Target Games)