

PE Long Term Planning

<p>Year:</p>	<p>2021-2022</p>	
<p>EYFS: 3&4 Year olds: Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p> <p>Reception: Revise and refine the fundamental movement skills they have already acquired: Rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p>	<p>Key Stage 1</p> <ul style="list-style-type: none"> • 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 pattern. 	<p>Key Stage 2</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending • Develop flexibility, strength, technique, control and balance • 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
	<p>Swimming and water safety: All schools must provide swimming instruction either in key stage 1 or key stage 2.</p> <p>In particular, pupils should be taught to:</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) perform safe self-rescue in different water-based situations</p>	

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	GJ	Movement Development	Movement Development	Gymnastics	Dance	Athletics	Ball skills
	CT	Gross Motor Development	Gross Motor Development	Gross Motor Development	Gross Motor Development	Gross Motor Development	Gross Motor Development
Reception	GJ	Movement Development	Movement Development	Dance	Hockey	Athletics	Ball skills
	CT	Gross Motor Development	Gross Motor Development	Gross Motor Development	Gross Motor Development	Gross Motor Development	Gross Motor Development
Year 1	GJ	Multi Skills	Gymnastics	Ball skills	Basketball	Athletics	Tennis
	CT	Net and wall	Striking and fielding	Gymnastics	Net and wall	Invasion games	Athletics
Year 2	GJ	Football	Handball	Dance	Hockey	Athletics	Ball and racket skills
	CT	Net and Wall	Invasion games	Invasion games	Dance	Striking and Fielding	Athletics
Year 3	GJ	Gymnastics	Badminton	Tag Rugby	Quick cricket	Athletics	Hockey
	CT	Net and Wall	Gymnastics	Net and Wall	Invasion Games	Striking and fielding	Athletics
Year 4	GJ	Dance	Quick cricket	Hockey	Football	Athletics	Rounders
	CT	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year 5	GJ	Netball	Dodgeball	Gymnastics	Rugby	Athletics	Cricket
	CT	Invasion games	Net and wall	Invasion games	Gymnastics	Striking and fielding	Athletics
Year 6	GJ	Basketball	Netball	Dance	Athletics	Rounders	Games
	CT	Invasion games	Dance	Net and wall	Striking and fielding	Athletics	Games