

PHYSICAL EDUCATION LONG TERM PLAN

	Autumn Term		Spring Term		Summer Term		
F1 & F2	<u>Fundamental Skills</u> Explore and develop the following skills individually, with a partner and as part of a small group; Agility, Balance, Coordination, Throwing, Catching, Jumping and Kicking.		<u>Gymnastics</u> Explore and develop skills, actions and movements in the following areas; Travelling, Jumping, Balancing, Rocking and Rolling.		<u>Dance Activities</u> Themed activities linked to the development of controlled movements and actions with changes in speed and direction.		
Year 1	<u>Games</u> Develop the following fundamental skills; Agility, Coordination, Throwing, Catching, Kicking and Striking. Use the above skills in individual, partner and team games and challenges. Develop team work, an understanding of basic rules and tactical awareness.		<u>Gymnastics</u> Develop, actions, skills and movements through the following areas: shapes, travel, jumping, balancing, rocking and rolling.		<u>Dance</u> Develop actions and phrases of movement, linking them to a theme using expression and choreography.		
Year 2	<u>Games</u> Develop the following fundamental skills, Agility, Coordination, Throwing, Catching, Kicking and Striking. Use the above skills in individual, partner and team games and challenges. Develop team work, an understanding of basic rules and tactical awareness.		<u>Gymnastics</u> Develop, actions, skills and movements through the following areas: shapes, travel, jumping, balancing, rocking and rolling.		<u>Dance</u> Develop actions and phrases of movement, linking them to a theme using expression and choreography.		
Year 3	<u>Games</u> Invasion Games to include a selection from: Handball, basketball, Hockey, Football, Tag Rugby.	<u>Dance</u> Develop actions and phrases of movement, linking them to a theme using expression and choreography.	<u>Gymnastics</u> Develop actions, skills, movements, and sequences. Including - shapes, jumping, rolling, travelling and balancing.	<u>Games</u> Racket Games to include skill development through adapted versions of Tennis and/or Badminton.	<u>Games</u> Team striking and Fielding Games - to include adapted versions of Cricket and Rounders.	<u>Athletics</u> Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance.	<u>OAA</u> Individual and team activities focusing on problem solving, team work, communication and designing and using maps.
Year 4	<u>Games</u> Invasion Games to include a selection from: Handball, basketball, Hockey, Football, Tag Rugby.	<u>Dance</u> Develop actions and phrases of movement, linking them to a theme using expression and choreography.	<u>Gymnastics</u> Develop actions, skills, movements, and sequences. Including - shapes, jumping, rolling, travelling and balancing.	<u>Games</u> Racket Games to include skill development through adapted versions of Tennis and/or Badminton.	<u>Games</u> Team striking and Fielding Games - to include adapted versions of Cricket and Rounders.	<u>Athletics</u> Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance.	<u>OAA</u> Individual and team activities focusing on problem solving, team work, communication and designing and using maps.
Year 5	<u>Games</u> Invasion Games to include a selection from: Handball, basketball, Hockey, Football, Tag Rugby.	<u>Dance</u> Develop actions and phrases of movement, linking them to a theme using expression and choreography.	<u>Gymnastics</u> Develop actions, skills, movements, and sequences. Including - shapes, jumping, rolling, travelling and balancing.	<u>Games</u> Racket Games to include skill development through adapted versions of Tennis and/or Badminton.	<u>Games</u> Team striking and Fielding Games - to include adapted versions of Cricket and Rounders.	<u>Athletics</u> Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance.	<u>OAA</u> Individual and team activities focusing on problem solving, team work, communication and designing and using maps.
Year 6	<u>Games</u> Invasion Games to include a selection from: Handball, basketball, Hockey, Football, Tag Rugby.	<u>Dance</u> Develop actions and phrases of movement, linking them to a theme using expression and choreography.	<u>Gymnastics</u> Develop actions, skills, movements, and sequences. Including - shapes, jumping, rolling, travelling and balancing.	<u>Games</u> Racket Games to include skill development through adapted versions of Tennis and/or Badminton.	<u>Games</u> Team striking and Fielding Games - to include adapted versions of Cricket and Rounders.	<u>Athletics</u> Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance.	<u>OAA</u> Individual and team activities focusing on problem solving, team work, communication and designing and using maps.

