



## PE Long Term Plan 2020/2021

Year 5 / 6

### Key Stage 2 PoS

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

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

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Lesson 1</b> <b>Invasion Games</b> -Playing competitive games -Throwing and catching in isolation -Apply and develop at broader range of skills	<b>Lesson 1</b> <b>Invasion Games</b> -Gain more in depth understanding of how to improve their games	<b>Lesson 1</b> <b>Pupil Choice</b> (Young Leaders) Plan, deliver and evaluate own games.	<b>Lesson 1</b> <b>OAA</b> -Complete challenges individually and as a team.	<b>Lesson 1</b> <b>Athletics</b> -Improve techniques for running, jumping and throwing.	<b>Lesson 1</b> <b>Athletics</b> -Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
<b>Lesson 2</b> <b>Swimming</b> -Swim competently, confidently and proficiently over a distance of at least 25 metres	<b>Lesson 2</b> <b>Swimming</b> -Swim competently, confidently and proficiently over a distance of at least 25 metres	<b>Lesson 2</b> <b>Gymnastics</b> -Developing strength, technique and balance.	<b>Lesson 2</b> <b>Dance</b> -refine and perform a range of movements and patterns as a group.	<b>Lesson 2</b> <b>Net &amp; Wall Games</b> -Play competitive games -Communication, collaborating and competing)	<b>Lesson 2</b> <b>Striking &amp; Fielding Games</b> -Throwing and catching in isolation and as combination. -Compare their performances with previous ones and demonstrate



					improvement to achieve their personal best.
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## Year 3/4

### **Key Stage 2 PoS**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

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

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Lesson 1</b> <b>Invasion Games</b> -Apply principles for attacking and defending	<b>Lesson 1</b> <b>Gymnastics</b> -Develop strength and flexibility working with a partner.	<b>Lesson 1</b> <b>Fitness/ Circuits</b> -Develop range of skills through fitness -running, jumping, skipping	<b>Lesson 1</b> <b>Net &amp; Wall Games</b> -Throwing and Catching and tracking skills. Familiarisation with equipment	<b>Lesson 1</b> <b>Athletics</b> -Control -Developing speed and pace for distance.	<b>Lesson 1</b> <b>Athletics</b> -Develop skills for throwing -Compare their performances with previous ones and demonstrate improvement to achieve their personal best
<b>Lesson 2</b> <b>Dance</b> -Perform using movements and patterns with a partner	<b>Lesson 2</b> <b>Invasion Games</b> -Play simple competitive games, 2v2, 3v3 -Communicating, collaborating and competing	<b>Lesson 2</b> <b>Yoga</b> -Develop strength and flexibility	<b>Lesson 2</b> <b>Striking and Fielding Games</b> -Hitting a target -Batting, striking and bowling.	<b>Lesson 2</b> <b>Swimming</b> -Use a range of strokes effectively	<b>Lesson 2</b> <b>Swimming</b> -Use a range of strokes effectively



## Year 1/2

### **Key Stage 1 PoS**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

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.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Lesson 1</b> <b>Multi-skills</b> -Develop basic skills of running and jumping -Develop coordination and agility	<b>Lesson 1</b> <b>Multi-skills</b> -Improve 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	<b>Lesson 1</b> <b>Target Games</b> -Developing throwing skills -Compete and cooperate in physical activities	<b>Lesson 1</b> <b>Net &amp; Wall</b> -Throwing and catching -Develop coordination	<b>Lesson 1</b> <b>Striking &amp; Fielding</b> -Develop throwing and catching skills with increased accuracy -Aiming at a target	<b>Lesson 1</b> <b>Invasion Games</b> -Develop understanding of attacking and defending in small team games.
<b>Lesson 2</b> <b>Invasion Games</b> -Begin to understand attacking and defence in small games	<b>Lesson 2</b> <b>Yoga</b> -Increase agility, balance and coordination	<b>Lesson 2</b> <b>Dance</b> -Perform using a range of simple movements individually	<b>Lesson 2</b> <b>Gymnastics</b> -Increase agility, balance and coordination as an individual -Rolling and moving in range of ways.	<b>Lesson 2</b> <b>Athletics</b> -Throwing and running skills to be developed.	<b>Lesson 2</b> <b>Athletics</b> -Compete against self and others