



Physical Education Long Term Plan

NC Coverage	<p>EYFS Physical Development Early Learning Goal (Gross Motor Skills)</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none">• Negotiate space and obstacles safely, with consideration for themselves and others• Demonstrate strength, balance and coordination when playing• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>KS1</p> <p>Pupils should develop;</p> <ul style="list-style-type: none">• 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. <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• 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 <p>KS2</p> <p>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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• 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. <p><u>Swimming and water safety</u></p> <p>Pupils should be taught to:</p>
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	<ul style="list-style-type: none"> 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. 			
Term	Year R	Year 1/2	Year 3/4	Year 5/6
Term 1	Multi Skills/Fundamental Skill Focus Throwing and catching	Multi Skills/Fundamental Skill Focus Throwing and catching	Physical Education Gymnastics	Physical Education Gymnastics
	Physical Education Movement	Physical Education Movement	Physical Education Gymnastics	Physical Education Y6 Swimming
Term 2	Competitive Games Invasion Games- Football	Competitive Games Invasion Games- Football	Physical Education Yoga	Physical Education Y5 Swimming
	Physical Education Dance	Physical Education Dance	Physical Education Dance	Physical Education Dance
	Spring			
Term 3	Competitive Games Attacking and Defending-Hockey	Competitive Games Attacking and Defending-Hockey	Competitive Games Invasion Games Netball	Competitive Games Invasion Games Basketball
	Physical Education Circuit Training	Physical Education Circuit Training	Physical Education Y4 Swimming	Physical Education Circuit Training

Term 4	Multi Skills/Fundamental Skill Focus Bat and Ball	Multi Skills/Fundamental Skill Focus Bat and Ball	Competitive Games Badminton	Competitive Games Tennis
	Physical Education Dance	Physical Education Dance	Physical Education – OAA Orienteering	Physical Education - OAA Orienteering
Summer				
Term 5	Multi Skills/Fundamental Skills Running and Jumping (Mini Olympics)	Multi Skills/Fundamental Skills Running and Jumping (Mini Olympics)	Competitive Games Striking and Fielding- Cricket	Competitive Games Striking and Fielding- Rounders
	Physical Education Gymnastics	Physical Education Gymnastics	Physical Education Y3 Swimming	Physical Education Hockey
Term 6	Multi Skills/Fundamental Skills Athletics Sports Day	Multi Skills/Fundamental Skills Athletics Sports Day	Physical Education Athletics (Sports Day)	Physical Education Athletics (Sports Day)
	Multi Skills/Fundamental Skills Yoga	Multi Skills/Fundamental Skills Yoga	Physical Education Football	Physical Education Swimming