

PHYSICAL EDUCATION LONG TERM PLAN: 2024- 2025

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year R		Dance: Ourselves	Ball Skills: Hands	Locomotion: Jumping	Ball Skills: Rackets, Bats, Balls and Balloons	Dance: Nursery Rhymes
		Moving in sequence Responding in movement to words and music Moving with props and contrasting tempos Creating their own movements Exploring opposites	Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing	Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping	Explore pushing/hitting a balloon with control Explore hitting a balloon with power into space Explore balancing an object on a racket/bat	Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements
				Games for Understanding	Gymnastics: High, Low, Over, Under	Ball Skills: Feet
				Taking Turns Keeping the Score Playing by the rules Avoiding a defender Preventing an attacker from scoring	Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus	Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent

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Year 1	Locomotion: Running	Ball Skills: Feet	Games for Understanding	Ball Skills: Hands (1)	Ball Skills: Hands (2)	Ball Skills: Rackets, Bats and Balls
	Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running	Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point	Understanding the principles of attack/defence Applying attacking / defending principles into a game Consolidate attacking / defending	Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills	Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game	Explore pushing (dribbling) a ball with a racket Explore hitting a ball (with a racket) towards a target Explore hitting a ball (with a racket) with power and accuracy
	Gymnastics: Body Parts	Playing Games	Gymnastics: Wide, Narrow, Curled	Team Building	Dance: The Zoo	Locomotion: Jumping
	Introduction to 'big' and 'small' body parts Combining big and small with wide, narrow and curled Creative ways of adding (linking) movements together	Following instructions when playing games Keeping count (the score) when playing games Competing against myself Competing against others Playing competitive games	Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements	Introducing teamwork: Inclusion Develop teamwork Building trust and developing communication	Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs	Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game

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Year 2	Locomotion: Dodging	Ball Skills: Feet	Games for Understanding	Locomotion: Jumping	Ball Skills: Hands (2)	Ball Skills: Rackets, Bats and Balls
	Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams Consolidate dodging	Develop dribbling/passing/receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point	Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/defensive tactics	Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations	Consolidate pupils application and understanding of underarm throwing Applying the underarm and overarm throw to win a game Applying the underarm throw to beat an opponent	Combine hitting a ball with accuracy and power Explore hitting a ball with accuracy and power to beat an opponent Introduce hitting a ball into a space
	Dance: Explorers	Creating Games	Gymnastics: Pathways	Ball Skills: Hands (1)	Gymnastics: Linking	Team Building
Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and performance	Creating games on our own and with a partner and in teams Exploring the role of the referee Playing and creating competitive games with a referee Playing competitive games against other teams	Exploring zig-zag and curled pathways Developing zig-zag and curled pathways on apparatus Creation and completion of pathways sequences and performance	Develop dribbling/passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and receiving to score a point	Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance	Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork	

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Year 3	Tag Rugby	Football	Hockey	Basketball	Cricket	Athletics
	<p>Introduce moving with the ball, passing and receiving</p> <p>Introduce tagging</p> <p>Create space when attacking</p> <p>Develop passing and moving</p> <p>Combine passing/moving to create attacking opportunities</p>	<p>Introduce/develop dribbling keeping control</p> <p>Introduce passing and receiving</p> <p>Combine dribbling and passing to create space</p> <p>Develop passing, receiving and dribbling</p>	<p>Introduce dribbling; keeping control</p> <p>Introduce passing and receiving</p> <p>Combine dribbling and passing to create space</p> <p>Develop passing, receiving and dribbling</p> <p>Introduce shooting</p>	<p>Introduce dribbling, keeping control</p> <p>Introduce passing and receiving</p> <p>Combine dribbling and passing to create space</p> <p>Develop passing, receiving and dribbling</p> <p>Introduce shooting</p>	<p>Understand the concept of batting and fielding</p> <p>Introduce throwing overarm</p> <p>Introduce throwing underarm</p> <p>Introduce catching</p> <p>Striking with intent</p>	<p>Explore running for speed</p> <p>Explore acceleration</p> <p>Introduce /develop relay:</p> <p>Running for speed in a team</p> <p>Throwing: Accuracy vs distance</p> <p>Standing Long Jump</p>
	Dance: Wild Animals	Outdoor Adventure Activities: Problem Solving	Gymnastics: Symmetry & Asymmetry	Dodgeball	Handball	Tennis
	<p>Responding to stimuli</p> <p>Developing character dance into a motif</p> <p>Develop sequences with a partner in character that show relationships</p> <p>Extending sequences with a partner in character</p>	<p>Focus on cooperation and responsibility</p> <p>Develop communication and collaboration</p> <p>Understand why motivating each other is important when working in a team</p>	<p>Introduction to symmetry</p> <p>Introduction to asymmetry</p> <p>Application of learning onto apparatus</p> <p>Sequence formation</p> <p>Sequence completion</p>	<p>Developing changing direction</p> <p>Introduce throwing with accuracy</p> <p>Introduce catching</p> <p>Develop moving, changing direction at speed</p>	<p>Introduce passing, receiving and creating space</p> <p>Develop passing and moving</p> <p>Combine passing and moving</p> <p>Introduce shooting</p> <p>Develop passing and shooting</p>	<p>Introduction tennis, outwitting an opponent</p> <p>Creating space to win a point</p> <p>Consolidate how to win a game</p> <p>Introduce rackets</p> <p>Introduce the forehand</p>

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Year 4	Tag Rugby	Football	Gymnastics: Bridges	Dance: Cats	Cricket	Athletics
	Develop passing, moving and creating space Apply learning to 3v3 mini games Develop defending in game situations Combine passing and moving to create an attack and score	Refine dribbling Turning Refine passing and receiving Develop passing and dribbling Creating space Introduce shooting	Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion	Responding to stimuli working together Extending sequences with a partner in character Exploring two contrasting Relationships and interlinking dance moves	Develop an understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angles and speeds	Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing Triple Jump
Swimming						
Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations						

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Year 5	Tag Rugby	Football	Hockey	Basketball	Cricket	Athletics
	<p>Refine passing and moving to create attacking opportunities</p> <p>Explore different passes that can be used to outwit defenders</p> <p>Refine defending as a team</p> <p>Create and apply defending tactics.</p> <p>Develop officiating</p>	<p>Recap and refine dribbling and passing to maintain possession</p> <p>Introduce and develop defending</p> <p>Develop shooting</p> <p>Refine attacking skills, passing, dribbling and shooting, introduce officiating</p>	<p>Develop defending; block and tacking</p> <p>Refine dribbling and passing to create attacking opportunities</p> <p>Refine attacking skills, passing dribbling and shooting</p> <p>Refine defending skills developing transition from defence to attack</p>	<p>Develop marking</p> <p>Refine shooting</p> <p>Refine attacking skills, passing, dribbling and shooting introduce officiating</p>	<p>Refine batting, understand and develop batting and bowling tactics</p> <p>Refine fielding stooping, catching and throwing</p> <p>Combine bowling and fielding creating and applying tactics</p> <p>Introduce umpiring and scoring</p>	<p>Finishing a race</p> <p>Evaluating our performance</p> <p>Sprinting: My personal best</p> <p>Relay changeovers</p> <p>Shot Put</p> <p>Introducing the hurdles</p>
	<p>Gymnastics: Counter Balance & Counter Tension</p>	<p>Outdoor Adventure Activities: Communication & Tactics</p>	<p>Swimming</p>		<p>Dance: Greeks</p>	<p>Tennis</p>
	<p>Introduction to counter balance</p> <p>Application of counter-balance learning onto apparatus</p> <p>Sequence formation</p> <p>Counter Tension</p> <p>Sequence completion</p>	<p>Creating and applying simple tactics</p> <p>Developing communication as a team</p> <p>Create defending and attacking tactics as a team</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations</p>		<p>Exploring the Greeks using compositional principles</p> <p>Extending sequences with a partner using compositional principles</p> <p>Creating movement using improvisation where movement is reactive</p>	<p>Introduce/develop the volley</p> <p>Controlling the game from the serve</p> <p>Doubles, understanding and applying tactics to win a point</p>

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Year 6	Tag Rugby	Football	Hockey	Basketball	Cricket	Athletics
	<p>Consolidate passing and moving</p> <p>Consolidate defending</p> <p>Create, understand and apply attacking/defending tactics in game situations</p> <p>Consolidate attacking and defending in mini games</p>	<p>Consolidate keeping possession, develop officiating</p> <p>Consolidate defending</p> <p>Organise formations and manage teams</p> <p>Organise formations decide tactics, manage teams and officiate games</p>	<p>Consolidate keeping possession, develop officiating</p> <p>Consolidate defending</p> <p>Create, understand and apply attacking/defending tactics in game situations</p>	<p>Consolidate defending</p> <p>Create, understand and apply attacking tactics in game situations</p> <p>Create, understand and apply defending tactics in game situations</p>	<p>Consolidate batting/fielding/bowling</p> <p>Create, understand and apply attacking/defensive tactics in game</p>	<p>Running for speed competition</p> <p>Running for distance competition</p> <p>Throwing competition</p> <p>Jumping competition</p>
	Dance: Carnival	Outdoor Adventure Activities: Leadership	Gymnastics: Matching & Mirroring	Dodgeball	Handball	Tennis
	<p>Consolidate passing and moving</p> <p>Consolidate defending</p> <p>Create, understand and apply attacking/defending tactics in game situations</p> <p>Consolidate attacking and defending in mini games</p>	<p>Understanding what makes an effective leader</p> <p>Communicating as a leader</p> <p>Introduce and explore the STEP principle: Space, Equipment, Task and People</p>	<p>Introduction to matching/mirroring</p> <p>Application of matching/mirroring learning onto apparatus</p> <p>Sequence development</p>	<p>Consolidate/understanding attacking and defending tactics</p> <p>Transition between attack and defence</p> <p>Applying the rules:</p> <p>Officiating games</p> <p>Managing tactics and officiate games</p>	<p>Consolidate keeping possession, develop officiating</p> <p>Understand and apply defending tactics in game situations</p> <p>Consolidate defensive tactics; understand and apply defensive tactics in game scenarios</p>	<p>Game application</p> <p>Game application, mixed ability doubles, round robin games</p>