



### Physical Education long term plan

Year Group	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<b>Nursery</b>	<ul style="list-style-type: none"> <li>To show an interest in riding a balance bikes and scooters</li> <li>To throw a ball up in the air</li> </ul>		<ul style="list-style-type: none"> <li>To safely move around the environment, adapting their speed where necessary</li> <li>Begin to climb on the outdoor climbing frame and swing on the rope swing</li> <li>To throw and catch with bean bags and large balls</li> <li>To continue to learn to use balance bikes and three wheeled scooters</li> </ul>		<ul style="list-style-type: none"> <li>To safely move around the environment, adapting their speed where necessary</li> <li>To climb confidently on apparatus.</li> <li>To enjoy throwing and catching balls and balancing on bikes and scooters.</li> <li>To skip, hop, stand on one leg, and hold a pose for a game like musical statues</li> </ul>	
<b>Reception</b>	<ul style="list-style-type: none"> <li>To explore different ways of moving around and to develop climbing and balancing skills</li> <li>To progress their skills in riding bikes and scooters</li> </ul>		<ul style="list-style-type: none"> <li>To practise balancing, climbing and jumping by safely using a range of large and small apparatus</li> </ul>		<ul style="list-style-type: none"> <li>To practise athletic skills outdoors</li> <li>Negotiate space and obstacles safely and demonstrate strength, balance and coordination on large and small apparatus</li> </ul>	
<b>Year 1</b>	<p><b><u>Gymnastics</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Move mats and benches safely</li> <li>-Identify and perform different shapes</li> <li>-Jump for height and distance, performing a safe and controlled landing</li> <li>-Begin to combine travels, shapes and jumps to create a sequence</li> </ul>	<p><b><u>Dance</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Respond to a range of stimuli</li> <li>-Explore space, direction, levels and speed</li> <li>-Create actions and perform movements with different body parts.</li> </ul>	<p><b><u>Attack, Defend and Shoot</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Practice basic movements including running, jumping throwing and catching</li> <li>-Engage in competitive activities</li> <li>-Participate in activities that improve agility,</li> </ul>	<p><b><u>Send and Return</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Send an object with increased confidence using their hand, bat or a racquet</li> <li>- Move towards a moving ball to return</li> <li>-Sending and returning a variety of balls</li> </ul>	<p><b><u>Hit, Catch and Run</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Hit objects with some consistency using hand or bat</li> <li>-Track and retrieve a rolling ball</li> <li>-Throw and catch a variety of balls and objects</li> </ul>	<p><b><u>Run, Jump and Throw</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Link running and jumping</li> <li>-Refine running skills including varying speeds and pathways</li> <li>-Develop throwing techniques to send objects over long distances</li> </ul>

			balance and co-ordination			
<b>Year 2</b>	<p><b><u>Gymnastics</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Describe and demonstrate flexibility</li> <li>-Identify and perform some rolls</li> <li>-Repeat and adapt sequences including travels, shapes, jumps and rolls</li> </ul>	<p><b><u>Dance</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Describe and demonstrate how performers can transition and link different actions</li> <li>-Perform basic actions with control and consistency at different speeds and levels.</li> <li>-Move imaginatively to music</li> <li>-Work in a group to create short movement phrases</li> </ul>	<p><b><u>Attack, Defend and Shoot</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Send a ball with their feet and receive a ball with their feet</li> <li>-Recall and link combinations of skills</li> <li>-Control their bodies and a range of equipment with consistency</li> </ul>	<p><b><u>Send and Return</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Track the path of a ball over a net and move towards it</li> <li>-Hit and return a ball using a variety of hands, bats and racquets with some consistency</li> <li>-Play modified net and wall games, throwing catching and sending over a net</li> </ul>	<p><b><u>Hit, Catch and Run</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Develop hitting skills with a variety of bats</li> <li>-Practice feeding and bowling skills</li> <li>-Run to score points in games</li> </ul>	<p><b><u>Run, Jump and Throw</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Develop power, agility, coordination and balance over a variety of activities</li> <li>-Throw and handle a variety of objects</li> <li>-Negotiate obstacles showing increased control of body and limbs</li> </ul>
<b>Year 3</b>	<p><b><u>Gymnastics</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Describe and demonstrate contrast in shapes and other actions</li> <li>-Consolidate knowledge on rolls and jumps</li> <li>-Describe and demonstrate unison</li> <li>-Create contrasting sequences in groups</li> </ul>	<p><b><u>Dance</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Repeat, create and perform different character dances</li> <li>-Perform using facial expressions</li> <li>-Perform using a prop</li> </ul>	<p><b><u>Handball</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Demonstrate basic passing and catching skills</li> <li>-Learn basic defensive techniques</li> <li>-Implement some rules of Handball</li> </ul>	<p><b><u>Tennis</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Identify and describe basic rules of Tennis</li> <li>-Serve to begin a game</li> <li>-Explore forehand hitting</li> </ul>	<p><b><u>Cricket</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Adhere to some of the basic rules of cricket</li> <li>-Develop a range of skills to use in isolation and competitive scenarios</li> </ul>	<p><b><u>Athletics</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Demonstrate agility and speed</li> <li>-Jump for height and distance with control and balance</li> <li>-Throw with speed and power, applying appropriate force</li> </ul>

					-Use basic skills with more consistency	
<b>Year 4</b>	<p><b><u>Gymnastics</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Create sequences using varied compositional ideas</li> <li>-Use unison in performances</li> <li>-Evaluate own and others performances</li> </ul>	<p><b><u>Dance</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Work to include freeze frames in routines</li> <li>-Practice and perform in a variety of different formations</li> <li>-Develop a dance as a group to perform based on a given theme</li> </ul>	<p><b><u>Handball</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Follow the rules of handball and demonstrate good sporting values</li> <li>-Develop control over a range of skills</li> <li>-Use tactics to gain and retain possession in a range of games</li> <li>-Use a range of marking techniques</li> </ul>	<p><b><u>Tennis</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Explore forehand and backhand shots</li> <li>-Work to return the serve</li> <li>-Use different positions during gameplay</li> </ul>	<p><b><u>Cricket</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Develop a range of cricket skills and apply to competitive situations</li> <li>-Choose and use a range of simple tactics in isolation and game context</li> <li>-Consolidate existing skills and apply with consistency</li> </ul>	<p><b><u>Athletics</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Investigate different techniques of running, jumping and throwing</li> <li>-Use a variety of equipment, ways of measuring and timing runs, jumps and throws</li> </ul>
<b>Year 5</b>	<p><b><u>Gymnastics</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Discuss and demonstrate symmetrical and asymmetrical shapes, balances and travel</li> <li>-Demonstrate a variety of partner balances</li> <li>-Create sequences in groups which include a variety of balances</li> </ul>	<p><b><u>Dance</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Perform different styles of dance fluently</li> <li>-Refine and improve set dances including use of rhythm, space and expression</li> <li>-Work collaboratively to compose simple dances</li> <li>-Evaluate performances</li> </ul>	<p><b><u>Handball</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Improve decision making in competitive situations</li> <li>-Combine skills and use them confidently</li> <li>-Apply tactics to a range of scenarios</li> </ul>	<p><b><u>Tennis</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Use volley and overhead shots</li> <li>-Apply varied shots in game situations</li> <li>-Play with others to score and defend points in a competitive situation</li> <li>-Explore Tennis rules further and apply in game situations</li> </ul>	<p><b><u>Cricket</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Link together a range of skills and use in combination</li> <li>-Work together to follow, choose and adapt rules in activities</li> <li>-Recognise and describe how different aspects of fitness apply to cricket</li> </ul>	<p><b><u>Athletics</u></b></p> <p>Children will be taught to:</p> <ul style="list-style-type: none"> <li>-Sustain pace over varied distances</li> <li>-Run as part of a team and work at their maximum speed</li> <li>-Perform a range of throws and jumps with increased power and accuracy</li> </ul>



Enriching Lives: Unlocking Potential



High Expectations. Integrity. Nurturing. Always Learning. Working Together. Taking Responsibility – No Excuses

<p><b>Year 6</b></p>	<p><b><u>Gymnastics</u></b>          Children will be taught to:          -Create complex sequences that include a variety of gymnastic elements          -Confidently demonstrate flight in a group sequence          -Use cannon in group sequences          -Include pieces of equipment when performing gymnastic actions</p>	<p><b><u>Dance</u></b>          Children will be taught to:          -Confidently create and perform a set dance phrase in groups          -Discuss different styles of dance, using correct terminology          -Use more complex compositional ideas</p>	<p><b><u>Handball</u></b>          Children will be taught to:          -Play games by the rules and help officiate          -Use appropriate tactics and deploy them in a game          -Combine a range of skills and apply them to a game with confidence</p>	<p><b><u>Tennis</u></b>          Children will be taught to:          -Develop backhand shots further          -Use the lob shot          -Begin to use the score system and score matches          -Develop doubles play and tactics</p>	<p><b><u>Cricket</u></b>          Children will be taught to:          -Consistently apply standard cricket rules in a variety of games          -Attempt a small range of shots in isolation and in competitive scenarios          -Use a range of tactics for attacking and defending in different roles</p>	<p><b><u>Athletics</u></b>          Children will be taught to:          -Become confident in a range of techniques, recognising their success          -Apply their strength and flexibility to jumping, running and throwing          -Evaluate their own and others' performances          -Accurately and confidently measure and judge a variety of activities</p>
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