Physical Education Long Term Plan

Mixed-year groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Activity leading to playing games Agility Balance Coordination skill development -) - Develop Object Control Introduce attacking and defending – moving into space to receive a ball Tag rugby football, netball hockey	Gymnastics activities Agility Balance Coordination skill development Using apparatus to climb/jump/land /roll Combine movements/make sequences using stretch tuck straddle and pike shapes	Dance Perform basic dances using simple movement patterns – dance remember and repeat them , begin to listen to music and find a beat to follow	Activity leading to playing games Agility Balance Coordination skill development– games skills/ using a variety of apparatus to gain object control – aiming at a target / striking an object golf/tennis	games Agility Balance Coordination skill development– Using a variety of apparatus to gain object control - bat balls/striking /bowling – underarm for bowling and overarm for fielding Cricket / rounders	Jumping, throwing - Athletics activities Learn to run for distance and speed Jump high / long /and for speed(speed bounce) Throw a variety of objects – howler/ ball for distance and usecorrect technique
Year 2	Activity leading to playing games - Develop Object Control Introduce attacking and defending – moving into space to receive a ball Tag rugby football, netball, hockey	Dance Perform basic dances using simple movement patterns – dance remember and repeat them , begin to listen to music and find a beat to follow	Gymnastics activities Agility Balance Coordination skill development Combine movements/make sequences	Activity leading to playing games – aiming at a target / striking an object golf/tennis	Activity leading to playing games – - bat balls/striking /bowling – underarm for bowling and overarm for fielding Cricket / rounders	Running, Jumping, throwing - Athletics activities –
Year 3/4	Developing skills in relation to Invasion Games Develop skills and principles of attacking and defending in small sided games – invasion games – hockey netball football ,rugby	Perform dances using a range of movement patterns Gymnastics – working and collaborating together Developing flexibility, strength and control, communication – link actions to make sequences gymnastics	Fitness Improve stamina when when running for distance – set personal targets to aim to improve personal best Indoor athletics activities Running/jumping throwing in isolation and combination	Throwing and catching games working in teams to outwit opponents. Learn rules and why they are important – tchouckball Swimming OAA Carlton Lodge outdoor Education Centre – Year 4 children	Play competitive games Net/wall – tennis, volleyball rules of 2v2 and 3v3 games Begin to learn to principles an rules of striking and fielding games –learn basic rules playing confidently as a member of a team cricket / rounders	Compare performances to previous and improve on a personal best –Athletics Running/ – building stamina
Year 5/6	Swimming Improve and set personal targets, team communication skills – invasion games -l football, tag rugby, Hockey – focus on attacking a defensive strategies – finding and making space to improve team performance focusing on strategy and tactics to win a game.	Fitness – Set targets to improve strength stamina and flexibility. Understand what each component of fitness id and why they are important to health. Gymnastics – Developing Flexibility and strength –	Perform dances using a range of movement patterns – cannon/ levels/ gesture - Dance Develop skills and principles of attacking and defending – invasion games - Netball (Bee Netball)	Play competitive games Striking/ fielding- Cricket, baseball Learn to be an effective team player and make decisions to benefit team play – Running Jumping Throwing In isolation combination- Developing strength and flexibility- Sports Hall Athletics Show and demonstrate improvement in personal best over a number of weeks-tracking a personal best	Play competitive games Striking/ fielding- Rounders, cricket, baseball Play competitive Net /Wall games – Tennis, Learn to use equipment correctly and master basic rules	Outdoor and adventurous activities and challenges (OAA map challenges on school site) Running Jumping Throwing In isolation combination- Developing strength and flexibility- Compare performances to previous and improve on a personal best –Athletics Catch up swimming
