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| **Long Term Plan (2022-2023) KS1&KS2** | | | | | | |
| **PHYSICAL EDUCATION** | **AUTUMN** | | **SPRING** | | **SUMMER** | |
|  | **1** | **2** | **1** | **2** | **1** | **2** |
| Pupils should be taught to:  ▪ 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. | KS1  • 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 | | | KS2  • 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. | | |
| Reception | Intro to PE - Unit 1 | Intro to PE - Unit 2 | Intro to PE - Unit 3 | Intro to PE – Unit 4 | Intro to PE – Unit 5 | Intro to PE – Unit 6 |
| Year 1 | Unit 1 - Fundamental Movement Skills Through Tag Games | Unit 2 - Exploring Manipulative Skills | Unit 3 - Functional Movement | Unit 4 – Developing Manipulative Skills | Unit 5 – Movement Concepts | Unit 6 – Athletics Fundamentals |
| Year 2 | Unit 1 - Fundamental Movement Skills Through Tag Games | Unit 2 - Exploring Manipulative Skills | Unit 3 - Functional Movement | Unit 4 – Developing Manipulative Skills | Unit 5 – Movement Concepts | Unit 6 – Athletics Fundamentals |
| Year 3 | Netball | Football | Hockey | Tennis | Athletics | Rounders |
| Year 4 | Netball | Football | Hockey  Swimming | Tennis  Swimming | Athletics | Rounders |
| Year 5 | Netball | Football | Hockey | Tennis | Athletics  Swimming | Rounders  Swimming |
| Year 6 | Netball | Football | Hockey | Tennis | Athletics | Rounders |