



PE
Subject Long Term Plan showing coverage across all year groups

	Autumn 1	Autumn 2	Spring	Summer 1	Summer 2
EYFS	<p>Summary</p> <p>Focus on fundamental movement techniques; running, stopping, chasing, changing direction and negotiating space.</p>	<p>Summary</p> <p>Experiment with different ways of moving in Gymnastics. Include equipment to move over, under and around.</p>	<p>Summary</p> <p>Focus on dance moves to further improve children's gross motor skills Focus on improving children's key manipulation skills; throwing, rolling, bouncing and catching.</p>	<p>Summary</p> <p>Focus on skill development in playing with different equipment and different game-based activities.</p>	<p>Summary</p> <p>Continue with focusing on skills development in different games and include more cooperative and group-based exercises.</p>
1	<p style="text-align: center;">1.1 <u>Boot Camp</u></p> <p>Summary</p> <ul style="list-style-type: none"> To understand how to prepare the body for exercise. To understand what fitness means. To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to the heart rate during exercise. To complete a circuit that includes activities practised in Lessons 1–5. <p style="text-align: center;">1.1 <u>Multi Skills</u></p> <p>Summary</p> <ul style="list-style-type: none"> To explore static balancing and understand the concept of bases. To combine a number of co-ordination drills, using upper and lower body movements. To aim a variety of balls and equipment accurately. To time running to stop or intercept the path of a ball. To travel in different ways, showing clear transitions between movements. To travel in different directions (side to side, up and down) with control and fluency. To practise ABC (agility, balance and co-ordination) at circuit stations. 	<p style="text-align: center;">1.2 <u>Story Time Dance</u></p> <p>Summary</p> <ul style="list-style-type: none"> To change direction during travelling moves. To link travelling moves that change direction and level To use a variety of moves To link moves together. To explore basic body patterns and movements to music To use a variety of moves that change speed and direction To link together dance moves with gestures and changing direction in time to music. <p style="text-align: center;">1.2 <u>Mighty Movers (Running)</u></p> <p>Summary</p> <ul style="list-style-type: none"> To explore running at a variety of speeds and in a variety of styles. To run at different speeds and in different directions with control To understand the purpose of a circuit and how it can improve fitness. To explore running at different speeds. 	<p style="text-align: center;">1.3 <u>Groovy Gymnastics</u></p> <p>Summary</p> <ul style="list-style-type: none"> To explore movement actions with control and link them together with flow. To explore movement actions with control and link them together with flow. To explore movement actions with control and link them together with flow. To explore movement actions with control and link them together with flow. To explore movement actions with control, and to link them together with flow. To choose and use simple compositional ideas by creating and performing sequences. To repeat and link combinations of gymnastic actions. To link combinations of movements and shapes with control. <p style="text-align: center;">1.4 <u>Skip to the beat</u></p> <p>Summary</p> <ul style="list-style-type: none"> To develop foot patterns that aid skipping. To develop skipping skills To improve agility, balance and co-ordination. 	<p style="text-align: center;">1.5 <u>Cool Core (Strength)</u></p> <p>Summary</p> <ul style="list-style-type: none"> To identify techniques to improve core strength and agility. <p style="text-align: center;">1.5 <u>Throwing and Catching</u></p> <p>Summary</p> <ul style="list-style-type: none"> To learn skills for striking and fielding games. To practise basic striking, sending and receiving To use throwing and catching skills in a game. To practise accuracy of throwing and consistent catching. To strike with a racket or bat. To play a game fairly and in a sporting manner. To use fielding skills to play a game. 	<p style="text-align: center;">1.6 <u>Fitness Frenzy</u></p> <p>Summary</p> <ul style="list-style-type: none"> To complete a circuit that includes activities learned throughout the year. To explore running at different speeds. To improve agility, balance and co-ordination To evaluate performance of gymnastic moves within a circuit. To identify techniques to improve core strength and agility. Use techniques already learned to improve performance. <p style="text-align: center;">1.6 <u>Active Athletics</u></p> <p>Summary</p> <ul style="list-style-type: none"> To use varying speeds when running. To explore footwork patterns. To explore arm mobility. To explore different methods of throwing. To practise short distance running. To practise taking off from different positions To complete an obstacle course with control and agility.



PE

Subject Long Term Plan showing coverage across all year groups

<p>2</p>	<p><u>2.1 Multi- Skills</u></p> <p>Summary</p> <ul style="list-style-type: none"> To explore static balancing. To understand concepts of bases. To combine a number of co-ordination drills, using upper and lower body movements. To aim a variety of balls and equipment accurately To use skills learned in a game. To maintain balance when changing direction. To travel in different ways, showing clear transitions between movements <p><u>2.1 Boot Camp</u></p> <p>Summary</p> <ul style="list-style-type: none"> To complete a circuit that includes activities practised in Lessons 1–5 To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to the heart rate during exercise To complete a circuit that includes activities practised in Lessons 1 and 2. To complete a circuit that includes activities practised in Lessons 1–3 with balance and co-ordination. To complete a circuit that includes activities practised in Lessons 1-4 with balance and co-ordination. To understand how to prepare the body for exercise. To understand what fitness means. 	<p><u>2.2 Ugly Bug Ball Dance</u></p> <p>Summary</p> <ul style="list-style-type: none"> To work to music, creating movements that show rhythm and control. To compose and perform simple dance phrases. To show contrasts in simple dances with good body shape and position. To develop a range of dance movements and improve timing. To work to music, creating movements that show rhythm and control. To explore different levels and speeds of movement <p><u>2.2 Mighty Movers (Running)</u></p> <p>Summary</p> <ul style="list-style-type: none"> To run efficiently using the arms To demonstrate running with balance and co-ordination To understand the purpose of a circuit and how it can improve fitness To understand the purpose of a circuit and how it can improve our fitness Understand the purpose of a circuit and how it can improve fitness To understand the purpose of a circuit and how it can improve fitness. 	<p><u>2.3 Skip to the Beat</u></p> <p>Summary</p> <ul style="list-style-type: none"> To perform skipping moves with agility, balance and co-ordination To explore different ways of jumping/hopping with balance and accuracy To skip with control and balance. <p><u>2.3 Groovy Gymnastics</u></p> <p>Summary</p> <ul style="list-style-type: none"> To remember and repeat simple gymnastic actions with control. To balance on isolated parts of the body using the floor and hold balance To develop a range of gymnastic moves, particularly balancing To link together a number of gymnastic actions into a sequence. To explore ways of travelling around on large apparatus To choose and use a variety of gymnastic actions to make a sequence 	<p><u>2.5 Cool Core (Strength)</u></p> <p>Summary</p> <ul style="list-style-type: none"> To develop and improve core strength and agility. <p><u>2.5 Throwing and Catching</u></p> <p>Summary</p> <ul style="list-style-type: none"> To learn skills for playing striking and fielding games To position the body to strike a ball. To practise striking a small ball. To develop catching skills. To throw a ball for distance To practise throwing skills in circuit. To play a game fairly and in a sporting manner. To use fielding skills to play a game. 	<p><u>2.6 Fitness Frenzy</u></p> <p>Summary</p> <ul style="list-style-type: none"> To complete a circuit of activities. To understand the purpose of a circuit and how it can improve fitness To skip with control and balance. To evaluate my performance of gymnastic moves within a circuit. To improve core strength, balance and agility To evaluate my performance of gymnastic moves within a circuit. <p><u>2.6 Active Athletics</u></p> <p>Summary</p> <ul style="list-style-type: none"> To complete an obstacle course with control and agility To learn the best jumping techniques for distance. To throw different objects in a variety of ways. To hurdle an obstacle and maintain effective running style. To run for distance To run with agility and confidence.
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PE

Subject Long Term Plan showing coverage across all year groups

<p>3</p>	<p><u>3.1 Multi-Skills</u></p> <p>Summary</p> <ul style="list-style-type: none"> To change and maintain centre of balance. To develop co-ordination whilst moving an object To demonstrate agility by being able to twist and turn and change direction. To practise co-ordination and moving with others. To use co-ordination skills to move an object To use all ABC skills learned so far, to the best of your ability. <p><u>3.1 Boot Camp</u></p> <p>Summary</p> <ul style="list-style-type: none"> To understand how to prepare the body for exercise. To understand what fitness means. To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to the heart rate during exercise. To complete a circuit that includes activities practised in Lessons 1–5. 	<p><u>3.2 African Dance</u></p> <p>Summary</p> <ul style="list-style-type: none"> To explore African dance movements and create patterns of movement. To work with a partner to create African dance patterns To perform a dance with rhythm and expression. To use knowledge of African dance to create a story in small groups. To develop precision of movement. To work co-operatively with a group to create a dance piece To perform in front of others with confidence. <p><u>3.2 Mighty Movers (Running)</u></p> <p>Summary</p> <ul style="list-style-type: none"> To explore running at different speeds. To work as a team in a running situation. To understand the value of a running-based circuit and the impact it can have on health. To improve fitness by raising the heart rate 	<p><u>3.3 Groovy Gymnastics</u></p> <p>Summary</p> <ul style="list-style-type: none"> To explore jumping techniques and link them with other gymnastic actions. To explore jumping techniques and to link them with other gymnastic actions. To select and adapt gymnastics actions to meet the task. To work with a partner or a small group to create a sequence that develops jumping skills. To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music. To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music <p><u>3.3 Skip to the Beat</u></p> <p>Summary</p> <ul style="list-style-type: none"> To develop skipping techniques with control and balance. 	<p><u>3.5 Throwing and Catching</u></p> <p>Summary</p> <ul style="list-style-type: none"> To consolidate and develop a range of skills in striking and fielding. To develop and investigate different ways of throwing and to know when it is appropriate to use them. To consolidate and develop a range of skills in striking and fielding. To practise the correct technique for catching a ball and use it in a game. To strike the ball for distance. To know how to play a striking and fielding game competitively and fairly <p><u>3.5 Cool Core (Strength)</u></p> <p>Summary</p> <ul style="list-style-type: none"> To improve core strength and agility, and understand why they are important. 	<p><u>3.6 Active Athletics</u></p> <p>Summary</p> <ul style="list-style-type: none"> To run in different directions and at different speeds, using a good technique. To improve throwing technique To reinforce jumping techniques To understand the relay and passing the baton. To choose and understand appropriate running techniques To compete in a mini-competition, recording scores. <p><u>3.6 Fitness Frenzy</u></p> <p>Summary</p> <ul style="list-style-type: none"> To complete an agility and co-ordination circuit, spending 30 seconds at each station. To improve fitness by raising the heart rate in a circuit-based lesson. To develop skipping techniques with control and balance To evaluate my performance of gymnastic moves within a circuit. To improve core strength and agility, and understand why they are important. To perform a sequence of moves at each station within a circuit with increased accuracy.
<p>4</p>	<p><u>4.1 Invaders</u></p> <p>Summary</p> <ul style="list-style-type: none"> To play in a mini football competition. To use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation To use accurate passing and dribbling in a game. To identify and apply ways to 	<p><u>4.2 Dynamic Dance</u></p> <p>Summary</p> <ul style="list-style-type: none"> To identify and practise the patterns and actions of line dancing To identify and practise the patterns and actions of line dancing To create an individual dance that reflects the line dancing style 	<p><u>4.3 Gym Sequences</u></p> <p>Summary</p> <ul style="list-style-type: none"> To identify and practise body shapes. To identify and practise symmetrical and asymmetrical body shapes. To construct sequences using balancing and linking movements. To use counterbalances and 	<p><u>4.5 Nimble Nets</u></p> <p>Summary</p> <ul style="list-style-type: none"> To become familiar with balls and short tennis rackets. To play a competitive tennis game. To build up a rally. To build a rally, focusing on accuracy of strokes To play a variety of shots in a game situation and to explore 	<p><u>4.6 Young Olympians</u></p> <p>Summary</p> <ul style="list-style-type: none"> To select and maintain a running pace for different distances. To utilise all the skills learned in this unit in a competitive situation. To throw safely and with understanding To demonstrate good running



PE
Subject Long Term Plan showing coverage across all year groups

	<p>move the ball towards an opponent's goal.</p> <ul style="list-style-type: none"> To learn concepts of attack and defence. To keep possession of a ball <p style="text-align: center;"><u>4.1 Boot Camp</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> Understand how to prepare the body for exercise. Understand what fitness means. To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to the heart rate during exercise To improve a circuit that includes activities practised in previous Lessons 1–5. 	<ul style="list-style-type: none"> To create partnered dances that reflect the line dancing style and apply the key components of dance To perform a line dance using a range of movement patterns. To perform and evaluate own and others' work. <p style="text-align: center;"><u>4.2 Mighty Movers (Boxercise)</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To learn footwork movement patterns showing co-ordination. To demonstrate correct technique for a jab To understand the value of boxercise moves. To learn how to build an aerobic exercise routine including skilled moves. To create and perform a boxercise sequence with increased accuracy. To perform a boxercise routine with precision. 	<p>incorporate them into a sequence of movements</p> <ul style="list-style-type: none"> To perform movements in canon and in unison To perform and evaluate own and others' sequences <p style="text-align: center;"><u>4.3 Step to the Beat</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To develop co-ordination and balance To complete a step routine to music to improve fitness. To develop co-ordination and balance To develop co-ordination and balance To understand the importance of a warm-up. To develop co-ordination and balance To develop co-ordination and balance To understand the importance of a warm-up. To improve fitness, particularly strength and stamina. 	<p>when different shots should be played.</p> <ul style="list-style-type: none"> To get the ball into play. To accurately serve underarm. <p style="text-align: center;"><u>4.5 Cool Core (Pilates)</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To improve balance and co-ordination To consolidate and improve the moves learned so far. To develop balance techniques when performing cool core moves To sustain balance and concentration when performing a variety of cool core moves. To develop cool core moves using balance techniques. 	<p>technique in a competitive situation.</p> <ul style="list-style-type: none"> To explore different footwork patterns. To understand which technique is most effective when jumping for distance. To practise throwing with power and accuracy. <p style="text-align: center;"><u>4.6 Fitness Frenzy</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To complete a circuit that includes different aerobic activities To perform a boxercise routine with precision To develop co-ordination and balance To complete an athletics-based circuit with control and accuracy. To develop cool core moves using balance techniques. To perform a sequence of moves at each station within a circuit with increased accuracy.
5	<p style="text-align: center;"><u>5.1 Boot Camp</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> Understand how to prepare the body for exercise. Understand what fitness means. To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to the heart rate during exercise. To complete a circuit that includes activities practised in previous Lessons 1–5. <p style="text-align: center;"><u>5.1 Invaders</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To demonstrate basic passing and receiving skills using a 	<p style="text-align: center;"><u>5.2 Dynamic Dance</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To perform a Bollywood dance using a range of movement patterns. To perform and evaluate own and others' workTo demonstrate an awareness of the music's rhythm and phrasing when improvising. To create and perform an individual dance that reflects the Bollywood dance style. To create partnered dances that reflect the Bollywood dancing style and apply the key components of dance To create group dances that reflect the Bollywood dance 	<p style="text-align: center;"><u>5.3 Gym Sequences</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To identify and practise body shapes and balances. To identify and practise symmetrical and asymmetrical body shapes. To use and refine the following skills: flexibility, strength, balance, power and mental focus. To develop skills for movement, including rolling, bridging and dynamic movement. To use counterbalances and incorporate them into a sequence of movements To perform movements in canon and in unison. 	<p style="text-align: center;"><u>5.5 Nimble Nets</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To identify and apply techniques for hitting a tennis ball To develop the techniques for ground strokes and volleys To develop a backhand technique and use it in a game. To practise techniques for all strokes. To use the scoring system and court for singles tennis. To play a tennis game using an overhead serve and the correct selections of shots To understand and use doubles scoring in a tennis game 	<p style="text-align: center;"><u>5.6 Young Olympians</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To use correct technique to run at speed. To develop the ability to run for distance. To throw with accuracy and power To identify and apply techniques of relay running. To explore different footwork patterns. To understand which technique is most effective when jumping for distance Learn how to use skills to improve the distance of a pull throw. To demonstrate good



PE
Subject Long Term Plan showing coverage across all year groups

	<p>netball.</p> <ul style="list-style-type: none"> To develop an understanding and knowledge of the basic footwork rule of netball. To use good hand/eye co-ordination to pass and receive a ball successfully. To develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel. To understand the importance of ‘getting free’ in order to receive a pass. To understand how to make space by moving away and coming back and by dodging. To be able to demonstrate a range of defending skills and understand how to mark an opponent. To understand how to intercept a pass To learn how to shoot. To understand the different positions in a netball team (five-a-side). To recognise which positions are attacking and which are defending. 	<p>style.</p> <ul style="list-style-type: none"> To identify and practise the patterns and actions of the Bollywood dance style. <p>5.2 Mighty Movers (Boxercise)</p> <p>Summary</p> <ul style="list-style-type: none"> To perform a boxercise routine demonstrating good technique. To understand the principles of dynamic stretching To improve fitness by raising the heart rate and strengthening the legs and arms. To create and apply compositional ideas to the sequence. To perform actions and moves fluently to music in order to improve personal fitness To learn how boxercise moves can be adapted and used in a different format. 	<ul style="list-style-type: none"> To perform and evaluate own and others’ sequences <p>5.3 Step to the Beat</p> <p>Summary</p> <ul style="list-style-type: none"> To understand the importance of a warm-up. To develop co-ordination and balance. To develop co-ordination, balance and timing. To improve general fitness levels. To understand the benefits of improving muscle tone in the abdominals and legs. To learn new strength-based moves. To understand the benefits of improving muscle tone in the abdominals and legs. To learn new strength-based moves. To develop understanding of the value of this type of exercise. To construct own moves from knowledge gained in the previous lessons. To perform a sequence of steps in time with the music. To understand the benefits of improving muscle tone and aerobic fitness (strength and stamina). 	<p>5.5 Cool Core (Pilates)</p> <p>Summary</p> <ul style="list-style-type: none"> To identify techniques to improve balance and core strength To improve co-ordination. 	<p>techniques in a competitive situation.</p> <p>5.6 Fitness Frenzy</p> <p>Summary</p> <ul style="list-style-type: none"> To complete a circuit that includes a range of activities. To learn how boxercise moves can be adapted and used in a different format. To perform a sequence of steps in time with the music. To understand the benefits of improving muscle tone and aerobic fitness (strength and stamina). To understand why fitness is good for health and wellbeing. To identify techniques to improve balance and core strength. To improve co-ordination To perform a sequence of moves at each station within a circuit with increased accuracy.
6	<p>6.1 Invaders</p> <p>Summary</p> <ul style="list-style-type: none"> To understand the basic rules of tag rugby To work as a team, using ball-handling skills. To pass and carry a ball using balance and co-ordination. To use skills learned to play a game of tag rugby. To apply rules and skills learned to a game 	<p>6.2 Dynamic Dance</p> <p>Summary</p> <ul style="list-style-type: none"> To identify and practise the patterns and actions in a street dance style. To demonstrate an awareness of the music’s rhythm and phrasing when improvising. To create a dance that represents a street dance style. To create a dance as a group, using any street dance moves. 	<p>6.3 Step to the Beat</p> <p>Summary</p> <ul style="list-style-type: none"> To understand the value of aerobic exercise. To learn how to measure heart rate and note any changes To perform aerobic activity to music. To understand the value of aerobic exercise. To practise and apply a sequence of step moves to the 	<p>6.5 Cool Core (Pilates)</p> <p>Summary</p> <ul style="list-style-type: none"> To identify exercises that will improve core strength and stability To apply balance techniques when performing cool core exercises. To perform cool core exercises of increased difficulty with balance To create original cool core 	<p>6.6 Young Olympians</p> <p>Summary</p> <ul style="list-style-type: none"> To investigate running styles and changes of speed. To practise throwing with power and accuracy. To throw safely and with understanding. To demonstrate good running technique in a competitive situation. To explore different footwork



PE

Subject Long Term Plan showing coverage across all year groups

	<ul style="list-style-type: none"> To play in a mini tag rugby competition. <p style="text-align: center;"><u>6.1 Boot Camp</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To understand how to prepare the body for exercise. To understand what fitness means. To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to heart rate during exercise To complete a circuit that includes activities practised in previous Lessons 1–5. 	<ul style="list-style-type: none"> To perform and analyse own and others' performance. <p style="text-align: center;"><u>6.2 Mighty Movers (Boxercise)</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To know and understand the basic principles of a good warm-up. To understand how moves can be linked together to perform more complex/challenging moves. To perform and devise a sequence of movements to music. 	<p>beat of the music.</p> <ul style="list-style-type: none"> To understand the value of step-based exercise. To understand the value of aerobic exercise. To devise a sequence of step-based activities to music. <p style="text-align: center;"><u>6.3 Gym Sequences</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To identify and practise gymnastic shapes and balances. To identify and practise symmetrical and asymmetrical body shapes. To construct sequences using balancing and linking movements. To use counterbalances and incorporate them into a sequence of movements. To perform movements in canon and in unison To perform and evaluate own and others' sequences. 	<p>moves.</p> <ul style="list-style-type: none"> To demonstrate balance and co-ordination To perform others' sequences with control and balance. <p style="text-align: center;"><u>6.5 Nimble Nets</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To demonstrate and use the correct grip of the racket and understand how to get into the ready position. To use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket. Understand how to serve the shuttle in order to start the game. Recognise the difference between the low serve and the high serve. To develop children's ability to perform and understand the 'overhead clear' shot and the impact that playing the overhead clear can have on winning points during game play To understand that the drop shot is an attacking shot, and why. To know where the drop should be aimed for, for it to be most productive, and why. To understand how to use different shots to outwit an opponent in a game. To develop knowledge, understanding and principles within a doubles game, including tactics and strategies used. 	<p>patterns.</p> <ul style="list-style-type: none"> To understand which technique is most effective when jumping for distance. To utilise all the skills learned in this unit in a competitive situation. <p style="text-align: center;"><u>6.6 Fitness Frenzy</u></p> <p><u>Summary</u></p> <ul style="list-style-type: none"> To complete a circuit that includes different aerobic activities. To perform and devise a sequence of movements to music To understand the value of aerobic exercise. To devise a sequence of step-based activities to music. To plan a personal programme. To perform others' sequences with control and balance. To perform a sequence of moves at each station within a circuit with increased accuracy.
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