

PE Long Term Plan



Planning: scope, coherence, sequencing, rigour

The 3 pillars of progression throughout the year are: motor competence; rules, strategies and tactics; and healthy participation.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS2	Motor competence Healthy participation	Motor competence Healthy participation	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation	Motor competence Healthy participation	Motor competence Healthy participation Rules, strategies and tactics
	Gymnastics: Unit 1 Focus: Different direction movements CG: To follow and copy movements in different directions, using different footwork	Dance: Unit 1 Focus: Responding to a stimuli CG: To perform a short dance in response to a stimuli	Games: Unit 1 Focus: Aiming at a target CG: To move a ball in different ways, aiming at a simple target	Gymnastics: Unit 2 Focus: Different heights CG: To travel at different heights using quick and slow movements	Dance: Unit 2 Focus: Rising and sinking CG: To travel in a dance, using rising and sinking movements	Games: Unit 2 Focus: Sending and receiving a ball CG: To send and receive a ball, using a bat
Y1	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics
	Gymnastics: Unit 1 Focus: Flight – Bouncing, Jumping and Landing) <i>Stability skills</i> CG: To copy a three-part sequence, using a straight and half turn Games: Unit 1 Focus: Throwing and catching, Inventing games <i>Manipulation skills</i> CG: To be able to send and receive a ball in various ways to play individual or target games with a partner.	Games: Unit 2 Focus: Making up games with a partner, Aiming, hitting, kicking <i>Manipulation skills</i> <i>Locomotor skills</i> CG: To send and aim a ball towards a simple target area to score points in a game with a partner Dance: Unit 1 Focus: Streamers, Conkers and Playing with a ball <i>Stability skills</i> CG: To recognise and use a range of travelling, turning and jumping movements in relation to the dance idea	Gymnastics: Unit 2 Focus: Points and Patches <i>Stability skills</i> CG: To copy a three-part sequence, using a kneeling balance and straddle shapes Games: Unit 3 Focus: Dribbling, kicking and hitting <i>Manipulation skills</i> <i>Locomotor skills</i> CG: To use steering, hitting along the ground and hitting through the air to play individual and cooperative target games	Dance: Unit 2 Focus: March, March, March and Jack and the Beanstalk <i>Stability skills</i> CG: To turn, jump and travel in different ways and use gesture, shape and stillness. Athletics: Unit 1 Focus: Developing basic movements <i>Manipulation skills</i> <i>Locomotor skills</i> CG: To develop basic movements including running, jumping, throwing and catching	Gymnastics: Unit 3 Focus: Rocking and Rolling <i>Stability skills</i> CG: To copy a three-part sequence, using a pencil and tuck roll Athletics: Unit 2 Focus: Balance and coordination <i>Manipulation skills</i> <i>Locomotor skills</i> CG: Develop balance, agility and Co-ordination	Games: Unit 4 Focus: Group games and inventing rules <i>Manipulation skills</i> <i>Locomotor skills</i> CG: To send a receive a variety of equipment with control, to play co – operative games with a partner Dance: Unit 4 Focus: The rainbow fish and we're going on a bear hunt <i>Stability skills</i> CG: To work cooperatively with a partner and later with others in a group, to create a dance
Y2	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics
	Gymnastics: Unit 1 Focus: Body control <i>Stability skills</i> CG: To plan and perform a three-part sequence, using	Games: Unit 2 Focus: Making up games with a partner, Aiming, hitting, kicking	Gymnastics: Unit 2 Focus: Travelling <i>Stability skills</i> CG: To plan and perform a three-part sequence, using	Dance: Unit 2 Focus: Friends, Bubbles and Shadows	Gymnastics: Unit 3 Focus: Jumping <i>Stability skills</i>	Games: Unit 4 Focus: Group games and inventing rules CG: To demonstrate consistency and accuracy in kicking.

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	<p>increasing body control when balancing</p> <p>Games: Unit 1 Focus: Throwing and catching, Inventing games</p> <p>CG: to know how to throw, catch and bounce in a variety of ways using different equipment and use this knowledge to invent games <i>Manipulation skills</i></p>	<p>CG: To use a variety of equipment and various aiming, hitting and kicking skills to invent and play a game with a partner <i>Manipulation skills</i> <i>Locomotor skills</i></p> <p>Dance: Unit 1 Focus: The cat, Balloons and Reach for the stars</p> <p>CG: To choose and link actions appropriate for the dance idea <i>Stability skills</i></p>	<p>increasing body control when travelling</p> <p>Games: Unit 3 Focus: Dribbling, kicking and hitting</p> <p>CG: To play co-operative and competitive striking, net, aiming and invasion type games with a partner <i>Manipulation skills</i> <i>Locomotor skills</i></p>	<p>CG: To travel, turn, jump, gesture, show shape and stillness to create a dance <i>Stability skills</i></p> <p>Athletics: Unit 1 Focus: Mastering basic movements</p> <p>CG: Master basic movements including running, jumping and throwing <i>Manipulation skills</i> <i>Locomotor skills</i></p>	<p>CG: To plan and perform a three-part sequence, using a tuck jump</p> <p>Athletics: Unit 2 Focus: Balance and coordination</p> <p>CG: To develop balance, agility and co-ordination and begin to apply them in a range of activities <i>Manipulation skills</i> <i>Locomotor skills</i></p>	<p>Throwing and catching with a partner and small group team games. <i>Manipulation skills</i> <i>Locomotor skills</i></p> <p>Dance: Unit 3 Focus: Words and Word messages and The Three Little Pigs</p> <p>CG: Talk about the dance and why they liked it using a range of words to describe the movement they have learnt <i>Stability skills</i></p>
Y3	<p>Motor competence Healthy participation Rules, strategies and tactics</p> <p>Gymnastics: Unit 1 Focus: Large body parts <i>Stability skills</i></p> <p>CG: To plan and perform a three-part sequence, using large body part balances</p> <p>Games: Unit 1 Focus: Ball skills – Invasion</p> <p>CG: To co-operate in competitive games to develop skills and simple tactics under pressure <i>Manipulation skills</i> With links to netball</p> <p>Outdoor and Adventurous Activities (Orienteering)</p>	<p>Motor competence Healthy participation</p> <p>Games: Unit 2 Focus: Creative games making</p> <p>CG: To identify aspects of their own and others' play that need improving using appropriate language and suggest practices to help them play better <i>Manipulation skills</i> <i>Locomotor skills</i> With links to netball and football</p> <p>Dance: Unit 1 Focus: Who am I? The language of dance. <i>Stability skills</i></p> <p>CG: To perform a simple dance in unison</p>	<p>Motor competence Healthy participation Rules, strategies and tactics</p> <p>Games: Unit 3 Focus: Net / Court / Wall games</p> <p>CG: To apply net game principles to a competitive game <i>Manipulation skills</i> <i>Locomotor skills</i> With links to tennis</p> <p>Gymnastics: Unit 2 Focus: Balancing on equipment <i>Stability skills</i></p> <p>CG: To plan and perform a three-part sequence, using large body part balances on equipment</p> <p>Outdoor and Adventurous Activities (Orienteering)</p>	<p>Motor competence Healthy participation Rules, strategies and tactics</p> <p>Dance: Unit 2 Focus: The Explorers and the Hornpipe <i>Stability skills</i></p> <p>CG: To create and structure a whole dance</p> <p>Athletics: Unit 1 Focus: Agility and coordination</p> <p>CG: To develop competence and confidence when accessing a broad range of opportunities to extend their agility, balance and coordination <i>Manipulation skills</i> <i>Locomotor skills</i></p>	<p>Motor competence Healthy participation Rules, strategies and tactics</p> <p>Gymnastics: Unit 3 Focus: <i>Stability skills</i></p> <p>CG: To plan and perform a three-part sequence, using skipping</p> <p>Athletics: Unit 2 Focus: CG: To develop competence and confidence when accessing a broad range of opportunities to extend their agility, balance and coordination <i>Manipulation skills</i> <i>Locomotor skills</i></p> <p>Outdoor and Adventurous Activities (Orienteering)</p>	<p>Motor competence Healthy participation Rules, strategies and tactics</p> <p>Dance: Unit 3 Focus: The Eagle and the Fish <i>Stability skills</i></p> <p>CG: To perform learnt skills and techniques in a dance with control and confidence</p> <p>Games: Unit 4 Focus: Striking and fielding games</p> <p>CG: To use simple attacking and defending tactics to play effective small-sided games <i>Manipulation skills</i> <i>Locomotor skills</i> With links to cricket</p>

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Y4	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics
	<p>Gymnastics: Unit 1 Focus: Balances <i>Stability skills</i></p> <p>CG: To plan and perform a five-part sequence, using three-point balances</p> <p>Games: Unit 1 Focus: Net / Court Wall <i>Manipulation skills</i></p> <p>CG: To play a game over a barriers, hitting a ball into spaces to score With links to tennis</p> <p>Outdoor and Adventurous Activities (Orienteering)</p>	<p>Dance: Unit 1 Focus: These shoes are made for walking, Giraffes can't dance and Incognito <i>Stability skills</i></p> <p>CG: To create and perform a dance that portrays an emotion</p> <p>Games: Unit 2 Focus: Problem – solving and inventing games</p> <p>CG: To work co-operatively in groups of varying sizes to organise and keep their games going With links to netball and football</p>	<p>Gymnastics: Unit 2 Focus: Beam balances <i>Stability skills</i></p> <p>CG: To plan and perform a five-part sequence, using three-point balances on a beam</p> <p>Games: Unit 3 Focus: Invasion</p> <p>CG: To demonstrate principles and tactics for attacking and defending With links to netball <i>Manipulation skills</i> <i>Locomotor skills</i></p> <p>Outdoor and Adventurous Activities (Orienteering)</p>	<p>Dance: Unit 2 Focus: Electricity <i>Stability skills</i></p> <p>CG: To perform and create a sequence with fluency and expression</p> <p>Athletics: Unit 1 Focus: Balance and coordination</p> <p>CG: To become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination <i>Manipulation skills</i> <i>Locomotor skills</i></p>	<p>Gymnastics: Unit 2 Focus: Rolling <i>Stability skills</i></p> <p>CG: To plan and perform a five-part sequence, using backwards rolls</p> <p>Athletics: Unit 2 Focus: Agility and coordination</p> <p>CG: To become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination <i>Manipulation skills</i> <i>Locomotor skills</i></p> <p>Outdoor and Adventurous Activities (Orienteering)</p>	<p>Games: Unit 4 Focus: Striking and fielding games</p> <p>CG: To play co-operative and competitive small sided striking and fielding games With links to cricket</p> <p><i>Manipulation skills</i> <i>Locomotor skills</i></p> <p>Dance: Unit 3 Focus: Snooker championship and Record and Remember <i>Stability skills</i></p> <p>CG: To compare and adapt movements and motifs, linked to a stimuli</p>
Y5	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics
	<p>Gymnastics: Unit 1 Focus: Body balances <i>Stability skills</i></p> <p>CG: To plan and perform a six-part sequence, using body weight balances</p> <p>Games: Unit 1 Focus: Net / Court / Wall</p> <p>CG: To understand and apply net game principles to a small sided game <i>Manipulation skills</i> With links to tennis</p>	<p>Dance: Unit 1 Focus: Rubbish <i>Stability skills</i></p> <p>CG: To show a change of pace and timing in their dance</p> <p>Games: Unit 2 Focus: Invasion and target</p> <p>CG: To work as a team in a small-sided ball handling game and use a variety of defending tactics to retain possession With links to netball <i>Manipulation skills</i></p>	<p>Gymnastics: Unit 2 Focus: Jumping and turning <i>Stability skills</i></p> <p>CG: To plan and perform a six-part sequence, using a cat leap half turn</p> <p>Games: Unit 3 Focus: Invasion games</p> <p>CG: To demonstrate a range of skills using feet or implement for passing and receiving; dribble the ball in a controlled manner whilst moving <i>Manipulation skills</i> <i>Locomotor skills</i> With links to netball</p>	<p>Dance: Unit 2 Focus: What a card and Word power</p> <p>CG: To evaluate their performances using their own criteria <i>Stability skills</i></p> <p>Athletics: Unit 1 Focus: Evaluating</p> <p>CG: To develop an understanding of how to improve different physical activities and sports, and learn how to evaluate and recognise their own success <i>Manipulation skills</i></p>	<p>Gymnastics: Unit 3 Focus: Jumping and turning <i>Stability skills</i></p> <p>CG: To plan and perform a six-part sequence, using a pivot half turn</p> <p>Athletics: Unit 2 Focus: Recognising success</p> <p>CG: To develop an understanding of how to improve different physical activities and sports, and learn how to evaluate and recognise their own success <i>Manipulation skills</i> <i>Locomotor skills</i></p>	<p>Dance: Unit 3 Focus: City life and Pleased to see you</p> <p>CG: To create and perform a sequence in time to music <i>Stability skills</i></p> <p>Games: Unit 4 Focus: Striking and fielding</p> <p>CG: To play confidently in a small – sided striking and fielding game, using different types of bats, balls and rules in all roles <i>Manipulation skills</i> <i>Locomotor skills</i> With links to cricket</p>

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	Outdoor and Adventurous Activities (Orienteering)	<i>Locomotor skills</i>	Swimming	<i>Locomotor skills</i>	Outdoor and Adventurous Activities (Orienteering)	
Y6	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics	Motor competence Healthy participation Rules, strategies and tactics
	<p>Gymnastics: Unit 1 Focus: Jumping and landing <i>Stability skills</i></p> <p>CG: To plan and perform a six-part sequence, using a variety of jumps</p> <p>Games: Unit 1 Focus: Invasion games <i>Manipulation skills</i></p> <p>CG: To recognise how to transfer attacking and defending principles in to invasion games With links to hockey and football</p> <p>Outdoor and Adventurous Activities (Orienteering)</p>	<p>Dance: Unit 1 Focus: The world of sport and Mix and Match <i>Stability skills</i></p> <p>CG: To perform and apply a variety of skills and techniques confidently, consistently and with precision</p> <p>Games: Unit 2 Focus: Net / Court / wall <i>Manipulation skills</i> <i>Locomotor skills</i></p> <p>CG: To recognise how to transfer attacking and defending principles into invasion games With links to tennis</p>	<p>Gymnastics: Unit 2 Focus: Jumps and leaps <i>Stability skills</i></p> <p>CG: To plan and perform a six-part sequence, using a variety of jumps and leaps</p> <p>Games: Unit 3 Focus: Striking and fielding games <i>Manipulation skills</i> <i>Locomotor skills</i></p> <p>CG: To select and use appropriate striking and fielding skills in a game situation With links to cricket</p> <p>Outdoor and Adventurous Activities (Orienteering)</p>	<p>Dance: Unit 2 Focus: Theseus and The Minotaur and Cat's Cradle <i>Stability skills</i></p> <p>CG: To thoroughly evaluate their own work and others', suggesting thoughtful and appropriate improvements</p> <p>Athletics: Unit 1 Focus: Evaluating success <i>Manipulation skills</i> <i>Locomotor skills</i></p> <p>CG: To have an understanding of how to improve different physical activities and sports, and learn how to evaluate and recognise their own success</p>	<p>Gymnastics: Unit 3 Focus: Balances <i>Stability skills</i></p> <p>CG: To plan and perform a six-part sequence, using a variety of balances</p> <p>Athletics: Unit 2 Focus: Improving <i>Manipulation skills</i> <i>Locomotor skills</i></p> <p>CG: To have an understanding of how to improve different physical activities and sports, and learn how to evaluate and recognise their own success</p> <p>Outdoor and Adventurous Activities (Orienteering)</p>	<p>Dance: Unit 3 Focus: The rainforest and Hunting in unknown territory <i>Stability skills</i></p> <p>CG: To link actions to create a complex sequence, using a full range of movement</p> <p>Games: Unit 4 Focus: Invasion games <i>Manipulation skills</i> <i>Locomotor skills</i></p> <p>CG: To understand how to organise their team in different formations to concentrate more on attack or defence With links to netball</p>