



PE National Curriculum Long Term Plan – Physical Education

Subject Leader - Mrs F. Matts & Mr A. Carroll-Armstrong

SUBJECT	N	R	Y1	Y2	Y3	Y4	Y5	Y6
	- Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. - Mounts stairs, steps or climbing equipment using alternate feet. - Walks downstairs, two feet to each step while carrying a small object. - Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. - Can stand momentarily on one foot when shown. - Can catch a large ball. - Jumps off an object and lands appropriately. - Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. - Travels with confidence and skill around, under, over and through balancing and climbing equipment. - Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.		Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: 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.		Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, such as 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 and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. (Year 4) In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively such as front crawl, backstroke and breaststroke perform safe self-rescue in different water-based situations.			
<u>Autumn 1</u>	<u>Multiskills -</u> Pupils will learn a variety of ways to move safely using space.	<u>First PE</u> Pupils will learn a variety of ways to move safely using space, push and pull objects, throw a ball to a partner, move a ball in different ways and throw and catch.	<u>Multi-Skills</u> Pupils will balance on a line using equipment, change direction quickly, coordinate their body whilst moving and compete and challenge themselves in a team.	<u>Invasion Games -</u> Pupils will move a ball in their hand, pass the ball to a partner, move into space and tag a player using tag belts.	<u>Invasion Games</u> Pupils will pass and receive a netball safely, perform a stride stop, jump and dodge in a game of netball, learn how to mark and shoot using the right foot technique and play small games of 'high five' netball.	<u>.Invasion Games:</u> Pupils will learn to tag safely, whilst controlling a ball and moving into the correct position. They will learn ways to throw backwards, sideways with control and accuracy.	<u>Invasion Games:</u> Pupils will tag more than one player using either hand whilst moving, choose different pathways, pass and receive the ball in a game and use speed and space to avoid defenders.	<u>Invasion games</u> Pupils will learn to tag a player using either hand when moving. They will choose a pathway to move with the ball with control past defenders and pass a ball backwards or sideways with control and accuracy (both

								sides of body). Pupils will learn to choose the right time to pass and offer support to teammates.
Autumn 2	<u>Dance</u> Pupils will learn basic beats and rhythms and move to music.	<u>Multi-Skills</u> Pupils will experiment in different ways balancing, moving, moving a ball/object with different body parts and work as a team.	<u>Dance</u> Pupils will begin to move in time to music, perform basic dance moves with control and perform basic dance travelling movements.	<u>Outdoor Adventure</u> Pupils will communicate, work as part of a team and individually to problem-solve.	<u>Invasion Games -</u> Pupils will move a ball in their hand using the correct position, pass the ball backwards and sideways, move into space and tag a player in isolation using tag belts.	<u>Dance (Romans) & Swimming</u> Pupils collaborate to make a dance and take on a leadership role, respond imaginatively to a stimulus to create a dance, dance in unison with a group and perform to a group with a range of movements.	<u>Invasion Games -</u> Pupils will move in various directions, dribbling or passing the ball. They will use a variety of passess, whilst receiving the ball with the correct footwork. They will practise defence and attack techniques in a game situation and understand key rules.	<u>Invasion Games:</u> Pupils will move with the ball showing control, whilst keeping possession, perform a variety of passes with precision and control, be able to jump, dodge and stride during a game. whilst defending and attacking and score and understand scoring into a net in a game of handball.
Spring1	<u>Gymnastics</u> Pupils learn basic shapes, jumps and rolls.	<u>Gymnastics</u> Pupils experiment with basic shapes, jumps, rolls and hops moving in different ways.	<u>Gymnastics</u> Pupils will perform shapes, rolls, jumps, hops and sequences.	<u>Gymnastics</u> Pupils will perform shapes, rolls, jumps, hops and sequences.with a strong body and control	<u>Gymnastics</u> Pupils will perform a variety of shapes, rolls, jumps, hops and sequences.with a strong body and control.	<u>Gymnastics/ Swimming</u> Pupils will perform a variety of shapes, with apparatus, speed and control.	<u>Gymnastics</u> Pupils will perform a variety of complex shapes, rolls, jumps, hops, with a strong body and control, showing flexibility when performing sequences.	<u>Gymnastics</u> Pupils will perform a variety of complex shapes, rolls, jumps, hops, with a strong body and control, showing flexibility when performing sequences, using apparatus.
Spring 2	<u>Word moves</u> Pupils will learn new words and complete a range of tasks to create that word.	<u>Dance</u> Pupils will move in time to happy/sad music, experiment different ways of moving, experiment with actions and move around as characters to music	<u>Invasion Games Ball Skills</u> Pupils will catch a ball safely, participate in small sided games, introduce rules, use stopping, passing and dribbling and move with control.	<u>Invasion Games: Ball Games</u> Pupils will move into a space and catch a ball, begin to dodge, develop and understand spacing, pass the ball and develop positioning in a small sided game.	<u>Net & Wall Games</u> Pupils will move to catch a ball, control a ball on the racket, hit the ball across the floor and hit into a target.	<u>Net & Wall Games</u> Pupils will move with balance and control to catch a ball, hit/bounce the ball on racket when moving, hit the ball in forehand position with drop feed and learn to hit a ball in	<u>Net & Wall Games</u> Pupils will move in a variety of directions when hitting the ball, hit a ball to a partner, hit the ball in a game using forehand and backhand and serve diagonally.	<u>Net & Wall Games</u> Pupils will move in a variety of directions when hitting the ball, hit a ball to a partner, hit the ball in a game using forehand and backhand and serve diagonally.

						backhand position with a dropfeed .		
<u>Summer 1</u>	<u>Athletics</u> Pupils will learn to march and run and make basic throws.	<u>Athletics</u> Pupils will learn to march and run with coordination, throw and jump in different ways and take turns in a team.	<u>Athletics</u> Pupils will learn to march and run at various speeds, throw with accuracy and jump to improve distance.	<u>Net & Wall Games:</u> <u>Tennis</u> Pupils will throw a ball from one hand to another, with a partner, balance a ball on a racket with control and learn to have racket familiarisation.	<u>Egyptian Dance</u> Pupils collaborate to make a dance warm-up, use a stimulus to create a dance, dance in unison with a partner and perform to a group.	<u>Athletics</u> Pupils will learn to perform a ‘fast’ technique when sprinting, throw a javelin at a distance, perform triple jump and run over hurdles with control.	<u>Athletics</u> Pupils will learn to react quickly to accelerate, throw a javelin at a good height and distance and perform a variety of jumps and measure for distance.	<u>Athletics</u> Pupils will learn to accelerate quickly with speed and control in competition, throw a javelin with good power and accuracy, perform jumps varying techniques to improve performance and develop pace during long distance running.
<u>Summer 2</u>	<u>‘Enjoy a ball’</u>	<u>Strike & Fielding/Invasion</u> <u>Ball Games</u> Pupils will participate in games encouraging throwing and catching, passing, moving at speed, changing direction and scoring points with beanbags.	<u>Strike & Fielding</u> Pupils will roll and stop a ball with control, throw underarm, bowl underarm, begin to hold the bat correctly and play a modified game of kwik cricket.	<u>Athletics</u> Pupils will learn to sprint, throw a javelin, perform a hop, step and a jump and run.	<u>Athletics/Strike & Fielding</u> Pupils will learn to perform a ‘fast’ technique, throw a javelin, perform a hop, step and a jump and run at a distance using various speeds.	<u>Strike & Fielding</u> Pupils will throw and catch with some control and accuracy, perform bowling techniques, bat a ball in a direction and field the ball all within a game.	<u>Strike & Fielding</u> Pupils will use fielding techniques with throwing and stopping, throw over/underarm over a distance, bowl, hit a moving ball and collaborate as a team to beat the opponent.	<u>Strike & Fielding</u> Pupils will throw and catch with control, making tactical decisions, perform a variety of bowling techniques, bat a ball in different directions and field the ball by moving into positions all within a game.