

PE Long Term Plan Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
School Fixtures	Floorball	Indoor Athletics Floorball	Swimming (KS2) Gymnastics	Swimming (KS2) Gymnastics	Quik Cricket	Sports Day
Other school activities	Team Building / OAA / Forest School					
EYFS	<p>Introduction to PE</p> <p>Pupils will be introduced to structured movement.</p>	<p>Fundamentals</p> <p>Pupils will develop their basic fundamental movement skills.</p>	<p>Gymnastics</p> <p>Pupils explore basic movements through creating shapes, balances and jumps. Pupils will begin to preform basic skills on the floor and on apparatus</p>	<p>Dance</p> <p>Pupils will explore space safely. Pupils will develop actions to a stimulus exploring dance in the world around them.</p>	<p>Games</p> <p>Pupils will develop fundamental skills through games. Pupils will develop fundamental skills through games working on teamwork and rules.</p>	<p>Balls Skills</p> <p>Pupils will develop their fundamental ball skills through a variety of equipment. Pupils will continue to develop fundamental ball skills whilst developing decision making and using simple tactics.</p>

<p>KS1 Year A</p>	<p>Fitness</p> <p>Pupils will explore a variety of fitness components.</p> <p>Ball Skills</p> <p>Pupils will develop fundamental ball skills.</p>	<p>Fundamentals</p> <p>Pupils will develop fundamentals movements whilst working collaboratively with others.</p> <p>Dance</p> <p>Pupils will understand the importance of counting to music whilst repeating actions.</p>	<p>Gymnastics</p> <p>Pupils will use space safely using gymnastic movements.</p>	<p>Striking and Fielding</p> <p>Pupils will begin to understand the basics of rounders and cricket.</p> <p>Invasion</p> <p>Pupils will develop the basic skills for invasion games whilst showing respect towards their teammates.</p>	<p>Sending and receiving</p> <p>Pupils will use a variety of balls to send and receive and understand the importance of rules in sport.</p> <p>Net and wall</p> <p>Pupils will learn the importance of the ready position, understand basic rules for net and wall sports and be encouraged to demonstrate good sportsmanship.</p>	<p>Fitness</p> <p>Pupils will explore a variety of fitness components.</p> <p>Athletics</p> <p>Pupils will begin to preform athletic skills.</p>
<p>KS1 Year B</p>	<p>(Fitness)</p> <p>Pupils will develop perseverance and determination to work for long periods of time.</p> <p>Ball Skills</p> <p>Pupils will develop fundamental ball skills whilst working individually and with a partner.</p>	<p>(Fundamentals)</p> <p>Pupils will observe and recognise improvements in fundamental movement skills.</p> <p>Dance</p> <p>Pupils will use movement to express mood, character, feeling and emotion.</p>	<p>Gymnastics</p> <p>Pupils will explore floor routines and develop an awareness for creating sequences.</p>	<p>Striking and Fielding</p> <p>Pupils will learn how to score points and play competitively.</p> <p>Invasion</p> <p>Pupils will develop attacking and defending and keeping possession.</p>	<p>Sending and receiving</p> <p>Pupils will use sending and receiving skills individually and in small groups and begin to self-manage own activities.</p> <p>Net and wall</p> <p>Pupils develop playing against an opponent over a net.</p>	<p>(Fitness)</p> <p>Pupils will develop perseverance and determination to work for long periods of time.</p> <p>Athletics</p> <p>Pupils will compete to improve their own performance by identifying areas of improvement.</p>

LKS2 Year A	<p>(Fitness)</p> <p>Pupils will begin to monitor and record data and understand different components of fitness whilst improving their fitness levels.</p> <p>Tag Rugby</p> <p>Pupils learn how to maintain possession and develop social skills to self- manage games.</p>	<p>Netball</p> <p>Pupils will show control and fluency when, passing, receiving and shooting the ball.</p>	<p>Swimming</p> <p>Pupils will develop basic swimming strokes increasing in confidence.</p> <p>Dance</p> <p>Pupils to create dances through historical and scientific stimuli.</p>	<p>(Fitness)</p> <p>Pupils will begin to monitor and record data and understand different components of fitness whilst improving their fitness levels.</p> <p>Gymnastics</p> <p>Pupils develop extension and body tension whilst using skills both individually and in combination.</p>	<p>(Volleyball)</p> <p>Pupils will develop the skills to be able to hold a continuous rally and match.</p> <p>Tennis</p> <p>Pupils will develop basic skills for tennis and begin to understand how tennis is played.</p>	<p>(Athletics)</p> <p>Pupils explore a variety of different techniques and learn how to persevere to achieve their best.</p> <p>Rounders</p> <p>Pupils explore the basics in fielding and striking in rounders and apply these to skill-based games.</p>
LKS2 Year B	<p>(Fitness)</p> <p>Pupils will begin to monitor and record data and understand different components of fitness whilst improving their fitness levels.</p> <p>Football</p> <p>Pupils develop key skills in football and start to play uneven sided games.</p>	<p>Hockey</p> <p>Pupils will learn how to play a game and keep possession of the ball by defending and winning the ball.</p>	<p>Swimming</p> <p>Pupils will develop basic swimming strokes increasing in confidence.</p> <p>Dance</p> <p>Pupils will develop movement through gestures, whilst developing confidence in performing.</p>	<p>(Fitness)</p> <p>Pupils will begin to monitor and record data and understand different components of fitness whilst improving their fitness levels.</p> <p>Gymnastics</p> <p>Pupils will create more complex sequences whilst using pathways and including apparatus</p>	<p>(Athletics)</p> <p>Pupils will set challenges for distance and time using a variety of styles and techniques.</p> <p>Dodgeball</p> <p>Pupils will develop their performance and begin to apply simple tactics.</p>	<p>(Athletics)</p> <p>Pupils will set challenges for distance and time using a variety of styles and techniques.</p> <p>Cricket</p> <p>Pupils use tactics to outwit an opponent whilst playing fairly and demonstrating an</p>

				in a safe and controlled environment.		understanding of the rules.
UKS2 Year C	<p>Fitness</p> <p>Pupils will test, monitor and record data from their performance whilst seeking opportunities to maximise their fitness.</p> <p>Tag Rugby</p> <p>Pupils will learn how to carry the ball to draw a defence and apply these tactics to a game in order to outwit their opponents.</p>	<p>Basketball</p> <p>Pupils will develop tactics to maintain possession, whilst self-managing games and developing honesty and fair play.</p>	<p>(Fitness)</p> <p>Pupils will test, monitor and record data from their performance whilst seeking opportunities to maximise their fitness.</p> <p>Gymnastics</p> <p>Pupils will explore working in relationship to a partner whilst developing performance, quality and control.</p>	<p>Dance</p> <p>Pupils develop different styles of dance whilst looking at the historical culture and origins of dance.</p>	<p>(Volleyball)</p> <p>Pupils will develop the skills to be able to hold a continuous rally and match.</p> <p>Tennis</p> <p>Pupils increase their competence of tennis skills and given opportunities to self-regulate games and show honesty.</p>	<p>(Athletics)</p> <p>Pupils will learn new sports for field events and develop their personal best by identifying areas for improvement.</p> <p>Rounders</p> <p>Pupils develop quality and consistency in their fielding and striking whilst applying tactics to outwit their opponents.</p>
UKS2 Year D	<p>Fitness</p> <p>Pupils will test, monitor and record data from their performance whilst seeking opportunities to maximise their fitness.</p> <p>Football</p> <p>Pupils will develop their competence whilst applying tactics and</p>	<p>Floorball</p> <p>Pupils will work within collaboration to outwit their opponents in order to win a match.</p>	<p>(Fitness)</p> <p>Pupils will test, monitor and record data from their performance whilst seeking opportunities to maximise their fitness.</p> <p>Gymnastics</p> <p>Pupils will develop trust in large groups whilst using formations to improve performance.</p>	<p>Dance</p> <p>Pupils will develop choreography whilst working individually and with a group.</p>	<p>(Athletics)</p> <p>Pupils are given the chance to officiate and competently complete a range of field and track events.</p> <p>Dodgeball</p> <p>Pupils will improve key skills and learn how to apply tactics to a game</p>	<p>(Athletics)</p> <p>Pupils are given the chance to officiate and competently complete a range of field and track events.</p> <p>Cricket</p> <p>Pupils use tactics to outwit an opponent whilst playing fairly and demonstrating an</p>



	showing the importance of fair play.				situation to outwit their opponent.	understanding of the rules.