



St John's CoE Primary School
Physical Education Long Term Plan



KS1 – National Curriculum Aims: Fundamental Movement Skills Team Games Dance

KS2 – National Curriculum Aims: Invasion Games Net & Wall Striking & Fielding OAA Swimming Flexibility, strength, technique, control and balance Dance

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	<p>Team Building Participate in team games - apply skills individually, in pairs and in small groups and begin to organise and self-manage own activities.</p> <p>Fundamentals Explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Identify areas of strength and areas for improvement.</p>	<p>Mindfulness Develop balance, strength and flexibility.</p> <p>Ball Skills Explore fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball.</p>	<p>Gymnastics Explore and develop basic gymnastic actions on the floor and using low apparatus. Develop basic skills of jumping, rolling, balancing and travelling.</p> <p>Sending & Receiving Develop throwing and catching, rolling, kicking, tracking and stopping a ball. Use equipment to send and receive a ball.</p>	<p>Net and Wall Develop throwing, catching and racket skills, learning to track and hit a ball. Play against an opponent and over a net. Use rules and simple tactics when playing against a partner.</p> <p>Dance Explore travelling actions, movement skills and balancing. Copy and repeat actions linking them together to make short dance phrases. Opportunities to perform then receive and provide feedback.</p>	<p>Athletics Develop athletic skills including running at different speeds, changing direction, jumping and throwing. Perform skills and measure performance, competing to improve own score and against others.</p> <p>Fitness Begin to explore and develop agility, balance, co-ordination, speed and stamina. Develop perseverance and show determination to work for longer periods of time.</p>	<p>Striking & Fielding Develop throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. Learn how to score points and how to use simple tactics.</p> <p>Invasion Develop sending, receiving and dribbling a ball. Understand principles of attacking and defending and what being 'in possession' means.</p>
Year 2	<p>Team Building Participate in team games - apply skills individually, in pairs and in small groups and begin to organise and self-manage own activities.</p> <p>Fundamentals Develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Work with a range of different equipment. Observe and recognise improvements for their own and others' skills and identify areas of strength.</p>	<p>Mindfulness Develop balance, strength and flexibility</p> <p>Sending & Receiving Develop throwing and catching, rolling, kicking, tracking and stopping a ball. Use equipment to send and receive a ball.</p>	<p>Dance Explore space and use body to express an idea, mood, character or feeling. Expand knowledge of travelling actions and use them in relation to a stimulus. Build on understanding of dynamics and expression. Explore pathways, levels, shapes, directions, speeds and timing. Perform and provide feedback beginning to use key terminology.</p> <p>Ball Skills Develop fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball.</p>	<p>Gymnastics Explore and develop basic gymnastic actions on the floor and using apparatus. Develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. Include the use of shapes, levels and directions.</p> <p>Target Games Develop aim using both underarm and overarm actions. Opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge.</p>	<p>Striking & Fielding Develop throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. Learn how to score points and how to use simple tactics.</p> <p>Invasion Develop sending, receiving and dribbling a ball. Understand principles of attacking and defending and what being 'in possession' means.</p>	<p>Athletics Develop athletic skills including running at different speeds, changing direction, jumping and throwing. Perform skills and measure performance, competing to improve own score and against others. Learn how to improve by identifying areas of strength as well as areas to develop.</p> <p>Net and Wall Develop throwing, catching and racket skills, learning to track and hit a ball. Play against an opponent and over a net. Use rules and simple tactics when playing against a partner.</p>



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Year 3	<p>OAA</p> <p>Develop problem solving skills through a range of challenges. Work as a pair and small group to plan, solve, reflect and improve on strategies. Learn to orientate a map, identify key symbols and follow routes.</p> <p>Dance</p> <p>Create dances in relation to a stimulus. Work individually, with a partner and in small groups, sharing ideas. Develop use of counting and rhythm. Learn to use canon, unison, formation and levels in dances. Provide opportunity to perform to others and provide feedback using key terminology.</p>	<p>Mindfulness</p> <p>Learn about mindfulness and body awareness. Learn Mindfulness poses and techniques that will help to connect mind and body. Build strength, flexibility and balance.</p> <p>Fundamentals</p> <p>Develop the fundamental skills of balancing, running, jumping, hopping and skipping. Develop ability to change direction with balance and control. Explore how the body moves at different speeds as well as how to accelerate and decelerate. Observe and recognise improvements for own and others' performances and identify areas of strength and areas for development. Work on own and with others, taking turns and sharing ideas.</p>	<p>Gymnastics</p> <p>Develop the basic skills of rolling, jumping and balancing and use them individually and in combination. Develop sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. Perform whilst considering the quality and control of actions.</p> <p>Ball Skills</p> <p>Develop accuracy and consistency when tracking a ball. Explore a variety of throwing techniques and learn to select the appropriate throw for the situation. Develop catching with one and two hands as well as dribbling with feet and hands. Apply skills to small group games. Take on different roles and work both individually and with others.</p>	<p>Tag Rugby</p> <p>Learn to keep possession of the ball using attacking skills. Develop strategies and social skills to self-manage games. Use skills, strategies and tactics to outwit opposition. Evaluate own and others' performances and suggest improvements.</p> <p>Tennis</p> <p>Develop key skills for tennis including the ready position, racket control and hitting a ball. Learn how to score points and how to use skills, simple strategies and tactics to outwit the opposition.</p>	<p>Rounders</p> <p>Learn how to score points by striking a ball into space and how to play in different fielding roles. Focus on developing throwing, catching and batting skills. Use skills, strategies and tactics to outwit the opposition.</p> <p>Golf</p> <p>Develop skills and apply them to striking, chipping, putting, and playing a short and long game. Develop coordination, accuracy, and control of movements. Understand the principles of the golf game and develop fluid movements that can be used in game situations. Observe and recognise improvements for their own and others' skills and identify areas of strengths.</p>	<p>Athletics</p> <p>Develop basic running, jumping and throwing techniques. Complete challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Evaluate performance and think about how to achieve the greatest possible speed, height, distance or accuracy. Learn how to persevere to achieve personal best. Measure, time and record scores.</p> <p>Cricket</p> <p>Use skills, strategies and tactics to outwit opposition by striking a ball and trying to deceive or avoid fielders.</p>
Year 4	<p>OAA</p> <p>Develop problem solving skills through a range of challenges. Work as a pair and small group to plan, solve, reflect and improve on strategies. Learn to orientate a map, identify key symbols and follow routes.</p> <p>Gymnastics</p> <p>Learn a wide range of travelling actions and include the use of pathways. Develop advanced actions and explore ways to include apparatus. Demonstrate control whilst working independently and in collaboration to create and develop sequences. Receive and provide feedback in order to make improvements to performances. Develop performance skills considering the quality and control of actions.</p>	<p>Mindfulness</p> <p>Learn about mindfulness and body awareness. Learn Mindfulness poses and techniques that will help to connect mind and body. Improve well being by building strength, flexibility and balance.</p> <p>Football</p> <p>Develop competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. Select and apply tactics to outwit the opposition.</p>	<p>Basketball</p> <p>Develop competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling. Use skills, strategies and tactics to outwit opposition as well as learn how to evaluate own and others' performances, and how to identify a focus for improvement.</p> <p>Dance</p> <p>Create characters and narrative through movement and gesture. Gain inspiration from a range of stimuli, working individually, in pairs and small groups. Use movement to explore and communicate ideas and own feelings and thoughts. Develop confidence in performing and have the opportunity to provide feedback and utilise feedback to improve own work.</p>	<p>Fitness</p> <p>Take part in a range of fitness challenges to test, monitor and record data. Learn to understand different components of fitness; speed, stamina, strength, coordination, balance and agility. Improve fitness levels and persevere when fatigued or challenged. Recognise areas for improvement.</p> <p>Hockey</p> <p>Use simple attacking tactics using sending, receiving and dribbling a ball. Think about how to use skills, strategies and tactics to outwit opposition.</p>	<p>Tennis</p> <p>Develop the key skills for tennis including the ready position, racket control and forehand and backhand ground strokes. Learn how to score points and how to use skills, strategies and tactics to outwit the opposition.</p> <p>Swimming</p> <p>Introduce specific swimming strokes. Learn how to travel, float and submerge with increasing confidence. Learn and use different kicking and arm actions. Introduce some personal survival skills and how to stay safe around water.</p>	<p>Athletics</p> <p>Develop basic running, jumping and throwing techniques. Complete challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Evaluate performance and think about how to achieve the greatest possible speed, height, distance or accuracy. Learn how to persevere to achieve personal best.</p> <p>Dodgeball</p> <p>Improve key skills such as throwing, dodging and catching. Learn how to apply simple tactics to the game to outwit opponent. Provide opportunities to evaluate and improve on own and others' performances.</p>



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Year 5	<p align="center">OAA</p> <p>Develop teamwork skills through completion of challenges. Work individually, collaboratively in pairs and groups to solve problems. Share ideas to create strategies and plans to produce the best solution to a challenge. Develop opportunity to lead a small group. Learn to orientate and navigate using a map.</p> <p align="center">Dance</p> <p>Learn different styles of dance, working individually, as a pair and in small group. Use movement to explore and communicate own feelings and thoughts. Develop an awareness of the historical and cultural origins of different dances. Have opportunity to create and perform work. Provide feedback using the correct dance terminology and use this feedback to improve own work.</p>	<p align="center">Mindfulness</p> <p>Learn about mindfulness and body awareness. Learn Mindfulness poses and techniques that will help to connect mind and body. Improve well being by building strength, flexibility and balance.</p> <p align="center">Tag Rugby</p> <p>Develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. Think about how to use skills, strategies and tactics to outwit opposition. Develop understanding of the importance of fair play while self managing games. Evaluate own and others' performances.</p>	<p align="center">Fitness</p> <p>Take part in a range of fitness challenges to test, monitor and record data. Learn to understand different components of fitness; speed, stamina, strength, coordination, balance and agility. Improve fitness levels and persevere when fatigued or challenged. Recognise areas for improvement.</p> <p align="center">Football</p> <p>Improve defending and attacking play and develop further knowledge of the principles and tactics of each. Develop consistency and control in dribbling, passing and receiving a ball. Learn the basics of goalkeeping. Evaluate own and others' performances, suggesting improvements.</p>	<p align="center">Gymnastics</p> <p>Develop longer sequences individually, with a partner and a small group. Learn a wider range of actions and explore partner relationships. Receive and provide feedback in order to make improvements on performances. Consider the quality and control of actions.</p> <p align="center">Netball</p> <p>Develop defending and attacking play. Learn to use a range of different passes to keep possession and attack towards a goal. Think about how to use skills, strategies and tactics to outwit opposition. Learn key rules of the game.</p>	<p align="center">Athletics</p> <p>Complete challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Think about how to achieve the greatest possible speed, height, distance or accuracy and learn how to persevere to achieve personal best. Learn how to improve by identifying areas of strength as well as areas to develop. Officiate challenges as well as observe and provide feedback to others.</p> <p align="center">Dodgeball</p> <p>Improve on key skills such as throwing, dodging and catching. Learn how to select and apply tactics to the game to outwit opponents. Learn officiating skills when refereeing games and evaluate and suggest improvements to own and others' performances.</p>	<p align="center">Volleyball</p> <p>Develop skills needed to play continuous rallies. Know about the ready position, ball control, sending a ball over a net and how to use these skills to make the game difficult for opponents. Think about how to use skills, strategies and tactics to outwit the opposition. Develop character and control through engaging with coping strategies when exposed to competition and be given the opportunity to take on the role of referee.</p> <p align="center">Cricket</p> <p>Develop the range and quality of striking and fielding skills and learn how to play different roles. Think about how to use skills, strategies and tactics to outwit opposition.</p>
Year 6	<p align="center">OAA</p> <p>Develop teamwork skills through completion of challenges. Work individually, collaboratively in pairs and groups to solve problems. Share ideas to create strategies and plans to produce the best solution to a challenge. Develop opportunity to lead a small group. Learn to orientate and navigate using a map.</p> <p align="center">Dance</p> <p>Develop ideas/themes into dance choreography. Use different choreographing tools to create dances e.g. formations, timing, dynamics. Have opportunities to choreograph, perform and provide feedback.</p>	<p align="center">Mindfulness</p> <p>Learn about mindfulness and body awareness. Learn Mindfulness poses and techniques that will help to connect mind and body. Improve well being by building strength, flexibility and balance.</p> <p align="center">Hockey</p> <p>Show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Think about how to use tactics and collaborate with others to outwit opposition. Comment on own and others' performances and suggest ways to improve.</p>	<p align="center">Basketball</p> <p>Develop key skills such as defending, attacking, throwing, catching, dribbling and shooting. Learn to use attacking skills to maintain possession as well as defending skills to gain possession. Think about how to use skills, strategies and tactics to outwit the opposition. Develop ability to evaluate own and others' performances.</p> <p align="center">Gymnastics</p> <p>Use knowledge of compositional principles to combine and link actions, relate to a partner and use apparatus when developing sequences. Work collaboratively in larger groups, using formations, to improve the aesthetics of performance. Receive and provide feedback in order to make improvements on performances. Develop performance skills considering the quality and control of actions.</p>	<p align="center">Fitness</p> <p>Take part in a range of fitness challenges to test, monitor and record data. Learn to understand different components of fitness; speed, stamina, strength, coordination, balance and agility. Improve fitness levels and persevere when fatigued or challenged. Recognise areas for improvement.</p> <p align="center">Handball</p> <p>Develop key skills of attacking and defending such as throwing, catching, dribbling, intercepting and shooting. Use skills to maintain possession of the ball and to create scoring opportunities. Develop defending principles such as gaining possession of the ball, denying space and stopping goals. Work collaboratively to develop strategies and tactics. Develop understanding of rules and the importance of fair play and honesty whilst self-managing matches. Improve ability to evaluate own and others' performance.</p>	<p align="center">Badminton</p> <p>Develop skills needed to play continuous rallies. Learn about the ready position, racket control, serving and hitting over a net and how to use these skills to make the game difficult for opponents. Think about how to use skills, strategies and tactics to outwit the opposition. Develop character and control through engaging with coping strategies when exposed to competition and be given the opportunity to take on the role of referee.</p> <p align="center">Golf</p> <p>Develop skills and apply them to striking, chipping, putting and playing a short and long game. Develop coordination, accuracy and control of movements. Observe and recognise improvements for own and others' skills and identify areas of strengths. Be creative in designing own course.</p>	<p align="center">Athletics</p> <p>Complete challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Think about how to achieve the greatest possible speed, height, distance or accuracy and learn how to persevere to achieve personal best. Learn how to improve by identifying areas of strength as well as areas to develop. Officiate challenges as well as observe and provide feedback.</p> <p align="center">Rounders</p> <p>Develop the quality and consistency of fielding skills and understanding of when to use them. Learn how to play the different roles and to apply tactics in these positions. Think about how to use skills, strategies and tactics to outwit the opposition.</p>