

New National Curriculum Long Term Plans for 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.

Liam Curtis and Netherleigh & Rossefield - PE Long Term Planning

Each year group should receive the following PE session. It is at the discretion of each class teacher where 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-ordinatorLiam Curtis...

	Autumn Term				Spring Term				Summer Term			
	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 - Play	Agility Co-ordination Poise Evaluating performance Co-operation	Net/wall games - badminton	Striking Running Co-ordination Agility	Athletics	Strength Stamina Essential Athletics skills	Athletics	Strength Stamina Essential Athletics 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 - Play	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 - Play	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	Athletics	Strength Stamina Essential Athletics skills	Cricket	Strike Field Throwing Catching Running Sportsmanship

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Yr 3 (A)	Gymnastics	Rhythmic and floor work. Control, movement, performance, sequencing, comparing, evaluating	Dance- Play	Control Sequence, presentation, combining, strength, evaluating	Gymnastics	Apparatus Balance, movement, balance	Athletics	Strength Stamina Essential Athletics skills	Tennis	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Cricket	Strike Field 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 - Play	Flexibility Control Balance Comparing performance. Strength Poise Technique	Gym- Floor	Flexibility Control Balance Comparing performance. Strength Poise	Athletics	Strength Stamina Essential Athletics skills	Gym- Apparatus	Flexibility Control Balance Comparing performance. Strength Poise	Touchball	Attack Defend Spatial Awareness Throwing Catching Running Jumping	Orineteering	To take part In outdoor and adventurous activities and challenges individually and as a team.

		Stamina		Technique Stamina				Technique Stamina		Foot work		
Yr 5 (A)	Floor work Gymnastics	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina	Athletics	Strength Stamina Essential Athletics skills	Apparatus Gymnastics	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina	Football	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Tennis	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Cricket	Strike Field Throwing Catching Running
Yr 5 (B)	Tag Rugby	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Dance - Play	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	Athletics	Strength Stamina Essential Athletics 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	Dance - Play	Flexibility Control Balance Comparing performance.	Apparatus Gymnastics	Flexibility Control Balance Comparing performance	VolleyBall	Hitting Movement Spatial Awareness Throwing	Athletics	Running Jumping Throwing Catching Control Balance

				e. Strength Poise Technique Stamina		Strength Poise Technique Stamina		e. Strength Poise Technique Stamina		Running Jumping Foot work		Comparing performance. Strength Poise Technique
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