

# KEY STAGE 1 - Long Term Plan for PE – Class Teacher – Cycle 1

In 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. Here is how we intend to deliver this curriculum to our Key Stage 1 pupils:

<b><u>YEAR: ...1/2... CLASS NAME: .....</u></b>						
<b><u>National Curriculum Criteria</u></b>	<b><u>Autumn</u></b>	<b><u>Autumn</u></b>	<b><u>Spring</u></b>	<b><u>Spring</u></b>	<b><u>Summer</u></b>	<b><u>Summer</u></b>
	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>1</u></b>	<b><u>2</u></b>
	Gymnastics	Ball Games	Hockey	Gymnastics	Athletics	Tennis
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities						
Develop balance, agility and coordination, 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 1 - Long Term Plan for PE – Mark Littlewood – Cycle 1

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<b>YEAR: ...1/2... CLASS NAME: .....</b>						
<b><u>National Curriculum Criteria</u></b>	<b><u>Autumn</u> <u>1</u></b>	<b><u>Autumn</u> <u>2</u></b>	<b><u>Spring</u> <u>1</u></b>	<b><u>Spring</u> <u>2</u></b>	<b><u>Summer</u> <u>1</u></b>	<b><u>Summer</u> <u>2</u></b>
	Football	Dance	Gymnastics	Basketball	Volleyball	Rounders
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities						
Develop balance, agility and coordination, 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						

# Lower KEY STAGE 2 - Long Term Plan for PE – Class Teacher – Cycle 1

In 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. Here is how we intend to deliver this curriculum to our Key Stage 2 pupils:

<b>YEAR: ..... CLASS NAME: .....</b>						
<b><u>National Curriculum Criteria</u></b>	<b><u>Autumn</u></b> <b><u>1</u></b>	<b><u>Autumn</u></b> <b><u>2</u></b>	<b><u>Spring</u></b> <b><u>1</u></b>	<b><u>Spring</u></b> <b><u>2</u></b>	<b><u>Summer</u></b> <b><u>1</u></b>	<b><u>Summer</u></b> <b><u>2</u></b>
<b><u>One class will be swimming each half term and so some units will be repeated to ensure coverage</u></b>	Gymnastics	Sports hall athletics	Basketball	Dance	Athletics	Tennis
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						

# Lower KEY STAGE 2 - Long Term Plan for PE –ML – Cycle 1

In 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. Here is how we intend to deliver this curriculum to our Key Stage 2 pupils:

<b><u>YEAR: ...3/4... CLASS NAME: .....</u></b>						
<b><u>National Curriculum Criteria</u></b>	<b><u>Autumn</u></b> <b><u>1</u></b>	<b><u>Autumn</u></b> <b><u>2</u></b>	<b><u>Spring</u></b> <b><u>1</u></b>	<b><u>Spring</u></b> <b><u>2</u></b>	<b><u>Summer</u></b> <b><u>1</u></b>	<b><u>Summer</u></b> <b><u>2</u></b>
<b><u>One class will be swimming each half term and so some units will be repeated to ensure coverage</u></b>	Football	Gymnastics	Dance	Hockey	Cricket	OAA
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						

# Upper KEY STAGE 2 - Long Term Plan for PE – Class Teacher – Cycle 1

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<b><u>YEAR: ...5/6... CLASS NAME: .....</u></b>						
<b><u>National Curriculum Criteria</u></b>	<b><u>Autumn</u></b>	<b><u>Autumn</u></b>	<b><u>Spring</u></b>	<b><u>Spring</u></b>	<b><u>Summer</u></b>	<b><u>Summer</u></b>
	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>1</u></b>	<b><u>2</u></b>
	Gymnastics	Badminton	Gymnastics	Basketball	Volleyball / tennis	Athletics
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						

# Upper KEY STAGE 2 - Long Term Plan for PE – Mark Littlewood – Cycle 1

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<b><u>YEAR: ...5/6... CLASS NAME: .....</u></b>						
<b><u>National Curriculum Criteria</u></b>	<b><u>Autumn</u></b>	<b><u>Autumn</u></b>	<b><u>Spring</u></b>	<b><u>Spring</u></b>	<b><u>Summer</u></b>	<b><u>Summer</u></b>
	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>1</u></b>	<b><u>2</u></b>
	Football	Hockey	Dance	OAA	Rounders	Cricket
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						

# KEY STAGE 1 - Long Term Plan for PE – Class Teacher – Cycle 2

In 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. Here is how we intend to deliver this curriculum to our Key Stage 1 pupils:

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<b><u>National Curriculum Criteria</u></b>	<b><u>Autumn</u></b>	<b><u>Autumn</u></b>	<b><u>Spring</u></b>	<b><u>Spring</u></b>	<b><u>Summer</u></b>	<b><u>Summer</u></b>
	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>1</u></b>	<b><u>2</u></b>
	Gymnastics	Dance	Hockey	Ball games	Cricket / Rounders	Tennis
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities						
Develop balance, agility and coordination, 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						

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<u>National Curriculum Criteria</u>	<u>Autumn</u>	<u>Autumn</u>	<u>Spring</u>	<u>Spring</u>	<u>Summer</u>	<u>Summer</u>
	<u>1</u>	<u>2</u>	<u>1</u>	<u>2</u>	<u>1</u>	<u>2</u>
	Tag Rugby	Health Related Exercise	Gymnastics	Basketball	Athletics	Athletics
Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities						
Develop balance, agility and coordination, 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						



## Lower KEY STAGE 2 - Long Term Plan for PE – Class Teacher – Cycle 2

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<b><u>YEAR: ...3/4... CLASS NAME: .....</u></b>						
<b><u>National Curriculum Criteria</u></b>	<b><u>Autumn</u></b> <b><u>1</u></b>	<b><u>Autumn</u></b> <b><u>2</u></b>	<b><u>Spring</u></b> <b><u>1</u></b>	<b><u>Spring</u></b> <b><u>2</u></b>	<b><u>Summer</u></b> <b><u>1</u></b>	<b><u>Summer</u></b> <b><u>2</u></b>
<b><u>One class will be swimming each half term and so some units will be repeated to ensure coverage</u></b>	Netball	Sports hall athletics	Football	Badminton	Athletics	Tennis
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						

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<b>YEAR: ...3/4... CLASS NAME: .....</b>						
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<b><u>One class will be swimming each half term and so some units will be repeated to ensure coverage</u></b>	Tag Rugby	Health Related Exercise	Dance	Gymnastics	Cricket / Rounders	OAA
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						

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<b>YEAR: ...5/6... CLASS NAME: .....</b>						
<b><u>National Curriculum Criteria</u></b>	<b><u>Autumn</u></b>	<b><u>Autumn</u></b>	<b><u>Spring</u></b>	<b><u>Spring</u></b>	<b><u>Summer</u></b>	<b><u>Summer</u></b>
	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>1</u></b>	<b><u>2</u></b>
	Gymnastics	Netball	Badminton	Basketball	Volleyball / tennis	Games
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						

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	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>1</u></b>	<b><u>2</u></b>	<b><u>1</u></b>	<b><u>2</u></b>
	Tag Rugby	Health Related Exercise	Dance	OAA	Rounders / Cricket	Athletics
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						

