

## P.E. Long Term Plan

	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>	
<b>Autumn 1</b>	<b>Introduction to P.E</b>	<b>Dance</b>	<b>Dance</b>	<b>Dance</b>	<b>Swimming</b>	<b>Badminton</b>	<b>Dance</b>	
	Children are introduced to Physical Education (P.E.) and structured movement through a topic. They learn basic principles of a PE lesson and take part in activities that begin to develop their fundamental movement skills.	<i>See separate overview</i>	<i>See separate overview</i>	<i>See separate overview</i>	<i>See separate overview</i>	<i>See separate overview</i>	In this net and wall game, children begin to understand the skills and principles needed to play this sport. They begin to understand how to use skills, strategies and tactics to outwit opponents through placing an object away from and opponent to make it tricky to return. Children learn the basic rules of the game and begin to apply these to different situations.	<i>See separate overview</i>
		<b>Fundamentals</b>	<b>Fundamentals</b>	<b>Fundamentals</b>	<b>Dance</b>	<b>Dance</b>	<b>Hockey</b>	
	Children continue to and further explore fundamental skills including balancing, running, changing	Children develop their fundamental skills explored in previous year groups. They will work with a range of equipment	Children continue to develop skills learnt in previous year groups. They will develop their ability to change direction using	<i>See separate overview</i>	<i>See separate overview</i>	Children continue to develop their understanding of the attacking and defending principles		

		direction, jumping, hopping and skipping. These skills are explored both in isolation and combination. Children work independently and with others.	when doing this. Children will be encouraged to notice improvements in their own and other's skills. Children work independently and with others.	balance and control. Children will explore movement at different speeds including how to speed up and slow down.			needed to play this sport. They continue to use skills, strategies and tactics to outwit opponents. Children start to self-manage games ensuring fair play and honesty.
<b>Autumn 2</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Ball Skills</b>	<b>Swimming</b>	<b>Dodgeball</b>	<b>Gymnastics</b>
	<i>See separate overview</i>	Children explore and develop basic gymnastics actions on the floor and using low apparatus. Jumping, rolling, balancing and travelling are used both individually and in combination to create movement sequences. Children begin to understand the use of levels, directions and shapes when travelling and balancing.	Children develop basic gymnastics actions on the floor and using apparatus. Jumping, rolling, balancing and travelling are further developed and used individually and in combination to create short sequences and movement phrases. Children develop the creation of sequences to include using shapes, levels and directions.	Children continue to develop skills learnt in previous years. They further develop skills when tracking a ball when dribbling with hands and feet and when throwing, catching and kicking. Children will begin to learn how to select the appropriate skill for the situation and apply these skills to small group games.	<i>See separate overview</i>	In this target game, children will further develop their throwing, dodging and catching skills in game situations. They learn how to apply tactics to the game to outwit their opponents. Children will embed the rules of the game and apply them.	Children use their knowledge and skills from previous years to develop sequences including: variations in level, direction and pathway, and how to work with a partner and apparatus. They work collaboratively and use formations to improve the aesthetics of their performances. Children receive and provide feedback to make

							improvements to their performances.
	<b>Introduction to P.E</b>	<b>Ball Skills</b>	<b>Net and Wall Games</b>	<b>OAA</b>	<b>Rugby</b>	<b>Hockey</b>	<b>OAA</b>
	Children are further introduced to P.E. through a different topic. They continue to develop their fundamental movement skills but also begin to play simple games that use rules.	Children explore and develop throwing and catching skills and rolling and dribbling skills with both hands and feet. They will develop their control and accuracy using co-ordination and balance when performing these skills.	Children develop their understanding of attacking and defending in net games such as placement of the ball and using the ready position. They develop skills in throwing, catching, tracking and hitting a ball.	Within OAA (outdoor adventurous activities) children develop their problem-solving skills through a range of challenges. They work individually, in pairs and as part of groups to plan, explore, solve, reflect and improve on strategies. Children explore key skills such as inclusion and trust to learn what makes a good team. They begin to learn how to orientate a map, identify key symbols and both draw and follow routes.	In this invasion game, children consider how to use skills, strategies and tactics to outwit the opposition. They learn to do this through maintaining position and moving the ball towards the try line to score. Children begin to learn and play by the rules of the game.	In this invasion game, children continue to use skills, strategies and tactics to outwit opponents through maintaining possession and moving the ball towards the goal to score. Children more confidently apply the rules of the game and apply these to different situations. They begin to learn how to self-manage games and evaluate their own and others' performances.	continue to develop their problem-solving skills through a range of challenges. They continue to work individually, in pairs and as part of a group and continue to develop the skills learnt in Year 5. Children continue to work together to create strategies and plans and to utilise their negotiation skills. Children continue to map read, learning how to follow more complex maps.
<b>S P L</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Hockey</b>	<b>Swimming</b>	<b>Football</b>

	<p>Children begin to develop basic gymnastic skills by exploring shapes, balances and jumps. They will begin to explore rocking and rolling. Children will begin to explore apparatus.</p>	<p>Children explore and develop basic gymnastics actions on the floor and using low apparatus. Jumping, rolling, balancing and travelling are used both individually and in combination to create movement sequences. Children begin to understand the use of levels, directions and shapes when travelling and balancing.</p>	<p>Children develop basic gymnastics actions on the floor and using apparatus. Jumping, rolling, balancing and travelling are further developed and used individually and in combination to create short sequences and movement phrases. Children develop the creation of sequences to include using shapes, levels and directions.</p>	<p>Children further develop balancing, rolling and jumping and use these both individually and in combination. They continue to develop their sequence work to use matching and contrasting actions and shapes and link sequences smoothly by working with others.</p>	<p>In this invasion game, children begin to understand the attacking and defending principles needed to play this sport. They begin to understand how to use skills, strategies and tactics to outwit opponents through maintaining possession and moving the ball towards the goal to score. Children learn the basic rules of the game and begin to apply these to different situations.</p>	<p><i>See separate overview</i></p>	<p>Children further develop their understanding of attacking and defending within the sport through gaining and maintaining possession of the ball and moving the ball towards a goal. Children begin to self-manage games ensuring that rules are abided by, and play is fair.</p>
	<p><b>Dance</b></p>	<p><b>Target Games</b></p>	<p><b>Sending and Receiving</b></p>	<p><b>Fitness</b></p>	<p><b>Gymnastics</b></p>	<p><b>Gymnastics</b></p>	<p><b>Netball</b></p>
	<p><i>See separate overview</i></p>	<p>Children begin developing their understanding of defending and attacking within games where objects are sent towards a target. They will consider the size and distance of</p>	<p>Children continue to develop skills such as rolling, catching, kicking, tracking and stopping a range of different sized balls. They begin to use equipment to send and receive a ball.</p>	<p>Children explore and develop different areas of their health and fitness and are given opportunities to work at their maximum and improve their fitness levels. They</p>	<p>Children further develop balancing, rolling and jumping and begin to develop inverted movements to create more complex sequences. They learn how to</p>	<p>Children further develop balancing, rolling, jumping and inverted movements. They explore working with a partner using canon and synchronisation and matching and mirroring. They</p>	<p>Children develop their understanding of the attacking and defending principles needed to play this sport including how to use skills, strategies and</p>

		targets. Children will also explore the importance of rules, how to score points and use simple tactics.	Children will apply their developing skills to different situations.	will be taught to persevere when they get tired or feel challenged and will be encouraged to support others in doing the same. Children will be asked to recognise areas for improvement and suggest activities that could help them to do this.	demonstrate control to create a safe environment. Children develop their performance skills and are given the opportunity to give and receive feedback on how to improve these.	continue to learn how to demonstrate control to create a safe environment. Children further develop their performance skills and are given the opportunity to give and receive feedback on how to improve these.	tactics to outwit opponents through maintaining possession and moving the ball towards the goal to score. Children begin to self-manage games ensuring rules are abided by and play is fair.
<b>Spring 2</b>	<b>Fundamentals</b>	<b>Dance</b>	<b>Fitness</b>	<b>Dodgeball</b>	<b>OAA</b>	<b>Swimming</b>	<b>Cricket</b>
	Children develop fundamental movement skills including balancing, running, changing direction, jumping, hopping and travelling. Gross motor skills are developed through a range of activities. Children learn how to safely use space, follow rules/instructions and work both independently and with a partner.	<i>See separate overview</i>	Children begin to develop components of fitness by exploring and developing agility, balance, co-ordination, speed and stamina. They develop perseverance and determination to work for longer periods of time.	In this target game, children will develop their throwing, dodging and catching skills in game situations. They learn how to apply simple tactics to the game to outwit their opponents. Children will learn the importance of the rules of the game and begin to apply them.	Children continue to develop their problem-solving skills through a range of challenges. They continue to work individually, in pairs and as part of a group and continue to develop the skills learnt in Year 3. Children begin to understand more about what makes a good leader and a good teammate,	<i>See separate overview</i>	Children continue to develop their understanding of cricket. They continue to develop their knowledge of different roles in the game and how to use skills, strategies and tactics to outwit the opponent. Children work with others to play fairly and demonstrate their understanding of the rules of the

							game as well as being respectful within the game.
	<b>Fundamentals</b>	<b>Invasion Games</b>	<b>Striking and Fielding Games</b>	<b>Tennis</b>	<b>Netball</b>	<b>OAA</b>	<b>Tag Rugby</b>
	Children further develop their fundamental movement skills. They will develop fine and gross motor skills through handling equipment. They will develop their ability to work independently and with a partner to complete tasks.	Children develop an understanding of attacking, defending and what being 'in possession' means. They use and develop their sending and receiving skills, as well as dribbling skills, with both their hands and feet. Children learn how to score points in invasion games.	Children begin to understand the principles of defending (fielding) and attacking (batting). They begin to use and develop skills such as throwing and catching, tracking a ball and striking a ball. Children begin to learn how to score points in striking and fielding games.	In this net and wall game, children begin to think about how they use skills, strategies and tactics to outwit the opposition. They learn key skills such as racket control, hitting a ball and how to score points in Tennis.	In this invasion game, children begin to understand the attacking and defending principles needed to play this sport. They begin to understand how to use skills, strategies and tactics to outwit opponents through maintaining possession and moving the ball towards the goal to score. Children learn the basic rules of the game and begin to apply these to different situations.	Children continue to develop their problem-solving skills through a range of challenges. They continue to work individually, in pairs and as part of a group and continue to develop the skills learnt in Year 4. Children work together to create strategies and plans to produce the best solution and are given the opportunity to develop and utilise their negotiation skills.	Children develop their skills, strategies and tactics to outwit the opposition. They continue to do this through maintaining position and moving the ball towards the try line to score. Children begin to self-manage games ensuring that the rules are abided by and play is fair.
<b>Summer 1</b>	<b>Gymnastics</b>	<b>Team Building</b>	<b>Dance</b>	<b>Swimming</b>	<b>Handball</b>	<b>Handball</b>	<b>Fitness</b>
	Children further explore the basic skills within gymnastics and start to develop these. They further	Children develop their teamwork skills by working individually, in pairs and in groups to learn how to	<i>See separate overview</i>	<i>See separate overview</i>	In this invasion game, children begin to understand the attacking and defending	Children continue to develop their understanding of the attacking and defending principles used in	Children continue to explore and develop different areas of their health and

	<p>develop shapes, balances, jumps and roles including using levels and directions when travelling and balancing. Apparatus continues to be explored.</p>	<p>take turns, work together and lead each other. The skills of communication and problem solving are developed.</p>			<p>principles needed to play this sport. They begin to understand how to use skills, strategies and tactics to outwit opponents through maintaining possession and moving the ball towards the goal to score. Children learn the basic rules of the game and begin to apply these to different situations.</p>	<p>this sport. They continue to understand how to use skills, strategies and tactics to outwit opponents through maintaining possession and moving the ball towards the goal to score. Children develop their understanding of the rules of the game and begin to self-manage games.</p>	<p>fitness. They continue to explore and further develop their strength, stamina, speed, co-ordination, balance and agility. They will be asked to recognise areas in which they make the most improvement through their own data collection.</p>
	<b>Games</b>	<b>Athletics</b>	<b>Athletics</b>	<b>Athletics</b>	<b>Athletics</b>	<b>Athletics</b>	<b>Athletics</b>
	<p>Children will get to practise their fundamental movement skills whilst developing their understanding of playing games. They will learn how to play by rules and begin to understand what a team is, including learning how to behave when winning and losing.</p>	<p>Children begin to develop skills including running with varying speeds, changing direction and jumping and throwing. They are given the opportunity to work with others as well as on their own to improve individually and against others.</p>	<p>Children continue to develop skills including running with varying speeds, changing direction and jumping and throwing. They learn how to improve by identifying areas of strength as well as areas to develop.</p>	<p>Children continue to develop their running, jumping and throwing skills and techniques. They will be challenged using distance and time that involve using different styles and combinations of the above skills. Children will be asked to consider how they can achieve their greatest possible speed, distance or</p>	<p>Children continue to develop their running, jumping and throwing skills and techniques. They will be challenged using distance and time that involve using different styles and combinations of the above skills. Children will be asked to consider how they can improve on their personal best from</p>	<p>Children continue to develop their running, jumping and throwing skills and techniques. They will be challenged using distance and time and asked to consider how to achieve their best possible speed, height, distance or accuracy leading to improvements on their personal best from previous years. Children are</p>	<p>Children further develop their running, jumping and throwing skills and techniques. They continue to be challenged using distance and time and to consider how to achieve their best possible speed, height, distance or accuracy leading to improvements on their personal</p>

				accuracy and learn how to persevere to achieve their personal best.	previous years and persevere to do so.	given the opportunity to lead and officiate events.	best from previous years. Children are given more opportunity to lead and officiate events.
<b>Summer 2</b>	<b>Games</b>	<b>Yoga</b>	<b>Team Building</b>	<b>Swimming</b>	<b>Yoga</b>	<b>Fitness</b>	<b>Rounders</b>
	Children continue to practise their fundamental movement skills by playing a variety of games. They will learn how to work as a team, take turns, keep score, play against an opponent on play by the rules.	Children begin to learn about mindfulness and body awareness by learning poses and techniques that help to connect mind and body. Children improve their wellbeing by building strength, flexibility, co-ordination and balance. They learn about breathing and meditation through various activities.	Children continue to develop their teamwork skills and further develop key components including communication and problem-solving. They begin to learn to discuss, plan and reflect on their strategies. Children also begin to use basic map skills.	<i>See separate overview</i>	Children continue to learn about mindfulness and body awareness by learning more advanced poses and techniques that help to connect mind and body. Children improve their wellbeing by building strength, flexibility, co-ordination and balance. They work independently and with others to begin creating their own yoga flows.	Children continue to explore and develop different areas of their health and fitness. They explore and develop their strength, stamina, speed, co-ordination, balance and agility. They will learn how each fitness component will help them in other games and will be given opportunities to apply these in small games/targeted exercises.	Children understand how momentum and power for striking comes from legs as well as arms. They understand how to apply tactics and are able to identify which ones are needed for being a bowler, batter or fielder. They can apply and use rules consistently in a variety of situations.
	<b>Ball Skills</b>	<b>Sending and receiving</b>	<b>Invasion Games</b>	<b>Football</b>	<b>Cricket</b>	<b>Tennis</b>	<b>Badminton</b>
Children will develop fundamental ball skills such as rolling and	Children develop skills such as rolling, catching, kicking, tracking and stopping a	Children further develop an understanding of attacking and defending. They	In this invasion game, children develop their understanding of attacking and	In this striking and fielding game, children explore their understanding of	Children continue to think about how they use skills, strategies and tactics to outwit	Children develop their understanding of the skills and principles	

	<p>receiving a ball, throwing to a target, bouncing and catching, dribbling with hands/feet and kicking a ball. They will play a range of games both independently and with a partner. Children will begin to develop their decision making and start to consider what tactics are.</p>	<p>range of different sized balls. They work individually, in pairs and as part of small groups where they begin to understand the importance of rules.</p>	<p>use and develop their sending and receiving skills, as well as dribbling skills, with both their hands and feet. Children continue to learn how to score points and play by the rules of different games.</p>	<p>defending within the sport. They begin to understand they can do this through gaining and maintaining possession of the ball and moving the ball towards a goal. Children begin to understand the importance of fair play and honesty when playing the game.</p>	<p>striking and fielding skills learnt in previous years. They begin to understand the different roles in the game and how to use skills, strategies and tactics to outwit the opponent. Children learn the rules of the game and begin to apply these in different situations.</p>	<p>the opposition. They are given opportunities to work co-operatively with others as well as independently. Children learn how to lead and officiate matches and ensure play is fair.</p>	<p>needed to play this sport. They develop their understanding of how to use skills, strategies and tactics to outwit opponents through placing an object away from and opponent to make it tricky to return. Children use the rules of the games to self-manage games ensuring that rules are abided by and games are played fairly.</p>
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