

Long Term Curriculum Plan Overview- Physical Education (PE)

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| Class 2 -A | Multi-skills<br>Use rolling, running, hitting, jumping, catching and kicking skills in combination.<br>ELG P GM<br>Negotiate space and obstacles safely, with consideration for themselves and others;                  | Large apparatus - linked to Traditional Tales move with careful control and combination.<br>ELG P GM<br>Demonstrate strength, balance and coordination when playing | Dance – linked to penguins, Jack Frost<br>Copy and remember moves and positions                                                                                                                 | Gym – travelling & balancing, forward rolls.<br>Move in clear fluent and expressive manner                                                     | Develop team games develop tactics and lead others when appropriate<br>ELG P GM Move energetically such as running, jumping, dancing, hopping, skipping and climbing. | Sports Day practice<br>Use a range of throwing techniques, sprint and compete with others                                                                                                                                |
| Class 3 -A | Football<br>To learn dribbling, control, striking<br>To learn principles of defend and attack<br>Tag Rugby<br>To use running, throwing and catching within competitive game<br>To learn principles of attack and defend | Gymnastics<br>To develop develop flexibility, strength, technique, control and balance and learn routines<br>Tag Rugby Cont.                                        | Dance<br>To perform dances using a range of movement patterns<br>To develop flexibility, strength, technique, control and balance<br>Gymnastics cont.                                           | Quick Sticks<br>Hockey<br>To play competitive games, apply basic principles suitable for attacking and defending<br>To control ball with stick | Rounders<br>To play competitive games<br>To learn to throw and catch with accuracy<br>To learn tactics                                                                | Athletics<br>To learn field and track skills both sprint and distance<br>To develop technique and stamina<br>To compare their performances with previous ones and demonstrate improvement to achieve their personal best |
| Class 4-A  | Sports hall athletics<br>Netball and/or basketball<br>(throw, run, jump, catch & competitive games)                                                                                                                     | Hockey<br>(skills- passing, catching, shooting, defending)<br><br>Tag Rugby<br><br>(principles for attacking &                                                      | Gymnastics<br>Developing flexibility, strength, technique & control in gymnastics.<br>Dance<br>Plan and perform dances using a range of movement patterns including partner work, use of space, | Gymnastics<br>Developing flexibility, strength, technique & control in gymnastics.<br>Dance                                                    | Athletics<br>(compare performances & improve on personal bests, run, jump, throw)<br><br>Swimming<br>(swim competently over 25m, water                                | Cricket or Rounders<br>(throw, catch, field. Play competitive games, attacking, defending strategies)<br><br>Tri Golf                                                                                                    |

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|            |                                                                                                                                                                                                                         | defending in competitive game)                                                                                                                 | sequence of movements and cannon.<br>Lacrosse & Tri Golf (play competitive games, attacking, defending strategies)                                                                |                                                                                                                                                                                                           | safety, flexibility, strength, technique & control in gymnastics, perform dances using range of movement patterns)          | (play competitive games, attacking, defending strategies)                                                                                                                                   |
| Class 2 -B | Multi-skills<br>Use rolling, running, hitting, jumping, catching and kicking skills in combination.<br><br>ELG P GM<br>Negotiate space and obstacles safely, with consideration for themselves and others;              | Large Apparatus – move with careful control and combination.                                                                                   | Dance – linked to traditional stories<br>Copy and remember moves and positions                                                                                                    | Gym – travelling & balancing, forward rolls.<br>Move in clear fluent and expressive manner<br><br>ELG P GM<br>Demonstrate strength, balance and coordination                                              | Develop team games develop tactics and lead others when appropriate                                                         | Sports Day practice<br>Use a range of throwing techniques, sprint and compete with others<br>ELG P GM Move energetically such as running, jumping, dancing, hopping, skipping and climbing. |
| Class 3 -B | Football<br>To learn dribbling, control, striking<br>To learn principles of defend and attack<br>Tag Rugby<br>To use running, throwing and catching within competitive game<br>To learn principles of attack and defend | Gymnastics<br>To develop develop flexibility, strength, technique, control and balance and learn routines<br>Introduction to basketball skills | Dance<br>To perform dances using a range of movement patterns<br>To develop flexibility, strength, technique, control and balance<br>Continue Gymnastics if Key Syeps Competition | Athletics<br>To learn field & track skills both sprint & distance<br>To develop technique and stamina<br>To compare their performances with previous ones and demonstrate improvement to achieve their PB | Rounders<br>To play competitive games<br>To learn to throw and catch with accuracy<br>To learn tactics (Competition in May) | Quick Sticks Hockey<br>To play competitive games, apply basic principles suitable for attacking and defending<br>To control ball with stick                                                 |

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| Class 4 -B | <p>Netball &amp; Football Skills<br/>(principles for attacking &amp; defending in competitive game)<br/>Netball<br/>(throw, run, jump, catch &amp; competitive games)</p> <p>Basic fitness training challenge</p> | <p>Multi-skills &amp; agility<br/>(throw, run, jump, catch &amp; competitive games)</p> <p>&amp; Hockey<br/>(skills- passing, dribbling, shooting, defending)</p> | <p>These units depend upon whether there is a Key Steps<br/>Gymnastics<br/>Competition &amp; Dance Platform.</p> <p>Gymnastics<br/>Developing flexibility, strength, technique &amp; control in gymnastics.<br/>Dance<br/>Plan and perform dances using a range of movement patterns including partner work, use of space, sequence of movements and cannon.</p> <p>Lacrosse &amp; Tri- Golf-<br/>introduction to basic skills &amp; rules of the game</p> | <p>These units depend upon whether there is a Key Steps<br/>Gymnastics<br/>Competition &amp; Dance Platform.</p> <p>Gymnastics<br/>Developing flexibility, strength, technique &amp; control in gymnastics.<br/>Dance<br/>Plan and perform dances using a range of movement patterns including partner work, use of space, sequence of movements and cannon.</p> <p>Lacrosse &amp; Tri-<br/>Golf-introduction to basic skills &amp; rules of the game</p> | <p>Athletics<br/>(compare performances &amp; improve on personal bests, run, jump, throw)</p> <p>Swimming<br/>(swim competently over 25m, water safety, flexibility, strength, technique &amp; control in gymnastics, perform dances using range of movement patterns)only if not achieved so far-move to Y3/4</p> | <p>Cricket or Rounders<br/>(throw, catch, field. Play competitive games, attacking, defending strategies)</p> <p>Tennis/Racket Sports<br/>(play competitive games, stokes to attack &amp; defend, scoring system)</p> <p>Orienteering Skills-<br/>prepare for competition.</p> |
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