

New National Curriculum Long Term Plans – Physical Education

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Subject content

Key stage 1

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.

Key stage 2

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.

EYFS - focus on fundamental skills and physical literacy.

St Monica's Catholic Primary School - PE Long Term Planning

Each year group should receive the following PE session. It is at the discretion of each class teacher when in the academic year they wish to teach each area. A wide base of skill should be taught and developed throughout the year.

X2 Invasion Games (Hockey, Football, Netball, Basketball, Rugby etc)

X2 Net/wall Games (Tennis, Badminton, Table Tennis, Volleyball etc.)

X2 Striking and Fielding Games (Cricket, Rounders)

X2 Gymnastics (One apparatus based, one floor work based)

X1 Swimming

X1 Athletics

X1 Dance

Subject:PE.....

Co-ordinators Tracy Branch and Ciara Shannon.....

| | Autumn Term | | | | Spring Term | | | | Summer Term | | | |
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| | A Topic | Skills to taught | B Topic | Skills to taught | A Topic | Skills to taught | B Topic | Skills to taught | A Topic | Skills to taught | B Topic | Skills to taught |
| Yr 1 (A) | Ball skills - netball | Running Jumping Throwing Catching Attacking Defending | Net/ wall games - tennis | Striking Running Co-ordination Agility | Dance | Agility Co-ordination Poise Evaluating performance Co-operation | Net/wall games - badminton | Striking Running Co-ordination Agility | Swimming | Strength Stamina Essential swimming skills | Swimming | Strength Stamina Essential swimming skills |
| Yr 1 (B) | Gymnastics - floor work | Balance Agility Co-ordination Evaluation Co-operation | Dance - play | Agility Co-ordination Poise Evaluating performance Co-operation | Ball skills - football | Running Passing Throwing Attacking Defending | Gymnastics - apparatus | Balance Agility Co-ordination Evaluation Co-operation | Striking and fielding games - rounders | Striking Fielding Team work Tactics | Athletics | Agility Running Jumping Throwing Catching |
| Yr 2 (A) | Floor Work Gymnastics | Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina | Rugby-Touch | Attack Defend Spatial Throwing Catching Coordination | Dance | Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina Coordination | Games Tennis | Hitting Movement Spatial Awareness Throwing Running Jumping Foot work | Rounders | Hitting Movement Spatial Awareness Throwing Running Jumping Foot work | Athletics | Running Jumping Throwing Catching Control Balance Skipping Strength Poise Technique |
| Yr 2 (B) | Games Hockey | Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work | Dance | Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina Coordination | Games Football | Attack Defend Spatial Awareness Running Jumping Foot work Dribbling Passing | Gymnastics Apparatus | Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina | Swimming | Strength Stamina Essential swimming skills | Swimming/ Cricket | Strength Stamina Essential swimming skills |
| Yr 3 (A) | Gymnastics | Rhythmic and floor work. | Dance | Control Sequence, | Gymnastics | Apparatus Balance, | Swimming | Strength Stamina | Tennis | Hitting Movement | Cricket | Strike Field |

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| | | Control, movement, performance, sequencing, comparing, evaluating | | presentation, combining, strength, evaluating | | movement, balance | | Essential swimming skills | | Spatial Awareness Throwing Running Jumping Foot work | | Throwing Catching Running Sportsmanship |
| Yr 3 (B) | Basketball | Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work | Football | Attack Defend Spatial Awareness Throwing Catching Running | Hockey | Attack Defend Spatial Awareness Throwing Catching Running | Tag Rugby | Attack Defend Spatial Awareness Throwing Catching Running | Athletics | Running Jumping Throwing Catching Control Balance Comparing performance. Strength Poise Technique | Rounders | Strike Field Throwing Catching Running Sportsmanship |
| Yr 4 (A) | Rugby-Touch | Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work | Badminton | Hitting Movement Spatial Awareness Throwing Running Jumping Foot work | Netball | Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work | Football | Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work | Cricket | Strike Field Throwing Catching Running | Athletics | Running Jumping Throwing Catching Control Balance Comparing performance. Strength Poise Technique |
| Yr 4 (B) | Dance | Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina | Gym- Floor | Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina | Swimming | Strength Stamina Essential swimming skills | Gym- Apparatus | Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina | Touchball | Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work | Orinetteering | To take part In outdoor and adventurous activities and challenges individually and as a team. |
| Yr 5 (A) | Floor work Gymnastics | Flexibility Control | Swimming | Strength Stamina | Apparatus Gymnastics | Flexibility Control | Football | Attack Defend | Tennis | Hitting Movement | Cricket | Strike Field |

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| | | Balance Comparing performance. Strength Poise Technique Stamina | | Essential swimming skills | | Balance Comparing performance. Strength Poise Technique Stamina | | Spatial Awareness Throwing Catching Running Jumping Foot work | | Spatial Awareness Throwing Running Jumping Foot work | | Throwing Catching Running |
| Yr 5 (B) | Tag Rugby | Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work | Dance | Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina | Netball | Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work | Hockey | Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work | Athletics | Running Jumping Throwing Catching Control Balance Comparing performance. Strength Poise Technique | Rounders | Strike Field Throwing Catching Running |
| Yr 6 (A) | Basket Ball | Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work | Swimming | Strength Stamina Essential swimming skills | Touch Rugby | Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work | Hockey | Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work | Cricket | Strike Field Throwing Catching Running | Rounders | Strike Field Throwing Catching Running |
| Yr 6 (B) | Circuit Training | Strength Stamina Coordination Technique Flexibility | Floor Gymnastics | Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina | Dance | Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina | Apparatus Gymnastics | Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina | VolleyBall | Hitting Movement Spatial Awareness Throwing Running Jumping Foot work | Athletics | Running Jumping Throwing Catching Control Balance Comparing performance. Strength Poise Technique |