



2023 - 2024 Long Term Plan PE



Term. Year group	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p>Throwing – Rolling with both hands towards a target.</p> <p>Kicking – 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>Curiosity, Civility, Respect</p>	<p>Net and Wall:</p> <p>Throwing, catching, using a racket and learning to track and hit a ball.</p> <p>Watch videos of local tennis players demonstrating skills Links with Manchester tennis centre</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Net and Wall:</p> <p>Playing games honestly, abiding by the rules and showing respect towards our opponents and teammates.</p> <p>Watch videos of local tennis players demonstrating skills Links with Manchester tennis centre</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Basketball:</p> <p>Developing competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling.</p> <p>Watch videos of the Manchester Giants demonstrating skills Links with England Basketball Centre</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Swimming:</p> <p>Learning and developing a range of swimming techniques, water safety skills and learning to swim 25 metres.</p> <p>Use local swimming pool (East Manchester Leisure Centre)</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Basketball:</p> <p>Using attacking skills to maintain possession as well as defending skills to gain possession.</p> <p>Watch videos of the Manchester Giants demonstrating skills Links with England Basketball Centre</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Fitness:</p> <p>Learning different components of fitness including speed, stamina, strength, coordination, balance and agility.</p> <p>Watch videos of local athletes demonstrating skills Links with local running tracks</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	
	Autumn 2	<p>Balancing – 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>Curiosity, Civility, Respect</p>	<p>Gymnastics:</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>Gymnastics:</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>Gymnastics:</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</p>	<p>Swimming</p> <p>Learning and developing a range of swimming techniques, water safety skills and learning to swim 25 metres.</p> <p>Use local swimming pool (East Manchester Leisure Centre)</p> <p>Ambition, Confidence, Respect,</p>	<p>Gymnastics:</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>Gymnastics:</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</p>



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Spring 1	<p>Jumping – Skipping with height and speed</p> <p>Throwing – Bouncing to the floor</p> <p>Catching – Catching a bouncing ball</p> <p>Kicking – Changing pace and then stopping the ball</p> <p>Lessons delivered by City in the Community</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Dance:</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, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Dance:</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</p> <p>Curiosity, Civility, Respect</p>	<p>Dance:</p> <p>Perform 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, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Swimming</p> <p>Learning and developing a range of swimming techniques, water safety skills and learning to swim 25 metres.</p> <p>Use local swimming pool (East Manchester Leisure Centre)</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Dance:</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, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Basketball:</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 demonstrating skills Links with England Basketball Centre</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>
Spring 2	<p>Jumping – Hopping with coordination to use both feet</p> <p>Lessons delivered by City in the Community</p>	<p>Athletics:</p> <p>Develop skills required in athletic activities such as running at</p>	<p>Athletics:</p> <p>Engage in performing skills and measuring performance,</p>	<p>OAA:</p> <p>Develop problem solving skills through a range of</p>	<p>Swimming</p> <p>Learning and developing a range of swimming</p>	<p>Problem solving and team building: OAA:</p> <p>Encouraging the children to be</p>	<p>Problem solving and team building: OAA:</p> <p>Leading a small group and learning</p>



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						<p>Athletics:</p> <p>Running over longer distances, sprinting, relay, triple jump, shot put and javelin.</p> <p>Watch videos of local athletes demonstrating skills School link with Mcr Active and National Squash and Regional Arena</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Athletics:</p> <p>Learning how to improve by identifying areas of strength as well as areas to develop. Leading when officiating as well as observing and providing feedback to others.</p> <p>Watch videos of local athletes demonstrating skills School link with Mcr Active and National Squash and Regional Arena</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>



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Summer 1	<p>Balancing – Balancing on 1 leg whilst holding an object</p> <p>Lessons delivered by City in the Community</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Striking and Fielding:</p> <p>Learning skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball.</p> <p>Watch videos of local teams demonstrating skills</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Striking and Fielding:</p> <p>Self-managing small sided games. Learning how to score points and play to the rules.</p> <p>Watch videos of local teams demonstrating skills</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Athletics:</p> <p>Setting challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</p> <p>Watch videos of local athletes demonstrating skills School link with Mcr Active and National Squash and Regional Arena</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Swimming</p> <p>Learning and developing a range of swimming techniques, water safety skills and learning to swim 25 metres.</p> <p>Use local swimming pool (East Manchester Leisure Centre)</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Rounders:</p> <p>Developing the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. Learning how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions.</p> <p>Watch videos of local teams demonstrating skills</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Rounders:</p> <p>Using skills, strategies and tactics to outwit the opposition. Pupils play with honesty and fair play when playing competitively.</p> <p>Watch videos of local teams demonstrating skills</p> <p>Ambition, Confidence, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>



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Summer 2	<p>Developing Fundamental Movement Skills</p> <p>Lessons delivered by City in the Community</p> <p>Ambition, Confidence, Creativity, Respect, Enthusiasm, Determination</p> <p>Curiosity, Civility, Respect</p>	<p>Invasion games: Football:</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>Curiosity, Civility, Respect</p>	<p>Invasion games: Football:</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>Curiosity, Civility, Respect</p>	<p>Football:</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>Curiosity, Civility, Respect</p>	<p>Swimming/Football:</p> <p>Achieving their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.</p> <p>Learning to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee.</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>Curiosity, Civility, Respect</p>	<p>Football:</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>Curiosity, Civility, Respect</p>	<p>Swimming/ Football:</p> <p>Learning and developing a range of swimming techniques, water safety skills and learning to swim 25 metres.</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>Curiosity, Civility, Respect</p>