

Physical Education Long Term Plan

Rec	<u>Games activities</u> – Follow instructions & rules, agility skills, basic handling <u>Gymnastics activities</u> – Intro to basic actions	<u>Games activities</u> – Follow instructions & rules, agility skills, basic handling <u>Dance activities</u> – Nursery Rhymes	<u>Games activities</u> – Large ball, sending & receiving <u>Gymnastics activities</u> – Big and small.	<u>Games activities</u> – Sending ball with feet & skipping skills <u>Dance activities</u> – We're Going on a Bear Hunt	<u>Games activities</u> – Skip & jump skills, throw & catch, bat/racket skills	<u>Games activities</u> – Speed & distance skills. Team relays. Sports Day skills.
	<u>OAA</u> – Problem solving. Co-operative physical activities. Challenge activities. Team building.					
Year 1	<u>Games activities</u> – Speed & agility skills, skipping & basic hand eye co-ordination <u>Gymnastics activities</u> – Bounce, jump & land	<u>Games activities</u> – handling skills, simple team games <u>Dance / movement activities</u> – Toys	<u>Games activities</u> – Pass & receive skills hands & feet. Mini games <u>Gymnastics movement activities</u> – Balance & intro to basic gymnastics shapes	<u>Games activities</u> – Mini games & challenges (feet) Basic hockey skills <u>Dance activities</u> – Animals	<u>Games activities</u> – Intro to striking & fielding. Running for speed	<u>Games activities</u> – Run over distance. Throwing skills. Relays. Sports day skills <u>Gymnastics / movement activities</u> – Rock and roll
	<u>OAA</u> – Problem solving. Co-operative physical activities. Challenge activities. Team building.					
Year 2	<u>Games activities</u> – Speed, co-ordination, agility & skipping skills. Sending different implements <u>Gymnastics activities</u> – Balance (1,2,3,4 & 5 body parts)	<u>Games activities</u> – Send & receive (hands.) Finding space. Mini games <u>Dance activities</u> – Fireworks	<u>Games activities</u> – Invasion skills in mini games. Pass / receive & games using feet <u>Dance activities</u> – Plague & Great Fire of London	<u>Games activities</u> – Hockey skills on own, with partner & with others <u>Gymnastics activities</u> – Pathways	<u>Games activities</u> – Basic strike & field skills & games <u>Dance activities</u> – African dance	<u>Games activities</u> – Running for speed & distance. Jump & throw for distance <u>Gymnastics activities</u> – Spin, turn & twist
<u>OAA</u> – Problem solving. Co-operative physical activities. Challenge activities. Team building.						

Year 3	<p><u>Games activities</u> – Fundamental movement skills – Run, jump, catch, throw</p> <p><u>Gymnastics activities</u> – Stretch & curl</p>	<p><u>Games activities</u> – Multi skills – Invasion principles: Send & receive using hands. Basic attack / defend skills & tactics. Maintain possession. (Basketball / netball skills focus)</p>	<p><u>Games activities</u> – Invasion principles: Send & receive using feet & hockey stick. Improving accuracy. Maintain possession. Build attacking play. (Football & hockey skills focus)</p>	<p><u>Games activities</u> – Basic sending & striking skills. Basic rules of striking. Using skills in isolation & in mini games.</p>	<p><u>Athletics activities</u> – Run, jump & throw multi skills. Control movements & actions. Develop agility & speed.</p>	
		<p><u>Dance activities</u> - Water</p>	<p><u>Gymnastics activities</u> – Symmetry & asymmetry</p>	<p><u>Dance activities</u> – Circus</p>		
<p><u>Swimming & Water Safety</u> – Swim over increased distances. Learn a range of strokes. Develop safe self-rescue skills.</p> <p><u>OAA</u> – Problem solving. Communication & collaboration activities. Orienteering activities. Using equipment.</p>						
Year 4	<p><u>Games activities</u> – Net games: Basic movement around a court. Pair skills & games. Learn to serve. Sending and receive a ball. (Volleyball skills focus)</p> <p><u>Gymnastics activities</u> – Balance (small & large body parts)</p>	<p><u>Games activities</u> – Invasion principles: Basic dribble, shoot & pass skills. Basic rules. (Handball / netball skills focus)</p>	<p><u>Games activities</u> – Invasion principles: Improve ball handling skills in attack. Explore more advanced rules. (Basketball skills focus)</p>	<p><u>Games activities</u> – Invasion principles: Dribble ball using feet & stick in different directions. Pass for different distances. Increase speed & endurance in mini games. Basic rules. (Football & hockey skills focus)</p> <p><u>Gymnastics activities</u> – Rotation</p>	<p><u>Games activities</u> – Using basic striking & fielding tactics in isolation & in mini games. Develop existing striking skills. Learn positions in games. (Rounders / cricket skills focus)</p> <p><u>Dance activities</u> – Electricity</p>	<p><u>Athletics activities</u> – Accelerate over short distances. Take offs for jumping. Throwing techniques. Develop relay handover skills. Learn to measure & time.</p> <p><u>Gymnastics activities</u> - Taking weight on hands</p>
		<p><u>Dance activities</u> – World War 2</p>				
<p><u>Swimming & Water Safety</u> – Swim over increased distances. Learn a range of strokes. Develop safe self-rescue skills.</p> <p><u>OAA</u> – Problem solving. Communication & collaboration activities. Orienteering activities. Using equipment.</p>						
Year 5	<p><u>Games activities</u> – Net games: Play in small games to score & defend. Movement around court. Develop co-operation between teammates. (Volleyball / tennis with no racquet skills focus)</p> <p><u>Gymnastics activities</u> – Flight (5 basic jumps.)</p>	<p><u>Games activities</u> – Invasion principles: Pass & movement with ball. Defend & intercept using hands. Setting up attacks. (Handball / basketball skills focus)</p>	<p><u>Games activities</u> – Invasion principles: Develop passing using stick & feet. Play different positions in mini games. Move & pass ball over longer distances. Perform skills at speed. (Football & hockey skills focus)</p>	<p><u>Games activities</u> – Net games: Learn to perform a variety of shots in isolation & in games. Score & defend skills. Learn tennis rules. (Tennis skills focus with & without racquet)</p> <p><u>Gymnastics activities</u> – Shapes & linking shapes</p>	<p><u>Games activities</u> – Using techniques for striking & fielding in combination. Develop teamwork skills for successful scoring & defending. Perform skills using increased power. (Rounders / cricket / baseball skills focus)</p>	<p><u>Athletics activities</u> – Sprint & distance running skills. Sustain pace over short & long distances. Try to work at maximum speed in relay events. Increase power & accuracy in throws & jumps. Develop officiating skills.</p>
		<p><u>Dance activities</u> – Titanic</p>			<p><u>Dance activities</u> – Narnia</p>	
<p><u>Swimming & Water Safety</u> – Swim over increased distances. Learn a range of strokes. Develop safe self-rescue skills.</p> <p><u>OAA</u> – Problem solving. Communication & collaboration activities. Orienteering activities. Using equipment.</p>						
Year 6	<p><u>Games activities</u> – Net games: Doubles play & tactics. Scoring knowledge. Forehand & backhand shots. (Tennis skills focus)</p> <p><u>Gymnastics activities</u> – Mirroring</p>	<p><u>Games activities</u> – Invasion principles: Improve group tactics. Defend to prevent attack, passes & shots within rules. Shooting skills.</p>	<p><u>Games activities</u> – Invasion principles: Strategies & tactics to attack & defend. Develop skills with increasing speed. (Football & hockey skills focus)</p>	<p><u>Games activities</u> – Apply rules in small games with pitch layouts. Take on role of batter, bowler, fielder. (Rounders / cricket / baseball skills focus)</p>	<p><u>Athletics activities</u> –Using pace & speed effectively. Running effectively on a curve in relay changeovers. Throwing & jumping advanced techniques. Organise & officiate events.</p> <p><u>Gymnastics activities</u> – Acrobatic gymnastics</p>	
		<p><u>Dance activities</u> – Haka & rugby</p>		<p><u>Gymnastics activities</u> - Counterbalance / tension</p>		
<p><u>Swimming & Water Safety</u> – Swim over increased distances. Learn a range of strokes. Develop safe self-rescue skills.</p> <p><u>OAA</u> – Problem solving. Communication & collaboration activities. Orienteering activities. Using equipment.</p>						