



Long term plan for Physical Education

	Autumn	Spring	Summer
EYFS & KS1	<ul style="list-style-type: none"> Gymnastics 'Real Gym' focus on shape, rotation, balance, flight using apparatus at different heights and levels. Floor based movements and balances. Gymnastic Work on benches and trestle table. Real PE unit 1 and 2 scheme focussing on physical, personal skills and social skills: balance and co-ordination skills along with following instruction, working with others as a part of a team and challenging themselves. Multi skills and balls skills. Hand eye co-ordination, throwing and catching, ball skills with both upper and lower body working on the fundamentals of movement. Dance: learning actions to music, understanding how to use space effectively, developing relationships in small groups and demonstrations of different dynamics by actions made with their bodies. 	<ul style="list-style-type: none"> Real PE unit 3 and 4 scheme focussing on physical skills along with cognitive and creative skills. Linking skills together, exploring ideas to solutions to tasks, recognition of what they are doing and comparing similarities and differences Indoor athletics: developing throwing, jumping, running skills/techniques indoors using different types of athletic equipment. Games: developing fundamentals of ball skills that lead in to games such as basketball, handball, netball and football. Developing ball control, dribbling, passing, shooting skills both with hands and feet. 	<ul style="list-style-type: none"> Real PE unit 5 and 6 focussing on physical skills, applying physical skills and developing health and fitness understanding. Selecting and applying skills with control and consistency in different game situations, explain why we need to warm up and cool down and what happens to the body during exercise. Explore different types of health and fitness training exercises. Striking and fielding: Mini tennis, cricket and tri golf skills. Developing hand eye co-ordination skills, target practice, the application of co-ordination using the hands by exploring different equipment. Practicing striking a ball in different ways, catching a ball and throwing a ball. Athletics (linked to sports day) understanding different activities within athletics such as running events, throwing events, team based events, jumping and target events. Children to take part in these events during sports day. Orienteering: Following trails, team building activities, problem solving and challenges.
LKS2	<ul style="list-style-type: none"> Gymnastics: 'Real Gym' focus on shape, rotation, balance, flight using apparatus at different heights and levels. Floor based movements and balances. Gymnastic Work on benches and trestle table. Use larger apparatus such as the climbing frames and the climbing ropes, rings, ladder and trapeze. Invasion games: Games such as football, basketball and netball for children to experience differ team games working on ball control, passing, dribbling, shooting both in a competitive and non-competitive environment. Understanding the roles to play within a team and the different positions in a team based game. Real PE unit 1 and 2 scheme focussing on physical, personal skills and social skills: Dynamic balance, agility and co-ordination skills along with following instruction, working with others as a part of a team, challenging themselves, persevere with a task, encouraging others and organisation roles and responsibilities in team situations. Dance: Developing actions to music, understanding how to use space effectively, developing relationships in small groups and demonstrations of different dynamics with actions made with their bodies. Performing routines to music in small groups focussing on mirror, match, cannon, unison with changes in speeds, directions and heights. 	<ul style="list-style-type: none"> Real PE unit 3 and 4 scheme focussing on physical skills along with cognitive and creative skills. To work on dynamic balances and co-ordination with equipment. Recognise similarities and defences in performances and comparing movements and skills with others. Real PE unit 5 and 6 scheme focussing on agility and reaction and response. Applying physical skills in different games situation. Health and fitness activities to be explored. Understanding how to select, apply with consistency and control. Linking actions together both in small groups and larger groups. Describe how and why the body changes during exercise, how often and how long should we exercise to be healthy. Explain what a warm up and cool down is along with stretching. Indoor athletics: developing throwing, jumping, running skills/techniques indoors using different types of equipment. Invasion games: Tag rugby and Hockey team games. Understand the rules of the games. Focussing on developing hand eye co-ordination, throwing and catching, striking the ball correctly, understand the techniques of skills within the game and understanding positions of the players during games. Learning skills such as passing, dribbling, shooting and defending/attacking in both team games. 	<ul style="list-style-type: none"> Net and wall games: Mini tennis and developing skills such as hand eye co-ordination using rackets and the hands. Striking the ball with accuracy, precision and fluidity. To explore both the back hand and forehand techniques within tennis. Curling and Archery activities: New activities to the school. Working on fine motor skills showing concentration and composure. Target practice using different surfaces by aiming equipment with accuracy at targets at different heights. Striking and fielding: Cricket, Rounder's and Tri golf. Focussing on hand eye co-ordination, finer motor skills by showing control and fluidity in throwing, catching, batting and bowling techniques. Understanding rules and playing in teams and as individuals in the different sports/activities. Athletics and Sports Day: Developing different activities within athletics such as running events, throwing events, team based events, jumping and target events. Children to take part in these events during sports day. Orienteering and fitness: Map reading, team building activities, problem solving, health and fitness activities and challenges.

<p>UKS2</p>	<ul style="list-style-type: none"> • Gymnastics: ‘Real Gym’ focus on shape, rotation, balance, flight using apparatus at different heights and levels. Floor based movements and balances. Gymnastic work on benches and trestle tables. Use of larger apparatus such as the climbing equipment, frames and the climbing ropes, rings, ladders and trapeze to focus on developing strength, flexibility and bravery. • Invasion games: Football, basketball and netball for all children to experience different team based games developing ball control, passing, dribbling, shooting both in a competitive and non-competitive game situation. Develop skills in game situations and understand about winning and losing graciously. • Dance: Developing actions to music, understanding how to use space effectively, developing within small groups. Demonstrations of a variety of dynamics with actions made with their bodies. Performing routines to music in small groups focussing on mirror, match, cannon, unison with changes in speeds, directions and heights. Sequences developed with more complex movements, timing and organisation. • Real PE unit 1 and 2 scheme focussing on physical, cognitive and creative skills. Ball handling, game skills, static balances along with adapting and adjusting skills, responding imaginatively to situations, changing tactics to make activities more fun and challenging. Awareness of space in different challenging games/activities, develop methods to outwit opponents, identify specific areas of performance to work and to review, analyse and evaluate their own and others performance. 	<ul style="list-style-type: none"> • Real PE unit 3 and 4 scheme of work focussing on physical, social and applying physical skills. Lessons focussed on games skills, dynamic balances, linking actions together, transfer skills and movements across a range of activities and sports, performance of skills with fluidity and accuracy. Understand how to motivate others, give and receive feedback, negotiate and collaborate appropriately and involve others in both games and skill based activities. • Indoor athletics: developing throwing, jumping, running skills/techniques indoors using different types of equipment. • Invasion games: Tag rugby and Hockey. Understand the rules of the game and develop during practice. Hand eye co-ordination, throwing and catching, striking the ball correctly, understand the techniques of skills within the games and understanding positions of the players within a team game. Developing skills such as passing, dribbling, shooting and defending/attacking in a team game. Further Development of more complex skills and rules within a game/competitive situation. • Real PE unit 5 and 6 scheme focussing on physical, personal skills and health and fitness. Co-ordination floor movements, agility, game skills and static balances practiced as skilled based within lessons which then are fed in to game situation. Explanation of different fitness component’s, selecting the right activities in warm ups and cool downs for specific games/activities. Understand what a healthy balanced lifestyle is, understand the body in terms of how it works along with naming muscles and bones. Reacting positively to situations especially when they become difficult, recognising strengths and weaknesses of performance and analysing to make improvements. Seeing all new challenges as opportunities to learn and grow in sports and physical activity. 	<ul style="list-style-type: none"> • Striking and fielding: Cricket, Rounder’s and Tri golf. Focussing on skills such as hand eye co-ordination. Developing finer motor skills by showing control, fluidity when throwing, catching, batting and bowling, developing techniques. Understanding the rules of playing the games as both individuals and in team games within the different sports/activities. • Athletics and Sports Day: Understanding different activities within athletics such as running events, throwing events, team based events, jumping and target events. Children to take part in these events during a competitive sports day. Orienteering and fitness: Map reading, team building activities, problem solving, health and fitness activities and challenges. • Net and wall games: Mini tennis and developing skills such as hand eye co-ordination using rackets and the hands. Striking the ball and exploring both the back hand and forehand techniques in game situations. Understanding how to play both singles and doubles matches. • Curling and Archery activities: New activities to the school. Working on fine motor skills showing concentration and composure. Target practice using different surfaces by aiming equipment with accuracy at targets at different heights.
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