

Long Term PE Plan

EYFS						
	<i>Autumn 1</i>	<i>Autumn 2</i>	<i>Spring 1</i>	<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer 2</i>
<i>Topic 1</i>	Fundamentals – Unit 1	Introduction to PE – Unit 1	Dance – Unit 1	Gymnastics – Unit 1	Ball Skills – Unit 1	Games – Unit 1
<i>EYFS Framework</i>	<p>Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives⁷. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.</p>					

Key Stage 1 - Cycle A

	<i>Autumn 1</i>	<i>Autumn 2</i>	<i>Spring 1</i>	<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer 2</i>
<i>Topic 1</i>	Fundamentals – Y1	Yoga – Y2	Sending and Receiving – Y1	Ball Skills – Y2	Net and Wall Games – Y2	Fitness – Y1
<i>Pupils should be taught to...</i>	Master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Master basic movements as well as developing balance, agility and co-ordination	Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending	Master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities		
<i>Topic 2</i>	Dance – Y1	Gymnastics – Y1	Target Games – Y1	Football – External Scheme	Tennis – External Scheme	Athletics – Y1
<i>Pupils should be taught to...</i>	Perform dances using simple movement patterns	Developing balance, agility & co-ordination, & begin to apply these in a range of activities	Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending	Participate in team games, developing simple tactics for attacking and defending	Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending	Master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Key Stage 1 - Cycle B

	<i>Autumn 1</i>	<i>Autumn 2</i>	<i>Spring 1</i>	<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer 2</i>
<i>Topic 1</i>	Fundamentals – Y2	Team Building – Y2	Sending and Receiving – Y2	Invasion – Y2	Striking and Fielding – Y2	Fitness – Y2
<i>Pupils should be taught to...</i>	Master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Develop communication and problem-solving skills. Work individually, in pairs and in small groups with an emphasis on teamwork. Learn to discuss, plan and reflect on ideas and strategies. Lead a partner whilst considering safety. Show honesty and fair play.	Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending			Master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
<i>Topic 2</i>	Dance - Y2	Gymnastics – Y2	Target Games – Y2	Dodgeball – External Scheme	Cricket – External Scheme	Athletics – Y2
<i>Pupils should be taught to...</i>	Perform dances using simple movement patterns	Developing balance, agility & co-ordination, & begin to apply these in a range of activities	Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending			Master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Lower Key Stage 2 - Cycle A

	<i>Autumn 1</i>	<i>Autumn 2</i>	<i>Spring 1</i>	<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer 2</i>
<i>Topic 1</i>	Swimming					
<i>Pupils should be taught to...</i>	Pupils should be taught to 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.					
<i>Topic 2</i>	Yoga – Y3 and Y4	Dance – Y3	Netball – Y3 and Y4	Golf – Y3 and Y4	Gymnastics – Y3	Athletics – Y3
<i>Pupils should be taught to...</i>	Develop flexibility, strength, technique, control and balance	Perform dances using a range of movement patterns	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Use running, jumping, throwing and catching in isolation and in combination; Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Lower Key Stage 2 - Cycle B

	<i>Autumn 1</i>	<i>Autumn 2</i>	<i>Spring 1</i>	<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer 2</i>
<i>Topic 1</i>	Swimming					
<i>Pupils should be taught to...</i>	Pupils should be taught to 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.					
<i>Topic 2</i>	Fitness – Y3 and Y4	Dance – Y4	Tennis – Y4	Outdoor and Adventurous Activities – Y3 and Y4	Gymnastics – Y4	Athletics - Y4
<i>Pupils should be taught to...</i>	Use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance	Perform dances using a range of movement patterns	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Take part in outdoor and adventurous activity challenges both individually and within a team	Develop flexibility, strength, technique, control and balance	Use running, jumping, throwing and catching in isolation and in combination; Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Upper Key Stage 2 - Cycle A

	<i>Autumn 1</i>	<i>Autumn 2</i>	<i>Spring 1</i>	<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer 2</i>
<i>Topic 1</i>	Tag Rugby – Y5 and Y6	Dance – Y5	Football – Y5 and Y6	Basketball – Y5 and Y6	Athletics – Y5	Gymnastics – Y5
<i>Pupils should be taught to...</i>	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending		Use running, jumping, throwing and catching in isolation and in combination; Compare their performances with previous ones and demonstrate improvement to achieve their personal best	Develop flexibility, strength, technique, control and balance
<i>Topic 2</i>	Orienteering – External Scheme	Volleyball – Y5 and Y6	Handball – Y5 and Y6	Golf – Y5 and Y6	Dodgeball – Y5 and Y6	Tennis – Y5
<i>Pupils should be taught to...</i>	Take part in outdoor and adventurous activity challenges both individually and within a team	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending		Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	

Upper Key Stage 2 - Cycle B

	<i>Autumn 1</i>	<i>Autumn 2</i>	<i>Spring 1</i>	<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer 2</i>
<i>Topic 1</i>	Rounders – Y5 and Y6	Dance – Y6	Outdoor and Adventurous Activities – Y6	Badminton – Y5 and Y6	Athletics – Y6	Gymnastics – Y6
<i>Pupils should be taught to...</i>	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns	Take part in outdoor and adventurous activity challenges both individually and within a team	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Use running, jumping, throwing and catching in isolation and in combination; Compare their performances with previous ones and demonstrate improvement to achieve their personal best	Develop flexibility, strength, technique, control and balance
<i>Topic 2</i>	Fitness – Y5 and Y6	Netball – Y5 and Y6	Yoga – Y5 and Y6	Hockey – Y5 and Y6	Tennis - Y6	Cricket – Y5 and Y6
<i>Pupils should be taught to...</i>	Use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Develop flexibility, strength, technique, control and balance.	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending		