

PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><b>Gym Skills</b></p> <p><b>(File 1)</b></p> <p>Investigate movement, stillness and how to find and use space safely. Explore basic gymnastic actions on the floor and using apparatus Copy or create, remember and repeat short movements.</p>	<p><b>Dance</b></p> <p>Focus on special awareness and being able to move confidently and safely in their own space whilst exploring basic agility, balance and co ordination skills.</p> <p>Create and repeat a variety of short dances inspired by a range of stimuli.</p> <p>Work individually, in pairs, small groups and a whole class.</p> <p>Develop an awareness of different dances through a choice of themes.</p>	<p><b>Games</b></p> <p><b>(File 1)</b></p> <p>Develop basic game playing skills, in particular throwing and catching.</p> <p>Play games based on net games (tennis / badminton)</p> <p>Games based on striking and fielding games (rounders and cricket)</p> <p>Have the opportunity to play one against one, two against two.</p>	<p><b>Gym Skills</b></p> <p><b>(File 2)</b></p> <p>Investigate movement, stillness and how to find and use space safely.</p> <p>Explore basic gymnastic actions on the floor and using apparatus Copy or create, remember and repeat short movements.</p>	<p><b>Athletics</b></p> <p>Children to explore running, jumping and throwing activities and take part in simple challenges and competitions.</p> <p>They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.</p>	<p><b>Games</b></p> <p><b>(File 1)</b></p> <p>Develop basic game playing skills, in particular throwing and catching.</p> <p>Play games based on net games (tennis / badminton)</p> <p>Games based on striking and fielding games (rounders and cricket)</p> <p>Have the opportunity to play one against one, two against two.</p>

Year 2	<p style="text-align: center;"><b>Gym Skills</b></p> <p style="text-align: center;"><b>(File 1)</b></p> <p>Focus on increasing their range of basic gymnastic skills.</p> <p>Create simple sequences of 'unlike' actions on the floor (roll, jump and shape)</p> <p>Incorporate basic skills into rhythmic gymnastics</p>	<p style="text-align: center;"><b>Dance</b></p> <p>Explore, remember, repeat and link a range of actions with co ordination and control</p> <p>Compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings.</p> <p>Work individually, in pairs, small groups and as a whole class.</p>	<p style="text-align: center;"><b>Games</b></p> <p style="text-align: center;"><b>(File 1)</b></p> <p>Improve and apply their basic skills in games.</p> <p>Play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points.</p>	<p style="text-align: center;"><b>Gym Skills</b></p> <p style="text-align: center;"><b>(File 2)</b></p> <p>Focus on increasing their range of basic gymnastic skills.</p> <p>Create simple sequences of 'unlike' actions on the floor (roll, jump and shape)</p> <p>Incorporate basic skills into rhythmic gymnastics</p>	<p style="text-align: center;"><b>Athletics</b></p> <p>Explore running , jumping and throwing activities, and take part in simple challenges and competitions.</p> <p>Experiment with different ways of travelling, throwing, jumping, increasing their awareness of speed and distance.</p>	<p style="text-align: center;"><b>Athletics</b></p> <p>Explore running , jumping and throwing activities, and take part in simple challenges and competitions.</p> <p>Experiment with different ways of travelling, throwing, jumping, increasing their awareness of speed and distance.</p>
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Year 3	<p style="text-align: center;"><b>Swimming</b></p> <p>Use a range of strokes effectively – front crawl, backstroke, breaststroke.</p>	<p style="text-align: center;"><b>Dance</b></p> <p>Perform dances, focusing on creating , adapting and linking a range of dance actions.</p> <p>Begin to demonstrate an awareness of expressive qualities of dance.</p> <p>Inspired by a range of stimuli.</p> <p>Work individually, in pair, small groups and as a whole class.</p> <p>Develop awareness of historical and cultural origins of different dances through choice of themes.</p>	<p style="text-align: center;"><b>Invasion games</b></p> <p style="text-align: center;"><b>(File 2)</b></p> <p style="text-align: center;"><b>Tag Rugby</b></p> <p>Learn how to successfully and consistently demonstrate the four skills of tag (Running, catching, passing and tackling) with a match scenario.</p>	<p style="text-align: center;"><b>Swimming</b></p> <p>Swim competently, confidently and proficiently over a distance of at least 25 meters.</p> <p>Use a range of strokes effectively – front crawl, backstroke, breaststroke.</p>	<p style="text-align: center;"><b>Swimming</b></p> <p>Perform basic self rescue in different water based situations.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 meters.</p> <p>Use a range of strokes effectively – front crawl, backstroke, breaststroke.</p>	<p style="text-align: center;"><b>Swimming</b></p> <p>Perform basic self rescue in different water based situations.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 meters.</p> <p>Use a range of strokes effectively – front crawl, backstroke, breaststroke.</p>
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<p>Year 4</p>	<p><b>Gym</b></p> <p><b>(File 1)</b></p> <p>Create sequences that include changes of level and speed, focus on using different body shapes clearly. Work with a partner or in a small group, additionally incorporating hand apparatus.</p>	<p><b>Dance</b></p> <p>Focus on creating characters and narrative through movement and gesture.</p> <p>Gain inspiration from a range of stimuli.</p> <p>Use movement to explore and communicate ideas and issues, and their own feeling and thoughts.</p> <p>Work individually, in pairs, small groups and as a whole class.</p> <p>Develop awareness of historical and cultural origins of different dances through choice of themes.</p>	<p><b>Invasion games</b></p> <p><b>(File 1)</b></p> <p><b>Basketball</b></p> <p>Learn how to outwit their opponents and score when playing invasion games.</p> <p>Develop skills finding space and using the space to keep the ball.</p> <p>Play with some basic court set up and rules but use a range of equipment and skills, including throwing, catching, kicking and striking skills.</p>	<p><b>Invasion games</b></p> <p><b>(File 1)</b></p> <p><b>Football</b></p> <p>Learn how to outwit their opponents and score when playing invasion games.</p> <p>Develop skills finding space and using the space to keep the ball.</p> <p>Play with some basic court set up and rules but use a range of equipment and skills, including throwing, catching, kicking and striking skills.</p>	<p><b>Tennis</b></p> <p><b>(File 2)</b></p> <p>Develop skills they need for net games and on how to use these skills to make the game difficult for their opponent.</p> <p>Learn how to direct the ball towards the target area and away from their opponent.</p>	<p><b>Rounders</b></p> <p><b>(File 2)</b></p> <p>Learn how to send or strike the ball into spaces, so that they can score runs in different ways.</p> <p>When fielding the children learn how to work together to keep batters' scores down.</p>
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Year 5	<p style="text-align: center;"><b>Gym</b></p> <p style="text-align: center;"><b>(File 1)</b></p> <p>Create longer sequences to perform for an audience.</p> <p>Learn wider range of actions and explore more difficult ways to perform.</p>	<p style="text-align: center;"><b>Dance</b></p> <p>Learn different styles of dance and focus on dancing with other people.</p> <p>Create, perform and watch dances in a range of styles.</p> <p>Use movement to explore and communicate ideas and their own feelings and thoughts.</p> <p>Work individually, in pair, in small groups and as a whole class.</p> <p>Develop awareness of historical and cultural origins of different dances through choice of themes.</p>	<p style="text-align: center;"><b>Invasion games</b></p> <p style="text-align: center;"><b>(File 2)</b></p> <p style="text-align: center;"><b>Tag Rugby</b></p> <p>Learn how to successfully and consistently demonstrate the four skills of tag (Running, catching, passing and tackling) with a match scenario.</p>	<p style="text-align: center;"><b>Invasion games</b></p> <p style="text-align: center;"><b>(File 1)</b></p> <p style="text-align: center;"><b>Basketball</b></p> <p>Develop skilful attacking and team play.</p> <p>Learn how to work well as a team when attacking, and explore a range of ways to defend.</p>	<p style="text-align: center;"><b>Cricket</b></p> <p style="text-align: center;"><b>(File 1)</b></p> <p>Develop the range and quality of their skills and understanding.</p> <p>Learn how to play the different roles of bowler, wicket – keeper, back stop, fielder and batter.</p>	<p style="text-align: center;"><b>Athletics</b></p> <p>Focus on technical understanding of athletic activity.</p> <p>Learn how to set targets and improve performance in a range of running, jumping and throwing activities.</p>
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Year 6	<p><b>Dance</b></p> <p>Focus on different visual images and stimuli to compose, perform and evaluate a range of dances.</p> <p>Use movement to communicate and demonstrate ideas and issue, and sue their own feelings and thoughts.</p> <p>Work individually, in pair, in small groups and as a whole class.</p> <p>Develop awareness of historical and cultural origins of different dances through choice of themes.</p>	<p><b>Invasion games</b></p> <p><b>(File 1)</b></p> <p><b>Hockey</b></p> <p>Improve their defending and attacking play.</p> <p>Start to play even sided mini version of invasion hockey game.</p>	<p><b>Gym</b></p> <p><b>(File 1)</b> <b>and (File 2)</b></p> <p>Use knowledge of compositional principles - how to use speed, level, direction, how to combine and link actions, - how to relate to partners and apparatus, to show sequences that show an awareness of their audience.</p>	<p><b>Cricket</b></p> <p><b>(File 1)</b></p> <p>Develop the range and quality of their skills and understanding.</p> <p>Learn how to play the different roles of bowler, wicket – keeper, back stop, fielder and batter.</p>	<p><b>Rounders</b></p> <p><b>(File 2)</b></p> <p>Develop the range of their skills and understanding.</p> <p>Learn how to play the different roles of bowler, backstop, fielder and batter.</p>	<p><b>Athletics</b></p> <p>Focus on technical understanding of athletic activity.</p> <p>Learn how to set targets and improve performance in a range of running, jumping and throwing activities.</p>
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