

Physical Education Long Term Plan

Year Group	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation 1	The children will have personalised targets which meets the targets, both inside and outside the classroom, for physical development in the EYFS framework					
Foundation 2	Unit Title – Beanbag Skills Focus- Invasion Games EYFS: MH 40-60m Shows increasing control over an object in pushing, patting, throwing, catching or kicking.	Unit Title – Bats and Balls at the Circus Focus- Net Games EYFS MH 40-60m Shows increasing control over an object in pushing, patting, throwing, catching or kicking.	Unit Title – Balance Focus- Gymnastics (Children will now begin to get changed for PE) EYFS MH 40-60m Travels with confidence and skill around, under, over and through balancing and climbing equipment. EYFS MH 40-60m Experiments with different ways of moving.	Unit Title – Fictional Characteristics Focus- Dance EYFS MH 40-60m Experiments with different ways of moving. EYFS MH ELG Children show good control and co-ordination in large and small movements they move confidently in a range of ways, safely negotiating space.	Unit Title – Fun Games with Friends Focus- Outdoor Adventure EYFS MH ELG Children show good control and co-ordination in large and small movements they move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.	Unit Title – Fun with Quoits and Cones Focus – Athletics EYFS MH: ELG EYFS MH ELG: Children show good control and co-ordination in large and small movements they move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively.
Year 1	Unit Title - Ball Control Focus – Invasion Sports – Various Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.	Unit Title - Partner Games Focus – Strike and field Sports – Tennis, Rounders and Cricket Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.	Unit Title – ‘Jump’ into the past Focus – Gymnastics Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns.	Unit Title – Fictional characters, Traditional tales Focus – Dance Perform dances using simple movement patterns.	Unit Title – Creative Play Focus – Outdoor Adventure Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Unit Title – Running and Jumping Focus – Athletics Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.
Year 2	Unit Title – Kicking and Dribbling Focus – Invasion Sports – Hockey and Football Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Unit Title – Striking for accuracy Focus – Net games Sports – Tennis, badminton and volleyball Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Unit Title – Balance and co-ordination Focus – Gymnastics Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns.	Unit Title – Dance the UK, Traditional dances Focus – Dance Perform dances using simple movement patterns.	Unit Title – Rule making Focus – Outdoor adventure Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Topic Title - Movements Focus – Athletics Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics

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	Participate in team games, developing simple tactics for attacking and defending.	Participate in team games, developing simple tactics for attacking and defending.				for attacking and defending.
Year 3	<p>Unit Title – Passing for possession Focus – Invasion Sports – Basketball and football</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>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.</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Unit Title – Striking and exploring Focus – Strike and field</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>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.</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Unit Title – Symmetrical shapes Focus – Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Unit Title –Ancient Egypt Focus – Dance</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Unit Title – Thinking aloud Focus – Outdoor adventure Sports – orienteering</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Unit Title – Being an athlete Focus – Athletics</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>
Year 4	<p>Unit Title – Passing and moving Focus – invasion Sports – Netball and Basketball</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic</p>	<p>Unit Title – Returning Focus – Net games Sports – Tennis and volleyball</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>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.</p>	<p>Unit Title – Perfecting sequencing, The water cycle Focus – Gym</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and</p>	<p>Unit Title –Electricity Focus – Dance</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Unit Title – Decisions Focus – Outdoor adventure</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Unit Title –Record breaking Focus – Athletics</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Compare their performances with previous ones and</p>

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	<p>principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>demonstrate improvement and within a team.</p>			<p>demonstrate improvement and within a team.</p>
Swimming	<p>There will be a block of swimming in Year 5 that will fit in with the availability of the swimming pool.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25m</p> <p>Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)</p> <p>Perform safe self-rescue in different water-based situations.</p>					
Year 5	<p>Unit Title – Rules and concepts Focus – Invasion Sports – Football and Netball</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>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.</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Unit Title – Accuracy and rallies Focus – Net games Sports – Badminton, tennis and volleyball</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>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.</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Unit Title – ‘Viking’ balance Focus – Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Unit Title – Dance style Rock and roll Focus – Dance</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Unit Title – Leadership Focus – Outdoor adventure</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Unit Title – Olympic Training Focus – Athletics</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>
Year 6	<p>Unit Title – Competitive Focus – Invasion Sports – Netball and Basketball</p>	<p>Unit Title – Teamwork Focus – Striking and fielding Sports – Tennis and rounders</p>	<p>Unit Title – ‘Travelling’ in WW2 Focus – Gymnastics</p>	<p>Unit Title – Dance Style ‘Street dance’</p>	<p>Unit Title – Finding success Focus – outdoor adventure</p>	<p>Unit Title – Going for Gold Focus – Athletics</p>

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	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>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.</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>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.</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Focus – Dance</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance (for example through athletics and gymnastics).</p> <p>Compare their performances with previous ones and demonstrate improvement and within a team.</p> <p>Swimming – Will be available for those children who did not achieve 25m.</p>
As sports people:						

Area focus

	Autumn		Spring		Summer	
Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation 1	Physical development through EYFS curriculum	Physical development through EYFS curriculum	Physical development through EYFS curriculum	Physical development through EYFS curriculum	Physical development through EYFS curriculum	Physical development through EYFS curriculum
Foundation 2	Invasion	Net Games	Gymnastics	Dance	Outdoor adventure	Athletics
Year 1	Invasion	Strike and Field	Gymnastics	Dance	Outdoor adventure	Athletics
Year 2	Invasion	Net games	Gymnastics	Dance	Outdoor adventure	Athletics
Year 3	Invasion	Strike and field	Gymnastics	Dance	Outdoor adventure	Athletics
Year 4	Invasion	Net games	Gymnastics	Dance	Outdoor adventure	Athletics
Year 5	Invasion	Net games	Gymnastics	Dance	Outdoor adventure	Athletics
Year 6	Invasion	Strike and field	Gymnastics	Dance	Outdoor adventure	Athletics

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Sport Focus

	Autumn		Spring		Summer	
<u>Year group</u>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation 1	Outdoor provision through PLR	Outdoor provision through PLR	Outdoor provision through PLR	Outdoor provision through PLR	Outdoor provision through PLR	Outdoor provision through PLR
Foundation 2	Outdoor provision through PLR	Outdoor provision through PLR	Outdoor provision through PLR	Outdoor provision through PLR	Outdoor provision through PLR	Outdoor provision through PLR
Year 1	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile
Year 2	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile
Year 3	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile
Year 4	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile
Year 5	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile
Year 6	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile	The Daily Mile