

2022/2023
PE LONG TERM PLAN

Year 1					
Term 1 Body Familiarisation	Term 2 Warm Up Games	Term 3 Dance	Term 4 Gym	Term 5 Infant Agility	Term 6 Athletics
To understand the meaning of space	Take part in simple games	Copy basic movements	Perform 2 footed jumps	Balance on each leg for 5 seconds	Run at different speeds
To travel in different directions	Follow instructions to simple games	Remember dance movements and perform dance steps	Use equipment safely	Bounce over obstacles safely	Explore a number of throws, using various equipment
To travel at different speeds	Identify different body parts	Link dances movements to the music	Balance with some control	Throw equipment underarm	Jump in a number of different ways
To travel using different movements	Identify what body parts we are using when travelling	Explore body movements with control	Link 2-3 movements together	Throw at a target	Jump from a standing position
Combine movements together	Experience victory & defeat	Perform at different levels	Perform different body shapes	Skip/Jump over small obstacles	Run in straight lines

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Year 2					
Term 1 Throwing & Catching Warm Up Games	Term 2 Gym Infant Agility	Term 3 Ball Skills OAA	Term 4 Dance Striking & Receiving	Term 5 Rapid Fire Cricket Multi Sports	Term 6 Athletics Pupil Voice
Throw and catch beanbags, whilst standing stationary	Safely operate on and move equipment	Throw & Catch a ball using both and singular hands	Copy basic movements with control	Throw, Catch and Roll a ball with speed and control	Change speed and direction whilst running
Throw and catch beanbags whilst on the move	Explore and create different patterns and movements	Use multiple pieces of equipment and body parts to balance a ball	Vary the size of their body shapes	Strike a ball safely using a cricket bat	Jump from a standing position with accuracy
Underarm throw at targets 2-5m away	Copy and complete short sequences	Roll and Bounce a ball with speed and control	Change direction during sequences	Beginning to understand when to attack and defend	Perform a number of throws with control and co-ordination
Overarm throw at targets 2-5m away	Link movements to create a short sequence	Dribble a ball in and out of cones	Build good spatial awareness	Understand the importance of rules in games	Use multiple pieces of equipment safely
Throw and catch with a partner 2-5m away	Travel at different levels using various apparatus	Kick a ball using different parts of the foot.	Build a small bank of dance vocabulary	Develop simple tactics and use them appropriately	Change batons safely whilst moving

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Year 3					
Term 1 Dance Fitness	Term 2 Hockey OAA	Term 3 Gym Basketball	Term 4 Cricket Handball	Term 5 Dodgeball Multi Sports	Term 6 Athletics Pupil Voice
Copies, explores, and remembers a dance sequence	Hold a hockey stick effectively	Develop good technique when travelling, jumping, using equipment etc.	Throw and receive a ball with control over 5m+ distance	Throw a ball at a large target using multiple techniques	Choose the appropriate speed for the distance being covered
Beginning to work independently to create dance movements	Use both sides of a hockey stick to dribble the ball	Use turns when travelling a variety of ways	Strike a ball in a targeted direction	Throw a ball at a moving target using multiple techniques	Perform both a standing and running jump, landing with accuracy
Beginning to work with a partner to create dance movements	Pass back and forth to a partner over 3-5m distance	Copies, remembers, and explores new movements to create a short sequence	Throw at a large target 3m away, using both under and overarm throws	Develop our spatial awareness, travelling in different directions	Perform a variety of throws, using a wide range of equipment
Use simple dance vocabulary to compare and improve dance sequences	Strike a hockey ball towards a target, trying to score a goal.	To compare and adapt movements to add to our routines	Compete with each other in a controlled manner	Work well in groups, using tactics and communicating effectively	Use new equipment safely and with good control
Apply compositional ideas to create short sequences	Use the skills gained and apply them to game scenarios	Use gym vocabulary to describe their own work	Introduce tactics to further our knowledge of RFC	Link skills and movements to suit the game rules	Use appropriate speed to change batons correctly

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Year 4					
Term 1 Swimming Fitness	Term 2 Handball Swimming	Term 3 Gym Cricket	Term 4 Dance OAA	Term 5 Tennis Netball	Term 6 Athletics Hockey
Walk the width of the shallow end with little assistance	Throw under and overarm to a static partner 3-5m away	Recap travelling, jumping & rolling movements with control and balance	Copy and perform dance sequences using precision and control	Hold a racket correctly, whilst balancing various equipment	Use a variety or running techniques to suit multiple running distances
Submerge bodies under the water	Understand multiple rules, in order to complete pass and moving exercises	Create sequences using various body shapes and equipment	Improvise confidently individually and collectively	Juggle a tennis ball on the move using both sides of a racket	Perform standing jumps using one or more components. E.g Hop, Skip, Jump
Use arms and legs in combination in the water	Throw the ball at a large target, attempting to score a goal	Work in pairs and small groups to perform small detailed sequences	Demonstrate rhythm and good spatial awareness	Strike a ball in a general direction, when thrown underarm balls	Use running, jumping, throwing, and catching in combination
Attempt the front crawl	Create new games, using learnt skills in previous weeks	Understand the meaning of cannon and synchronisation, implementing both into sequence	Create longer dances in large groups	Use both underarm and overarm serves, aiming for a large target	Demonstrate accuracy and power when throwing athletic equipment
Use multiple strokes to swim across the width of the pool	Take part in competitive games, using good knowledge of tactics.	Use gym vocabulary to describe how to improve and refine performance	Use simple Dance vocabulary to improve and evaluate	Use skills with control and fluency to create a rally	Use equipment safely and describe good athletic vocabulary

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Year 5					
Term 1 Fitness Handball	Term 2 Cricket Gym	Term 3 Dance Netball	Term 4 Swimming Pupil Voice	Term 5 Football Swimming	Term 6 Athletics Swimming
Understand the need for warmups and cool downs	Bowl at a target using both underarm and overarm	Repeat and Perform dances with control and confidence	Walk the width of the pool (Shallow end) with no assistance	Manoeuvre the football using multiple parts of foot	Use appropriate running technique to complete runs across multiple distances
Use correct technique to complete a number of exercises	Use long barrier and effective fielding techniques to receive the ball over a number of distances	Show a change of pace and timing in their movements, whilst maximising space provided	Submerge head and body fully underwater for 2+ seconds	Pass the football using a range of passes and different parts of the foot	Can perform running jumps containing more than one component. E.g., Hop, Skip, Jump
Can describe the effect exercise has on your body	Strike a ball, received from underarm bowling	Create longer dance sequences in small groups	Attempt to swim the width of the pool	Apply basic knowledge in attacking and defending scenarios	Demonstrate accuracy and control when throwing objects.
Select an appropriate technique and pace to complete a long run	Combine skills and ideas to suit the games activities	Modify parts of sequences/dances using self and peer evaluation.	Use a number of strokes to swim across the width of the pool	Create our own games using our footballing skills	Self-assess and peer assess performances, evaluating using athletic vocabulary
Complete a long run over different terrains	Take part in competitive games, understanding tactics and composition	Use more complex dance vocabulary to describe and improve performance	Become confident in different heights of water levels	Use tactics and positioning in games to develop our knowledge	Use equipment safely and prompt ideas on how to adapt activities

Year 6					
Term 1 Gym Fitness	Term 2 Child Led Tennis	Term 3 Netball Cricket	Term 4 OAA Dance	Term 5 Dance Rounders	Term 6 Athletics
Perform a number of Jumps off of different heights, landing with control and precision	Understand the benefits and need to warm up and cool down	Pass the ball over 5m using bounce, shoulder and chest passes	To use a map effectively in order to complete tasks set	Perform with confidence, following a detailed sequence	Select a suitable running style in accordance with the distance being ran
Create a movement sequence, showing a range of actions, including speed, levels, and direction	Discuss and work with others in a group, showcasing good listening skills	Pass and move off the ball, holding onto the ball for less than 4 seconds	Choose and apply the correct strategy to solve problems	Demonstrate strong movements throughout dance sequences	Perform a running jump, using more than one component – E.g., Jump, Skip, Hop
Increase the length of sequences using mats, apparatus, and control throughout	Watch and evaluate peers games, commenting on ways they can improve	Apply knowledge to attacking and defending exercises, demonstrating a clear understanding of the rules	Correctly hold a bow, shooting the arrows a stationary target	Dance with fluency, linking multiple movements, ensuring they flow	Execute great accuracy and confidence when throwing multiple pieces of equipment
Work in small groups to create a routine, full of rolls, creative movements, balances, and jumps	Create new games, comparing similarities and differences	Keep possession of the ball within game scenarios	Use co-ordination and control to shoot at a moving target	Modify parts of a dance using peer and self-evaluation	Use equipment safely, describing good athletic vocabulary to comment on performance
Analyse and comment on skills and describe how to apply to sequences.	Watch and learn peers, picking up knowledge to improve personal skills	Play competitive games of netball, with knowledge of rules and positions	Develop strong listening skills to comment on tactics and improve performance	Use more complex dance vocabulary to compare and improve work	Record personal and peers performance, assisting with evaluation