



PE Long Term Plan:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fundamental movement skills through Outdoor Games (team building) <ul style="list-style-type: none"> • KPI 1: Holds moments of stillness on different patches with control. • KPI 4: Follows simple instructions accurately. 	Fundamental movement skills through Dance <ul style="list-style-type: none"> • KPI 1: Holds moments of stillness on different patches with control. • KPI 4: Follows simple instructions accurately. • KPI 5: Shows confidence to perform in front of a small audience of peers. 	Fundamental movement skills through Gymnastics <ul style="list-style-type: none"> • KPI 1: Holds moments of stillness on different patches with control. • KPI 4: Follows simple instructions accurately. • KPI 5: Shows confidence to perform in front of a small audience of peers. • KPI 2: Travels with coordination and control (i.e. run, jump, hop, skip, roll). • KPI 7 Is always prepared to work safely in PE by being prepared with the correct footwear/kit. 	Fundamental movement skills through Outdoor Games. (invasion sports) <ul style="list-style-type: none"> • KPI 3: Successfully throws and kicks at a target with increasing accuracy and control. • KPI 1: Holds moments of stillness on different patches with control. • KPI 4: Follows simple instructions. 	Fundamental movement skills through Outdoor Games. (Athletics) <ul style="list-style-type: none"> • KPI 8: Describes the changes to their body temperature and breathing rate when they become active. • KPI 6: Respects themselves by trying their best and showing resilience if success is not immediate. 	Fundamental movement skills through Outdoor Games (strike, field, net and wall.) <ul style="list-style-type: none"> • KPI 9: With encouragement, can sustain the effort and focus required for an active PE lesson.
Year 2	Fundamental movement skills through Outdoor	Fundamental movement skills through Dance.	Fundamental movement skills through Gymnastics	Fundamental movement skills through Outdoor Games.	Fundamental movement skills through Outdoor Games.	Fundamental movement skills through Outdoor Games (strike,



	<p>Games (team Building)</p> <ul style="list-style-type: none"> KPI 5: Cooperates fairly and effectively in physical activities with a range of partners in the class. KPI 4: Follows instructions and can also be trusted to work independently. 	<ul style="list-style-type: none"> KPI 1: Holds balances using points by reducing the number or size of contact points (retaining quality if not perfect stillness.) 	<ul style="list-style-type: none"> KPI 2: Performs simple movement patterns in dance, gym or athletic activities with agility, control and rhythm. KPI 7: Works safely with others during activity and when using/carrying equipment, showing awareness of potential hazards. 	<p>(Invasion)</p> <ul style="list-style-type: none"> KPI 6: Competes fairly showing positive behaviours whatever the outcome of the competition. 	<p>(Athletics)</p> <ul style="list-style-type: none"> KPI 8: Knows the function of the heart and can demonstrate how to raise and lower their heart rate when preparing for and recovering from physical activity. 	<p>field, net and wall.)</p> <ul style="list-style-type: none"> KPI 3: Successfully executes throws and catches in small sided conditioned activities; and/or throws in isolation (in athletic activities, for example). KPI 9: Can independently sustain the effort and focus required for an active PE lesson.
Year 3	<p>Team Building</p> <ul style="list-style-type: none"> KPI 4: Improves an activity or performance effectively with others through listening and putting forward their own ideas. KPI 5: Leads by example by working with enthusiasm and encouraging members of their team/group. 	<p>Dance</p> <ul style="list-style-type: none"> KPI 1: Performs in gym/dance with timing and rhythm, exploring use of space through different levels, directions and pathways. KPI 6: When given clear criteria they accurately describe the performance of a peer, offering at least one strength and one aspect that could be 	<p>Gymnastics and Yoga</p> <ul style="list-style-type: none"> KPI 1: Performs in gym/dance with timing and rhythm, exploring use of space through different levels, directions and pathways. KPI 4: Improves an activity or performance effectively with others through listening and putting forward their own ideas. KPI 6: When given clear criteria they 	<p>Striking, Fielding, nett and wall.</p> <ul style="list-style-type: none"> KPI 3 : Demonstrates good object manipulation and control with hands or feet and implements (i.e. bats and/or rackets) 	<p>Athletics</p> <ul style="list-style-type: none"> KPI 8: Knows the function of lungs and can demonstrate how to raise and lower their breathing rate when preparing for and recovering from physical activity. 	<p>Invasion games.</p> <ul style="list-style-type: none"> KPI 9: Shows determination in PE when learning new skills, applying skills to new situations, and when sustaining effort in PE. KPI 8: Uses travelling, jumping, throwing and catching skills in combination to good effect.



		even better.	accurately describe the performance of a peer, offering at least one strength and one aspect that could be even better.			
Year 4	Team Building Swimming <ul style="list-style-type: none"> KPI 4: Confidently communicates the information on a task card in order to organise a pair or small group activity. KPI 5: Cooperates well in larger groups helping their group to function effectively. 	Dance Swimming <ul style="list-style-type: none"> KPI 6: When given clear criteria they accurately describes the performance of a peer, offering at least one strength and one aspect that could be even better. KPI 7: Manages their behaviours and emotions well so that they are modest when successful, gracious when less so, and respectful of others at all times. 	Swimming Gymnastics and Yoga <ul style="list-style-type: none"> KPI 1: Can develop a sequence using a range of body shapes (such as star, pin, ball, twist, tuck and pike) and dynamic movements such as flight, rotation and travel. KPI 6: When given clear criteria they accurately describes the performance of a peer, offering at least one strength and one aspect that could be even better. 	Swimming Invasion Games <ul style="list-style-type: none"> KPI 2: Can successfully dribble (feet or hands), pass (chest/bounce or with feet) strike and field a ball with increasing accuracy in small-sided games. KPI 3: Demonstrates how to create and deny space in small-sided games, choosing and applying simple tactics. 	Striking, Fielding, nett and wall. <ul style="list-style-type: none"> KPI 3: Demonstrates how to create and deny space in small-sided games, choosing and applying simple tactics. KPI 8: Knows the names and locations of the following muscles: biceps; triceps; quadriceps; hamstrings; abdominals; and calf muscles. 	Athletics <ul style="list-style-type: none"> KPI 9: Applies their knowledge of the importance of strong heart and lungs by sustaining effort in PE lessons.
Year 5	Team Building and speed	Dance <ul style="list-style-type: none"> KPI 1: Creates and performs 	Gymnastics and Fitness <ul style="list-style-type: none"> KPI 6: Accurately 	Athletics <ul style="list-style-type: none"> KPI 4: Creates a safe Health- 	Athletics <ul style="list-style-type: none"> KPI 4: Creates a safe Health- 	Invasion Games <ul style="list-style-type: none"> KPI 3 Executes effective attacking



	<p>games</p> <ul style="list-style-type: none"> • KPI 5: Effectively undertakes a role that helps other performers such as: Guide (disability sport or OAA); Coach/manager; Official. • KPI 8: Knows the '5 Ss' of fitness: strength; stamina; suppleness; speed; skill; and can describe each. • KPI 6: Accurately compares their own performance with previous ones and sets ambitious targets to improve. 	<p>sequences/routines in a pair or group using aesthetic devices such as: symmetry/asymmetry; matching and mirroring; changes in levels, speed and direction.</p>	<p>compares their own performance with previous ones and sets ambitious targets to improve.</p> <ul style="list-style-type: none"> • KPI 1: Creates and performs sequences/routines in a pair or group using aesthetic devices such as: symmetry/asymmetry; matching and mirroring; changes in levels, speed and direction. • KPI 7: Knows the basic 'energy balance' model and can explain how healthy eating contributes to fueling for physical activity. 	<p>Related Fitness (HRF) circuit (independently or with others) and confidently demonstrates and explains at least one of the stations.</p> <ul style="list-style-type: none"> • KPI 8: Knows the '5 Ss' of fitness: strength; stamina; suppleness; speed; skill; and can describe each. • KPI 9: Can sustain effort in a HRF circuit demonstrating the '5 Ss' and determination. • KPI 7: Knows the basic 'energy balance' model and can explain how healthy eating contributes to fueling for physical activity 	<p>Related Fitness (HRF) circuit (independently or with others) and confidently demonstrates and explains at least one of the stations.</p> <ul style="list-style-type: none"> • KPI 8: Knows the '5 Ss' of fitness: strength; stamina; suppleness; speed; skill; and can describe each. • KPI 9: Can sustain effort in a HRF circuit demonstrating the '5 Ss' and determination. • KPI 7: Knows the basic 'energy balance' model and can explain how healthy eating contributes to fueling for physical activity 	<p>tactics in a small-sided game situation.</p> <ul style="list-style-type: none"> • KPI 2 Successfully applies skills to effectively fulfil a specific position/role in a small-sided game
<p>Year 6</p>	<p>Team Building</p> <ul style="list-style-type: none"> • KPI 6: Competes enthusiastically 	<p>Dance</p> <ul style="list-style-type: none"> • KPI 1: Successfully combines relevant 	<p>Gymnastics and Fitness.</p> <ul style="list-style-type: none"> • KPI 1: Successfully combines 	<p>Athletics and Fitness.</p> <ul style="list-style-type: none"> • KPI 9: Undertakes a minimum of an 	<p>Invasion</p> <ul style="list-style-type: none"> • KPI 3: Executes effective defending tactics in a 	<p>Fitness and leadership Booster swimming</p>



	<p>lly and fairly within the rules, respecting the officials and the opposition.</p> <ul style="list-style-type: none"> • KPI 9: Undertakes a minimum of an hour of physical activity per day as per the Chief Medical Officer's (CMO) recommendation. • KPI 7: With guidance accurately describes the performance of their team/group and their contribution to it. 	<p>techniques and components of fitness in a gymnastics/dance routine.</p> <ul style="list-style-type: none"> • KPI 9: Undertakes a minimum of an hour of physical activity per day as per the Chief Medical Officer's (CMO) recommendation. 	<p>relevant techniques and components of fitness in a gymnastics/dance routine.</p> <ul style="list-style-type: none"> • KPI 9: Undertakes a minimum of an hour of physical activity per day as per the Chief Medical Officer's (CMO) recommendation. • KPI 2: Successfully applies relevant skills and components of fitness to a personal challenge or a small-sided game situation. (linked to Yr 5 KPI 8) 	<p>hour of physical activity per day as per the Chief Medical Officer's (CMO) recommendation.</p> <ul style="list-style-type: none"> • KPI 2: Successfully applies relevant skills and components of fitness to a personal challenge or a small-sided game situation. (linked to Yr 5 KPI 8) 	<p>game situation.</p> <ul style="list-style-type: none"> • KPI 9: Undertakes a minimum of an hour of physical activity per day as per the Chief Medical Officer's (CMO) recommendation. 	<ul style="list-style-type: none"> • KPI 5 :Works effectively in a team to plan and organise a safe disability/adapted sport session. • KPI 9: Undertakes a minimum of an hour of physical activity per day as per the Chief Medical Officer's (CMO) recommendation. • KPI 2: Successfully applies relevant skills and components of fitness to a personal challenge or a small-sided game situation. (linked to Yr 5 KPI 8) • KPI 4: Can swim a minimum of 25m as per national expectations. • KPI 8: Applies their safety knowledge to new and unfamiliar environments, including water. • KPI 9: Undertakes a minimum of an hour of physical activity per day as per the Chief Medical Officer's (CMO) recommendation.
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