

PE Long Term Plan

<p>Year:</p>	<p>2019-2020</p>	
<p>EYFS:</p> <p>22-36 Months</p> <ul style="list-style-type: none"> • Runs safely on whole foot. • Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands. • Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment <p>30-50 Months</p> <ul style="list-style-type: none"> • Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. • Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. • Can stand momentarily on one foot when shown. • Can catch a large ball. <p>40-60 Months</p> <ul style="list-style-type: none"> • Experiments with different ways of moving. • Jumps off an object and lands appropriately. • Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. • Travels with confidence and skill around, under, over and through balancing and climbing equipment. • Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. <p>ELG</p> <ul style="list-style-type: none"> • Children show good control and co-ordination in large and small movements. • They move confidently in a range of ways, safely negotiating space. 	<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:</p> <p>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	Outdoor Gross Motor Development	Outdoor Gross Motor Development	Outdoor Gross Motor Development	Outdoor Gross Motor Development	Outdoor Gross Motor Development	Outdoor Gross Motor Development
Reception	GJ	Movement Development	Movement Development	Dance	Hockey	Athletics	Ball skills
	CT	Outdoor Gross Motor Development	Outdoor Gross Motor Development	Outdoor Gross Motor Development	Outdoor Gross Motor Development	Outdoor Gross Motor Development	Outdoor Gross Motor Development
Year 1	GJ	Multi Skills	Basketball	Gymnastics	Ball skills	Athletics	Tennis
	CT	Cosmic Kids Yoga	Cosmic Kids Yoga	Cyber coach - Aerobics with Kardy	Cyber coach - Hip Hop with Jo	Cyber Coach – Cross-Curricular with Bethany	Cyber Coach – Bollywood with Jackie
Year 2	GJ	Football	Handball	Dance	Hockey	Athletics	Ball and racket skills
	CT	Just Dance	Just Dance	Cosmic Kids Yoga	Cosmic Kids Yoga	Cyber Coach – Disco with Stuart	Cyber Coach – Sports dance with Elise
Year 3	GJ	Tag Rugby	Badminton	Gymnastics	Quick cricket	Athletics	Hockey
	CT	Cyber Coach – Contemporary Dance with Abi	Cyber Coach – Aerobics with Kardy	Circuit training	Cyber Coach – Samba with Tricia	Cyber Coach – Dance Styles with Laura	Cyber Coach – Cheerleading with Jackie
Year 4	GJ	Football	Quick cricket	Dance	Hockey	Athletics	Rounders
	CT	Cyber Coach – Alphabet Fitness with Thea	Circuit training	Sports Dance with Lorraine	Circuit training	Cyber Coach – Tai Chi with Dean	Cyber Coach – Body pop with Troy
Year 5	GJ	Netball	Dodgeball	Gymnastics	Rugby	Athletics	Cricket
	CT	Cyber Coach - Legs bums & tums with Jackie	Cyber Coach – Hip Hop with Dean	Circuit training	The Body Coach TV - #28 days of sweat	Circuit training	Cyber Coach – Yoga Fitness with Dean
Year 6	GJ	Basketball	Netball	Dance	Dodgeball	Athletics	Games

	CT	The Body Coach TV - #28 days of sweat	Cyber coach – Legs bums & Tums with Jackie	Cyber Coach - Musical Theatre with Elise an Rich	Cyber Coach – Street dance with Rich	CyberCoach – Yoga fitness with Dean	
Cyber Coach Login – Please ask at school office							