

Long Term Plan (2021-2022) KS1&KS2						
PHYSICAL EDUCATION	AUTUMN		SPRING		SUMMER	
	1	2	1	2	1	2
Pupils should be taught to: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 Taught by Class Teacher Taught by Sports Coach	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 Taught by Class Teacher Taught by Sports Coach	Unit 1 - Fundamental Movement Skills Through Tag Games Mystery Dance	Unit 2 - Exploring Manipulative Skills	Unit 3 - Functional Movement Dance-Superheroes	Unit 4 – Developing Manipulative Skills	Unit 5 – Movement Concepts Gymnastics-Simple sequence	Unit 6 – Athletics Fundamentals
Year 2 Taught by Class Teacher Taught by Sports Coach	Unit 1 - Fundamental Movement Skills Through Tag Games Gymnastics-Vault	Unit 2 - Exploring Manipulative Skills	Unit 3 - Functional Movement Gymnastics-Apparatus	Unit 4 – Developing Manipulative Skills	Unit 5 – Movement Concepts Dance-Based on a book	Unit 6 – Athletics Fundamentals
Year 3 Taught by Class Teacher Taught by Sports Coach	Netball Gymnastics-Vault	Football	Hockey Gymnastics-Partner Sequence	Tennis	Athletics Dance-Based on a picture	Rounders
Year 4 Taught by Class Teacher Taught by Sports Coach	Netball Dance-Traditional Folk Dance	Football	Hockey Dance-Mystery dance Swimming	Tennis Swimming	Athletics Gymnastics-Apparatus	Rounders
Year 5 Taught by Class Teacher Taught by Sports Coach	Netball Dance-Based on a traditional dance	Football	Hockey Dance- Mystery Dance	Tennis	Athletics Gymnastics- Partner and group balances Swimming	Rounders Swimming
Year 6 Taught by Class Teacher Taught by Sports Coach	Netball Gymnastics-Vault	Football	Hockey Gymnastics-Rhythmic Gymnastics	Tennis	Athletics Dance- from a different era	Rounders