

## P.E. Long term plan:

	<u>Autumn</u>		<u>Spring</u>		<u>Summer</u>	
	1	2	1	2	1	2
<b>Nursery</b>	<b>Stop/go games</b> <ul style="list-style-type: none"> <li>To follow the timing and beat of music through claps and stamps</li> </ul>	<b>Parachute games</b> <ul style="list-style-type: none"> <li>Raise arms for parachute</li> </ul>	<b>Movement to music</b> <ul style="list-style-type: none"> <li>Convey emotion through dance</li> <li>Waves and kick to the music</li> </ul>	<b>Large ball games</b> <ul style="list-style-type: none"> <li>Throw and bounce large balls</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Jump, land and stand</li> <li>Hold motions</li> <li>Change motions (jump, hop skip) on request</li> </ul>	<b>Preparing for sports day</b> <ul style="list-style-type: none"> <li>To balance equipment on body</li> </ul>
<b>Reception</b>	<b>Parachute games/ring games</b> <ul style="list-style-type: none"> <li>To balance equipment on body</li> </ul>	<b>Ball skills</b> <ul style="list-style-type: none"> <li>Retrieve large balls</li> </ul>	<b>Ball skills</b> <ul style="list-style-type: none"> <li>Standing catches</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>Tip toe</li> </ul>	<b>Obstacle and gym activities</b> <ul style="list-style-type: none"> <li>Jump from a low level</li> <li>Tip toe</li> <li>Hold a pose using different limbs</li> </ul>	<b>Races to consider for Sports Day</b> <ul style="list-style-type: none"> <li>To run to a given distance</li> </ul>
<b>Year 1</b>	<b>Dance</b> <ul style="list-style-type: none"> <li>Move to music</li> <li>Copy dance moves</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Make my body curled, tensed, stretched and relaxed.</li> <li>Control my body when travelling and relaxing.</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>Perform my own dance moves</li> <li>Make up a short dance</li> <li>Move safely in a space</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Copy sequences and repeat them.</li> <li>Roll, curl, travel and balance in different ways.</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>Move and stop safely</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>Move and stop safely</li> </ul>
	<b>Fitness</b> To be able to hop/jump over ropes	<b>Football</b> <ul style="list-style-type: none"> <li>Throw and kick in different ways</li> </ul>	<b>Basketball</b> Throw and catch a ball with both hands	<b>Hockey</b> Hit a ball with a bat	<b>Net and Wall</b> <ul style="list-style-type: none"> <li>Throw underarm</li> </ul>	<b>Net and Wall</b> <ul style="list-style-type: none"> <li>Hit a ball with a bat</li> </ul>
<b>Year 2</b>	<b>Dance</b> <ul style="list-style-type: none"> <li>Change rhythm, speed, level and direction in a dance</li> <li>Use a dance to show a mood or feeling</li> </ul>	<b>Gymnastics</b> Plan and perform a sequence of movement. <ul style="list-style-type: none"> <li>Improve my sequence based on feedback.</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>Dance with control and coordination</li> <li>Make a sequence by linking sections together,</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Think of more than one way to create a sequence that follows some 'rules.</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>Running/jumping/hopping sequences</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>Short sprints (25m)</li> </ul>

## P.E. Long term plan:

				• Work on my own and with a partner.		
	<b>Fitness</b> •Running/jumping/hopping sequences	<b>Football</b> • Use hitting, kicking and/ or rolling in a game	<b>Basketball</b> • Use one tactic in a game and follow rules	<b>Hockey</b> •Decide the best space to be in during a game.	<b>Net and Wall</b> •Use hitting, kicking and/ or rolling in a game,	<b>Net and Wall</b> •Use one tactic in a game and follow rules
Year 3	<b>Dance</b> •Repeat, remember and perform phases	<b>Gymnastics</b> • Explain how strength and suppleness affect performance	<b>Dance</b> •Improvise feely and translate ideas from a stimulus to a movement. •Share and create phases with a partner and a small group.	<b>Gymnastics</b> • Adapt sequences to suit different types of apparatus. • Compare and contrast gymnastic sequences.	<b>Athletics</b> Short distance running (50m)	<b>Athletics</b> Long distance (100m)
	<b>Fitness</b> •30 second intervals of circuits running, skipping, hopping)	<b>Football</b> • Am aware of space and use it to support teammates	<b>Basketball</b> Know and use rules fairly	<b>Hockey</b> I am aware of space and use it to support teammates	<b>OAA</b> •Follow a map in a familiar context •Use clues to follow a route •Follow a route safely	<b>Cricket/rounders</b> • Throw and catch with control.
Year 4	<b>Dance</b> • Take the lead when working with a group. • Use dance to communicate an idea	<b>Swim</b> Swim competently, confidently and proficiently over a distance of at least 25 metres	<b>Swim</b> use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	<b>Swim</b> use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	<b>Swim</b> perform safe self-rescue in different water-based situations	<b>Swim</b> Perform safe self-rescue in different water-based situations
	<b>Fitness</b> •Include changes of speed and direction					
Year 5	<b>Dance</b> • Show clarity, fluency, accuracy and consistency through my own dance.	<b>Gymnastics</b> • Combine action, balance and shape	<b>Dance</b> •Compose my own dances in a creative way. •Perform to an accompaniment.	<b>Gymnastics</b> • Make complex and extended sequences.	<b>Athletics</b> • Timed 100m sprint	<b>Athletics</b> • Long distance 300m

**P.E. Long term plan:**

				<ul style="list-style-type: none"> <li>• Perform consistently to audiences.</li> </ul>		
	<b>Fitness</b> <ul style="list-style-type: none"> <li>• 1 minute intervals of circuits (90 seconds rest)</li> </ul>	<b>Football</b> <ul style="list-style-type: none"> <li>• Gain possession, working in a team</li> </ul>	<b>Basketball</b> <ul style="list-style-type: none"> <li>• Pass in different ways and use a number of different techniques to pass, dribble, shoot</li> </ul>	<b>Hockey</b> <ul style="list-style-type: none"> <li>• Choose a tactic for attacking and defending</li> </ul>	<b>OAA</b> <ul style="list-style-type: none"> <li>• Follow a map in an unknown location.</li> <li>• Use clues and compass to navigate a route</li> <li>• Change my route to overcome a problem.</li> <li>• Use new information to change my route</li> </ul>	<b>Cricket/rounders</b> <ul style="list-style-type: none"> <li>• Use backhand and forehand with a racquet</li> </ul>
Year 6	<b>Dance</b> <ul style="list-style-type: none"> <li>• Develop sequences in a specific style</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>• Link sequences to specific things</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>• Choose my own music and style.</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>• Combine my own work with that of others.</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• Timed 100m sprint</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• Long distance 400m</li> </ul>
	<b>Fitness</b> <ul style="list-style-type: none"> <li>• 1 minute intervals of circuits (60 seconds rest)</li> </ul>	<b>Football</b> <ul style="list-style-type: none"> <li>• Play to agreed rules</li> </ul>	<b>Basketball</b> <ul style="list-style-type: none"> <li>• Play to agreed rules</li> </ul>	<b>Hockey</b> <ul style="list-style-type: none"> <li>• Lead others in a games situation</li> </ul>	<b>OAA</b> <ul style="list-style-type: none"> <li>• Plan a route and a series of clues for someone else.</li> <li>• Plan with others, taking account of safety and danger.</li> </ul>	<b>Cricket/rounders</b> <ul style="list-style-type: none"> <li>• Explain rules, and umpire.</li> </ul>