

Long Term Plan for PE



**Fields Multi Academy
Trust**

EYFS					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Body Management Explore balance and managing own body. Able to stretch, reach, extend in a variety of ways and positions. Able to control the body and perform specific movements on command.</p> <p>Gymnastics Develop confidence in fundamental movements. Experience jumping sliding, rolling, moving over and under apparatus. Develop coordination and gross motor skills.</p>	<p>Dance Recognise actions can be performed to music. Copy, repeat and perform some actions to music.</p> <p>Co-operate and solve problems</p> <p>Organise and match items, images, colours and symbols. Work with a partner to listen, share ideas and questions. Collect, distinguish and differentiate colours and create a shape as a team.</p>	<p>Body Management Explore a variety of rolling, sliding etc. Jump using a variety of take-offs/ landings; use hands and feet in different combinations. Participate in a variety of small group cooperative activities.</p> <p>Gymnastics Further develop confidence in fundamental movements. Learn and refine a variety of shapes, jumps, balances and rolls. Link simple balance, jump and travel actions.</p>	<p>Dance Count and move to beats of 8. Work as an individual, partner or part of a group. Copy and repeat movement patterns.</p> <p>Cooperate and solve problems</p> <p>Copy and repeat various patterns and actions. Continue to work in teams. Solve more complex tasks.</p>	<p>Manipulation and Coordination Send and receive a variety of objects with different body parts. Work with others to control objects in space. Coordinate body parts in a variety of activities and in different ways.</p> <p>Speed Agility Travel</p> <p>Change direction at speed by choice and by instruction. Perform actions demonstrating changes in speed. Stop, start, pause, prepare.</p>	<p>Manipulation and Coordination Coordinate similar objects in a variety of ways. Differentiate ways to manoeuvre objects. Skip in isolation and with rope.</p> <p>Speed Agility Travel</p> <p>Participate in a variety of agility-based activities. Recognise the difference between actions such as moving softly, quietly, quickly, powerfully etc. Relate body movements to music and percussion beats.</p>
				<p>Swimming To enter the water safely. Move forwards backwards and sideways for a distance of 5 metres, feet on or off the floor. Scoop water and splash the face, Move from floating to standing position. Push and glide from the wall. Exit the pool safely.</p>	

Key Stage One					
Year one of the rolling programme for PE in KS1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Dance Describe and explain how performers can transition from shapes and balances. Challenge themselves to move imaginatively, responding to music. Work as part of a group to create a perform.</p> <p>Attack, Defend, Shoot Send a ball using feet and receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills e.g. dribbling and passing.</p>	<p>Gymnastics Describe and explain how performers can transition and link elements. Perform basic actions with control at different speeds and levels. Develop flexibility in a range of shapes and balances.</p> <p>Hit Catch Run To develop hitting skills with a variety of bats. Practise feeding/bowling skills. Hit and run to score points in games.</p>	<p>Dance Perform using more sophisticated formations as well as an individual. Use the stimuli to copy, repeat and create dance actions and motifs.</p> <p>Attack, Defend, Shoot Select and apply a small range of simple tactics. Recognise good qualities in self and others. Work with others to build basic attacking play.</p>	<p>Gymnastics Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements. Attempt to use rhythm while performing a sequence.</p> <p>Hit Catch Run Work on a variety of ways to score runs in the different hit, catch, run games. Work in teams to field. Begin to play the role of wicket keeper or backstop.</p>	<p>Swimming Jump in from poolside safely. Blow bubbles a minimum of three times with nose and mouth submerged. Move from flat floating to standing without support on back and front. Push from the wall and glide with arms extended. Travel using a recognised leg action with feet off the floor on the front and back for 5 metres. Exit the water without support.</p> <p>Run Jump Throw Throw and handle a variety of objects. Develop power, agility, coordination and balance. Negotiate obstacles showing increased control.</p>	

Year two of the rolling programme for PE in KS1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Dance Respond to a range of stimuli and types of music. Explore space, direction, levels and speed and perform with different body parts.</p> <p>Attack, Defend, Shoot Practise basic movements including running, jumping etc and begin to engage in competitive activities. Experience opportunities to improve ABCs</p>	<p>Gymnastics Use simple gymnastics actions and shapes. Apply basic strength to gymnastic actions. Begin to carry apparatus. Recognise like actions and link them.</p> <p>Hit Catch Run Able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.</p>	<p>Dance Able to build simple movement patterns from given actions. Compose and link actions to make simple movement phrases.</p> <p>Attack, Defend, Shoot To recognise rules and apply them. Use and apply simple strategies for invasion games. Preparing for and explaining the reasons why we enjoy exercise.</p>	<p>Gymnastics To show a range of recognised point balances. To introduce turn, twist, rock, and roll and to link these. To perform unison simple canon and unison techniques.</p> <p>Hit Catch Run Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. Introduce the concept of simple tactics.</p>	<p>Swimming Jump in from poolside safely. Blow bubbles a minimum of three times with nose and mouth submerged. Move from flat floating to standing without support on back and front. Push from the wall and glide with arms extended. Travel using a recognised leg action with feet off the floor on the front and back for 5 metres. Exit the water without support.</p> <p>Run Jump Throw Begin to link running and jumping. Learn and refine a range of running. Develop throwing techniques to throw over longer distances.</p>	

Lower Key Stage Two					
Year one of the rolling programme for History in Lower Key Stage Two					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Dance Practise and put together a performance. Perform using facial expressions. Perform with a prop.</p> <p>Invasion Games – football Able to show basic control skills. Send the ball with some accuracy to maintain possession and build attacking play. Implement the basic rules of football.</p>	<p>Gymnastics Modify actions independently. Using different pathways, directions and shapes. Consolidate and improve movements and gymnastics actions. Relate strength and flexibility to actions. To use basic compositional ideas.</p> <p>Invasion Games-hockey Play in a hockey type invasion game. Improve game-based agility. Manipulate objects using a stick and ball with safety and control.</p>	<p>Swimming Jump in from the poolside and submerge. Sink and push away from the wall and maintain a streamlined position. Push and glide on front and back with extended arms and log roll onto the back. Travel 5 metres on front and perform a tuck to rotate onto back. Fully submerge to pick up an object. Correctly identify 3 of 4 key water safety messages. Push and glide and travel 10 metres on front and back. Exit the water without using steps.</p>		<p>Athletics Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force.</p> <p>Striking and field – Rounders To be able to play simple rounders games. Apply some rules to games and develop and use simple rounders skills.</p>	<p>Tennis To identify and describe some rules of tennis. Serve to begin a game and explore forehand hitting.</p> <p>Striking and fielding-Cricket Adhere to some of the basic rules of cricket. Develop a range of skills to use in isolation and a competitive context. Strike a bold ball.</p>

Year two of the rolling programme for History in Lower Key Stage Two

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Dance Work to include frieze frames in routines. Practise and perform a variety of different formations in dance.</p> <p>Invasion Games – football Introduce some defensive skills. Dribble in different directions using different parts of their feet. Passing for distance. Evaluating skills to aid improvement.</p>	<p>Gymnastics Become increasingly competent and confident to perform skills more consistently. Perform in time with a partner and group. Use compositional ideas in sequences.</p> <p>Invasion Games-hockey Consistently perform basic hockey skills such as dribbling and push passes. Implement basic rules of hockey. Develop tactics and apply them in competitive situations. Increase speed and endurance during game play.</p>	<p>Swimming Perform a sequence of changing shapes whilst floating on the surface and demonstrate an understanding of floating. Push and glide from the wall towards the pool floor. Kick 10 metres backstroke, front crawl and breaststroke. Perform a head first sculling action for 5 metres in a flat position on the back. Travel on back and front and log roll in one continuous movement. Push, glide and swim 10 metres with their choice of stroke.</p>		<p>Athletics Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws.</p> <p>Striking and field – Rounders To develop a range of skills in a competitive context. Choose and use a range of simple tactics in isolation and a game context. Identify different roles in rounders.</p>	<p>Tennis Explore some forehand and backhand shots. Work to return the serve. Explore positions in game play.</p> <p>Striking and fielding-Cricket Develop and apply a range of skills in a competitive context. Choose and use a range of simple tactics in isolation and game context. Consolidate existing skills and apply them with consistency.</p>

Upper Key Stage Two					
Year one of the rolling programme for PE in Upper Key Stage Two					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Swimming</p> <p>Perform a flat stationary scull on the back. Perform a feet first sculling action for 5 metres in a flat position on the back. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation. Tread water for 30 seconds. Perform three different shaped jumps into deep water. Push, glide and swim for 10 minutes backstroke, front crawl and breaststroke. Perform a handstand and hold for minimum of 3 seconds. Demonstrate an action for getting help.</p>		<p>Gymnastics Demonstrate accuracy, consistency, and clarity of movement. Arrange own apparatus to enhance work and vary compositional ideas. Experience flight on and off high apparatus.</p> <p>Orienteering To understand the concept of a map or plan. To reinforce the concept that a map is like a picture. To understand the use of symbols and a key. To develop spatial awareness of the relationship of shapes to each other by transferring information on a plan to reality. To familiarise children with orienteering equipment: control cards, punches, orienteering markers. To practice using control cards and punches, and to understand that control cards must be punched in the correct numbered box.</p>	<p>Dance Work collaboratively to include more complex compositional ideas. Talk about different dance styles with understanding, using appropriate language and terminology.</p> <p>Netball Choose and implement a range of strategies to attack and defend. Perform a wider range of more complex skills. Recognise and describe good performances.</p>	<p>Rounders Apply rounders rules consistently. Play small sided games using standard rounders pitch layout. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.</p> <p>Athletics Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement.</p>	<p>Outdoor Adventure Use information given by others to complete tasks and work collaboratively. Undertake more complex tasks. Take responsibility for a role. Use knowledge of PE and physical activities to suggest design ideas and amendments to games.</p> <p>Rugby Choose and implement a range of strategies and tactics to attack and defend. Combine and perform more complex skills at speed. Observe, analyse and recognise good individual and team performances. Suggest, plan and lead a warm up as a small group.</p> <p>Cricket Apply cricket rules in a variety of styles of games. Attempt a small range of recognised shots. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.</p>

Year two of the rolling programme for PE in Upper Key Stage Two					
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<p>Swimming Give two examples of how to prepare for exercise and understand why it is important. Sink, push off on side from the wall, glide, kick and rotate into backstroke and front crawl. Swim 10 metres wearing clothes. Push, glide and swim front crawl, breaststroke and backstroke to include at least 6 rhythmical breaths. Push, glide and swim 25 metres with optional choice of stroke. Perform a shout and signal rescue. Perform a surface dive.</p>		<p>Gymnastics Create longer and more complex sequences and adapt performances. Take the lead in a group. Develop symmetry. Compare performances and judge strengths and areas for improvements. Select a component for improvement.</p> <p>Orienteering To introduce a competitive element. To encourage team support To demonstrate all the physical skills needed for orienteering: agility, balance, co-ordination whilst holding or looking at the map. To learn the basic orienteering symbols and colours. To encourage cooperation and discussion.</p>	<p>Dance Perform different styles of dance fluently and clearly. Refine and improve dances adapting them to include the use of space, rhythm and expression.</p> <p>Netball Make choices about which pass to use and where to shoot from. Implement some tactics to get free. Move quickly around the court.</p>	<p>Rounders Link together a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to rounders.</p> <p>Athletics Sustain pace over short and longer distances. Run as part of a relay team. Perform a range of jumps and throws.</p>	<p>Outdoor Adventure Explore ways of communicating in a range of challenging activities. Navigate and solve problems from memory. Develop and use trust to complete the task and perform under pressure.</p> <p>Rugby Combine basic tag rugby skills such as catching and quickly passing in one movement. Select and implement appropriate skills in a game situation. Begin to play effectively when attacking and defending. Increase the power of passes so the ball can be moved quickly over a greater distance.</p> <p>Cricket Link a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance.</p>