

P.E. Long term plan:

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

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

P.E. Long term plan:

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