



# 2024 - 2025 Long Term Plan PE



Term. Year group	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p><b>Throwing</b> – Rolling with both hands towards a target.</p> <p><b>Kicking</b> – Using the foot to move the ball, kick and chase.</p> <p>Lessons delivered by City in the Community</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Teambuilding</b></p> <p>Learning to take turns, work collaboratively and lead each other.</p> <p>Using the local area and local area mapping</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Teambuilding</b></p> <p>Developing key skills of communication and problem solving.</p> <p>Using the local area and local area mapping</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>OAA</b></p> <p>Develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies.</p> <p>Using the local area and local area mapping</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>OAA</b></p> <p>Pupils develop communication skills, taking on the role of a leader and working within a team. Pupils develop navigation skills including orientating a map, identifying key symbols and drawing and following a route.</p> <p>Using the local area and local area mapping</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>OAA</b></p> <p>Encouraging the children to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge.</p> <p>Using the local area and local area mapping</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>OAA</b></p> <p>Leading a small group and learning to orientate and navigate using a map.</p> <p>Using the local area and local area mapping</p> <p>Links with Robin Wood</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	
			<p><b>Gymnastics</b></p> <p>Demonstrate basic skills of jumping, rolling, balancing and travelling individually and combination to create movement phrases.</p> <p>Watch videos of local gymnasts demonstrating skills</p>	<p><b>Gymnastics</b></p> <p>Using compositional devices when creating sequences to include the use of shapes, levels and directions.</p> <p>Watch videos of local gymnasts demonstrating skills</p> <p>Links with Manchester</p>	<p><b>Gymnastics</b></p> <p>Sequencing work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow.</p> <p>Watch videos of local</p>	<p><b>Gymnastics</b></p> <p>Developing balancing, rolling, jumping and inverted movements and use these skills to create more complex sequences.</p> <p>Watch videos of local gymnasts demonstrating skills</p>	<p><b>Gymnastics</b></p> <p>Exploring partner relationships such as canon and synchronization and matching and mirroring.</p> <p>Watch videos of local gymnasts demonstrating skills</p> <p>Links with Manchester</p>	<p><b>Gymnastics</b></p> <p>Building trust when working collaboratively in larger groups, using formations to improve the aesthetics of your performances.</p> <p>Watch videos of local gymnasts</p>



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		<p>Links with Manchester Gymnastics Centre Links with British Gymnastics</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p> <p><b>Curiosity, Civility, Respect</b></p>	<p>Gymnastics Centre Links with British Gymnastics</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p> <p><b>Curiosity, Civility, Respect</b></p>	<p>gymnasts demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p> <p><b>Curiosity, Civility, Respect</b></p>	<p>Links with Manchester Gymnastics Centre Links with British Gymnastics</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p> <p><b>Curiosity, Civility, Respect</b></p>	<p>Gymnastics Centre Links with British Gymnastics</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p> <p><b>Curiosity, Civility, Respect</b></p>	<p>demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p> <p><b>Curiosity, Civility, Respect</b></p>
Autumn 2	<p><b>Balancing</b> – Running to stop on 1 leg</p> <p>Lessons delivered by City in the Community</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Teambuilding</b></p> <p>Learning to take turns, work collaboratively and lead each other.</p> <p>Using the local area and local area mapping</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Teambuilding</b></p> <p>Developing key skills of communication and problem solving.</p> <p>Using the local area and local area mapping</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>OAA</b></p> <p>Develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies.</p> <p>Using the local area and local area mapping</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>OAA</b></p> <p>Pupils develop communication skills, taking on the role of a leader and working within a team. Pupils develop navigation skills including orientating a map, identifying key symbols and drawing and following a route.</p> <p>Using the local area and local area mapping</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>OAA</b></p> <p>Encouraging the children to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge.</p> <p>Using the local area and local area mapping</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>OAA</b></p> <p>Leading a small group and learning to orientate and navigate using a map.</p> <p>Using the local area and local area mapping Links with Robin Wood</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p>



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		<p><b>Gymnastics</b></p> <p>Demonstrate basic skills of jumping, rolling, balancing and travelling individually and combination to create movement phrases.</p> <p>Watch videos of local gymnasts demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Gymnastics</b></p> <p>Using compositional devices when creating sequences to include the use of shapes, levels and directions.</p> <p>Watch videos of local gymnasts demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Gymnastics</b></p> <p>Sequencing work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow.</p> <p>Watch videos of local gymnasts demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Gymnastics</b></p> <p>Developing balancing, rolling, jumping and inverted movements and use these skills to create more complex sequences.</p> <p>Watch videos of local gymnasts demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Gymnastics</b></p> <p>Exploring partner relationships such as canon and synchronization and matching and mirroring.</p> <p>Watch videos of local gymnasts demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Gymnastics</b></p> <p>Building trust when working collaboratively in larger groups, using formations to improve the aesthetics of your performances.</p> <p>Watch videos of local gymnasts demonstrating skills Links with Manchester Gymnastics Centre Links with British Gymnastics</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p> <p><b>Curiosity, Civility, Respect</b></p>
Spring 1	<p><b>Jumping</b> – Skipping with height and speed</p> <p><b>Throwing</b> – Bouncing to the floor</p> <p><b>Catching</b> – Catching a bouncing ball</p> <p><b>Kicking</b> – Changing pace and then stopping the ball</p> <p>Lessons delivered by City in the Community</p> <p>Ambition, Confidence, Creativity,</p>	<p><b>Dance</b></p> <p>Understanding why it is important to count to music and use this in their dances.</p> <p>Research British dance styles and styles taught locally Links with TDS</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm,</p>	<p><b>Dance</b></p> <p>Using counts of 8 consistently to keep in time with the music and a partner.</p> <p>Research British dance styles and styles taught locally Links with TDS</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity</p>	<p><b>Dance</b></p> <p>Performing dances using a range of movement patterns.</p> <p>Research British dance styles and styles taught locally Links with TDS</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm,</p>	<p><b>Dance</b></p> <p>Gaining inspiration from a range of stimuli, working individually, in pairs and small groups.</p> <p>Research British dance styles and styles taught locally Links with TDS</p> <p>Ambition, Confidence, Creativity, Respect,</p>	<p><b>Dance</b></p> <p>Creating and performing their work, and using correct dance terminology.</p> <p>Research British dance styles and styles taught locally Links with TDS</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm,</p>	<p><b>Dance</b></p> <p>Understanding the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.</p> <p>Watch videos of the Manchester Giants</p>



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	Respect, Enthusiasm, Determination	Determination, Creativity	Curiosity, Civility, Respect	Determination, Creativity	Enthusiasm, Determination, Creativity	Determination, Creativity	demonstrating skills Links with England Basketball Centre
	Curiosity, Civility, Respect	Curiosity, Civility, Respect		Curiosity, Civility, Respect	Curiosity, Civility, Respect	Curiosity, Civility, Respect	Ambition, Confidence, Respect, Enthusiasm, Determination, Creativity
							Curiosity, Civility, Respect
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					<b>Swimming</b>  Learning and developing a range of swimming techniques, water safety skills and learning to swim 25 metres.  Use local swimming pool (East Manchester Leisure Centre)  Ambition, Confidence, Respect, Enthusiasm, Determination  <b>Curiosity, Civility, Respect</b>		
Spring 2	<b>Jumping</b> – Hopping with coordination to use both feet  Lessons delivered by City in the Community  Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination	<b>Dance</b>  Understanding why it is important to count to music and use this in their dances.  Research British dance styles and styles taught locally Links with TDS  Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity  <b>Curiosity, Civility, Respect</b>	<b>Dance</b>  Using counts of 8 consistently to keep in time with the music and a partner.  Research British dance styles and styles taught locally Links with TDS  Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity  <b>Curiosity, Civility, Respect</b>	<b>Dance</b>  Performing dances using a range of movement patterns.  Research British dance styles and styles taught locally Links with TDS  Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity  <b>Curiosity, Civility, Respect</b>	<b>Dance</b>  Gaining inspiration from a range of stimuli, working individually, in pairs and small groups.  Research British dance styles and styles taught locally Links with TDS  Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity  <b>Curiosity, Civility, Respect</b>	<b>Dance</b>  Creating and performing their work, and using correct dance terminology.  Research British dance styles and styles taught locally Links with TDS  Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination, Creativity  <b>Curiosity, Civility, Respect</b>	<b>Dance</b>  Understanding the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.  Watch videos of the Manchester Giants demonstrating skills Links with England Basketball Centre  Ambition, Confidence, Respect, Enthusiasm,



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							Determination, Creativity
							Curiosity, Civility, Respect
		<b>Net and Wall</b>  Throwing, catching, using a racket and learning to track and hit a ball.  Watch videos of local tennis players demonstrating skills Links with Manchester tennis centre  Ambition, Confidence, Respect, Enthusiasm, Determination  <b>Curiosity, Civility, Respect</b>	<b>Net and Wall</b>  Mastering basic movements including throwing and catching. Participating in team games, developing simple tactics for attacking and defending.  Watch videos of local tennis players demonstrating skills Links with Manchester tennis centre  Ambition, Confidence, Respect, Enthusiasm, Determination  <b>Curiosity, Civility, Respect</b>	<b>Tennis</b>  Learning key skills such as racket control, hitting a ball and how to score points.  Watch videos of local tennis players demonstrating skills Links with Manchester tennis centre  Ambition, Confidence, Respect, Enthusiasm, Determination  <b>Curiosity, Civility, Respect</b>	<b>Tennis</b>  Giving opportunities to play games independently and teaching the importance of being honest whilst playing to the rules.  Watch videos of local tennis players demonstrating skills Links with Manchester tennis centre  Ambition, Confidence, Respect, Enthusiasm, Determination  <b>Curiosity, Civility, Respect</b>	<b>Tennis</b>  Developing their tactical awareness, learning how to outwit an opponent.  Watch videos of local tennis players demonstrating skills Links with Manchester tennis centre  Ambition, Confidence, Respect, Enthusiasm, Determination  <b>Curiosity, Civility, Respect</b>	<b>Tennis</b>  Leading and officiating, showing honesty and fair play whilst abiding by the rules.  Watch videos of local tennis players demonstrating skills Links with Manchester tennis centre  Ambition, Confidence, Respect, Enthusiasm, Determination  <b>Curiosity, Civility, Respect</b>
Summer 1	<b>Balancing – Balancing on 1 leg whilst holding an object</b>  Lessons delivered by City in the Community  Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination  <b>Curiosity, Civility, Respect</b>	<b>Athletics</b>  Developing skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing.  Watch videos of local athletes demonstrating skills	<b>Athletics</b>  Engaging in performing skills and measuring performance, competing to improve on their own score and against others.  Watch videos of local athletes demonstrating skills	<b>Athletics:</b>  Setting challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.  Watch videos of local athletes demonstrating skills Links with local	<b>Athletics</b>  Setting challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.  Watch videos of local athletes demonstrating skills Links with local	<b>Athletics</b>  Running over longer distances, sprinting, relay, triple jump, shot put and javelin.  Watch videos of local athletes demonstrating skills Links with local running tracks School link with Mcr	<b>Athletics</b>  Learning different components of fitness including speed, stamina, strength, coordination, balance and agility.  Watch videos of local athletes demonstrating skills



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		<p>Links with local running tracks School link with Mcr Active</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p>Links with local running tracks School link with Mcr Active</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p>running tracks School link with Mcr Active</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p>running tracks School link with Mcr Active</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p>Active</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p>Links with local running tracks School link with Mcr Active</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>
Summer 2	<p><b>Developing Fundamental Movement Skills</b></p> <p>Lessons delivered by City in the Community</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Invasion games</b></p> <p>Sending, receiving and dribbling a ball.</p> <p>Watch videos of Manchester City/United demonstrating skills</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Invasion games</b></p> <p>Developing their understanding of attacking and defending and what being 'in possession' means.</p> <p>Watch videos of Manchester City/United demonstrating skills</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Football</b></p> <p>Developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball.</p> <p>Watch videos of Manchester City/United demonstrating skills</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Football</b></p> <p>Learning to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee.</p> <p>Watch videos of Manchester City/United demonstrating skills</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Football</b></p> <p>Improving defending and attacking play, developing further knowledge of the principles and tactics of each.</p> <p>Watch videos of Manchester City/United demonstrating skills</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>	<p><b>Football</b></p> <p>Learning the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees.</p> <p>Use local swimming pool (East Manchester Leisure Centre)</p> <p>Watch videos of Manchester City/United demonstrating skills</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p><b>Curiosity, Civility, Respect</b></p>