

Physical Education Long Term Planning

YEAR	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 1	Space and Movement Children will begin to use basic movements including balancing	Dance Children will begin to perform dances using simple movement patterns.	Throwing and Catching Children will begin to master throwing and catching and apply in basic team games	Gym Children will begin to jump, balance and roll accurately	Team Games Children will begin to participate in team games, developing simple tactics	Athletics Children will begin to run, jump and throw showing some accuracy
Year 2	Space and Movement Basic movements such as running will be mastered and children will begin to apply these	Dance Children will confidently perform dances using simple movement patterns.	Throwing and Catching Children will begin to apply basic movements in a range of activities and team games with developed thinking for attacking and defending.	Gym Children will master a variety of jumps, rolls and hops with good body tension	Team Games Children will participate well and cooperate with team members to understand attacking and defending	Athletics Children will master running, jumping, throwing and catching and begin to apply these in a range of activities.
Year 3	Netball Children will begin to use running, jumping, throwing and catching in isolation and in combination.	Dance Children can begin to perform dances using movement and begin to compare their performances with previous ones.	Football Children can use running, jumping, throwing and catching in isolation to play competitive games whilst applying some basic principles suitable for attacking.	Gym Children are beginning to develop flexibility, control and balance and assess own ability.	Cricket Children will roll, throw and bowl a ball with some control and accuracy. Hold a cricket bat correctly and hit a moving ball with some accuracy.	Athletics Children will react quickly and accelerate over a short distance. Throw a javelin/vortex while standing in the correct stance
Year 4	Basketball Children will have an understanding of passing and when best to use each one. They will dribble, pass and shoot with some	Dance Children will respond to a range of stimulus with controlled movements solo and within a group	Gym Children will perform a range of jumps, turns, rolls, balances and hops showing precision, control and fluency.	Football Children will be able to stop and control a ball, pass and dribble with control. They will sometimes show a	Rounders Children will throw and catch with accuracy both overarm and underarm, strike a ball at a target and	Athletics React and accelerate over short distances, develop throwing skills linked with

	accuracy and application within a game.	dancing in unison and cannon at different levels. Swimming Children will know how to make a supervised safe entry and exit, begin to float and blow bubbles. Kick 5 metres on back with adult support and travel without adult support 2 metres to a floating object	Swimming Children will make a sitting entry, rotate in the water 180 degrees, submerge their face completely and swim 5 metres unaided	good body position when defending Swimming Children will perform accurate backstroke, jump in the water and push off to swim understanding a streamlined position	apply within a game with understanding of the rules. Swimming Children will safely jump into the pool, complete a 360 degree rotation, perform a star float and push and glide to swim 15 metres	javelin, shot put and discus Swimming Children will use correct arm positions to swim 25 metres, perform a safe self-rescue and tread water with ease
Year 5	Netball Children will pass and receive a ball with speed, precision and control and pivoting. Mark and intercept a player, shoot with success and apply within a game following the correct rules. Booster Swimming	Dance Translate ideas from a stimulus into movement, showing precision, control and fluency. Perform at a variety of levels, dance in unison and perform in a canon with a group showing good energy and timing ensuring to make good use of the space.	Football Children will stop, control and pass a ball when moving. Kick a moving ball past a goalkeeper from different angles with success.	Gym Children will perform jumps, leaps and rolls with control and fluency. Perform a cartwheel with straight legs and pointed toes, a hurdle step and squat on and off onto a box and combine all into a performance.	Cricket Children will roll, throw, bowl and bat accurately over varying distances and work as part of a team to combine all skills to a game.	Athletics Children will throw a javelin and shot put with height and distance. Pass and receive relay baton with good accurate timing.

<p>Year 6</p>	<p>Basketball Pass using a range of passes, dribble and shoot with accuracy. Apply tactics into a game situation and assess their own performance.</p> <p>Booster Swimming</p>	<p>Dance Cooperate and collaborate with others to show movement, levels and transitions to demonstrate rhythm and good timing</p>	<p>Football Stop a ball using all parts of the feet, play a pass on and off the ground, dribble and show defending when playing a game.</p>	<p>Gym Perform jumps, leaps, rolls and balances with control on and off apparatus. Perform a hurdle-step and squat on and off using apparatus. Combine all skills into a gymnastic performance.</p>	<p>Rounders Confidently throw, catch and bat a ball with speed and accuracy and apply tactics into a game situation. Analyse performance.</p>	<p>Athletics Accelerate with speed when running, throw a javelin and shot put with good height, perform a jump with good height, pass and receive a baton with control and apply in a competitive situation.</p>
----------------------	--	--	--	--	--	---