

Long Term Plan for PE

KS1

	KS1 pupils should be taught to: • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns.					
	Class 1			Class 2		
	Autumn	Spring	Summer	Autumn	Spring	Summer
Year A	<u>Rolling Programme</u> Multi Skills Gymnastics Net and wall Multi Skills Yoga	<u>Rolling Programme</u> Dance Invasion games / ball skills Dance Yoga	<u>Rolling Programme</u> Athletics Striking and Fielding Athletics	Gymnastics Net and wall Multi Skills Yoga Gymnastics Net and wall	Invasion games / ball skills Dance Yoga Invasion games / ball skills	Striking and Fielding Athletics Striking and fielding
Year B	<u>Rolling Programme</u> Multi Skills Gymnastics Net and wall Multi Skills Yoga	<u>Rolling Programme</u> Dance Invasion games / ball skills Dance Yoga	<u>Rolling Programme</u> Athletics Striking and Fielding Athletics	Gymnastics Net and wall Multi Skills Yoga Gymnastics Net and wall	Invasion games / ball skills Dance Yoga Invasion games / ball skills	Striking and Fielding Athletics Striking and fielding

Long Term Plan for PE

KS2

	Class 1 will also have yoga sessions in addition to their 2 hours of curriculum PE.			
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NB. Long term plan may be subject to change dependent on availability of speciality sports coaches to support delivery of PE sessions (e.g. tag rugby, cricket, basketball).

KS2 pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]*, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]*
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

* Schools are not required by law to teach the example content in [square brackets].

Long Term Plan for PE

KS2

	Class 3			Class 4			Class 5		
	Autumn	Spring	Summer	Autumn	Spring	Summer	Autumn	Spring	Summer
Year A	<u>1st half term</u> Tag Rugby Bench ball <u>2nd half term</u> Dance	<u>1st half term</u> Benchball / Gymnastics <u>2nd half term</u> Outdoor & Adventurous / Hockey	<u>1st half term</u> Tennis (Class teacher)/ Cricket <u>2nd half term</u> Basketball / Athletics	<u>1st half term</u> Y4 Swimming Y5: Yoga / Tag Rugby <u>2nd half term</u> Y4: Swimming / Y5: Yoga / Dance	<u>1st half term</u> Y4 Swimming Football Gymnastics <u>2nd half term</u> Hockey / Outdoor & Adventurous Activities Swimming	<u>1st half term</u> Cricket (rounders if Cricket is finished) Tennis - Class teacher <u>2nd half term</u> Athletics	<u>1st half term</u> Tag Rugby / Outdoor & Adventurous <u>2nd half term</u> Dodgeball / Dance	<u>1st half term</u> Circuits / Gymnastics <u>2nd half term</u> Yoga / Hockey	<u>1st half term</u> Tennis / Cricket <u>2nd half term</u> Basketball / Athletics
Year B	<u>1st half term</u> Rugby / Football <u>2nd half term</u> Hockey / Dance	<u>1st half term</u> Outdoor & Adventurous (orienteering) Sportshall Athletics <u>2nd half term</u> Gymnastics / Tri-Golf	<u>1st half term</u> Volleyball / Rounders <u>2nd half term</u> Netball / Athletics	<u>1st half term</u> Y4: Swimming / Y5: Yoga / Football <u>2nd half term</u> Y4: Swimming / Benchball (indoors)/ Dance	<u>1st half term</u> Football Outdoor & Adventurous (orienteering) Y4 swimming <u>2nd half term</u> Yoga / Gymnastics Swimming	<u>1st half term</u> Striking and fielding (rounders / cricket). Tennis <u>2nd half term</u> Athletics Y5 + Robinwood OAA Y5/6	<u>1st half term</u> Football / Outdoor & Adventurous <u>2nd half term</u> Handball	<u>1st half term</u> Sportshall Athletics / Gymnastics <u>2nd half term</u> Yoga / Tri- Golf (+ Robinwood OAA)	<u>1st half term</u> Striking and fielding (rounders / cricket). Tennis <u>2nd half term</u> Netball / Athletics (+ Robinwood OAA Y5/6)

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