



## Physical Education Long Term Plan 2023- 2024



Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	<b>Fundamental skills</b> Develop balls skills rolling and kicking	<b>Dance</b> Use large muscle movements to wave flags and streamers	<b>Gymnastics</b> Begin to remember some sequences and patterns of movement	<b>Games</b> Continue to develop ball skills Throwing and catching	<b>Games</b> Begin to refine movement of walking and running. Adapt speed / direction to avoid obstacles	<b>Athletics</b> Take part in some group team activities e.g. sports day
<b>Foundation 2</b>	<b>Fundamental skills</b> Ball skills Tracking an object and catching	<b>Dance</b> Perform actions linked to words and phrases	<b>Gymnastics</b> progress towards a more fluent style of moving, with developing control and grace	<b>Games</b> introduce ball games with rules and targets	<b>Games</b> Negotiate space and obstacles safely, with consideration for themselves and others	<b>Athletics</b> Move energetically, such as running, jumping,
<b>Year 1</b>	<b>Fundamental skills (4 weeks)</b> Agility, throwing and catching and dribbling <b>Health and fitness (4 weeks)</b> How the body works Keeping healthy	<b>Dance</b> Performing movements to help tell a story	<b>Gymnastics</b> Perform a forward roll and combine it with a range of other shapes actions and movements in a sequence. Develop strength and flexibility	<b>Games (lessons 1-5)</b> <b>Fundamental skills</b> Throwing and catching	<b>Games (lessons 7-10)</b> <b>Fundamental skills</b> Kicking and dribbling and co-ordination	<b>Athletics</b> Jumping techniques- land safely with control. Perform good running techniques. Accurately send a ball to a partner.
<b>Year 2</b>	<b>Fundamental skills (lessons 1-3)</b> Agility, balance and co-ordination	<b>Dance</b> Compose and perform a short dance phrase to	<b>Gymnastics</b> Use balance, strength and control when performing a wider range of rolls jumps	<b>Games (lessons 1-5)</b> <b>Fundamental skills</b> Throwing and catching.	<b>Games (lessons: 6-11)</b> <b>Fundamental skills</b> Dribbling and kicking. Co-	<b>Athletics</b> Use techniques to increase the distance of a jump Throw accurately at a

	<b>Health and fitness (4 weeks)</b> How the body works Keeping healthy	represent a given theme	and basic gymnastics shapes.		ordination linked to tennis	target with different dynamics.
<b>Year 3</b>	<b>Rugby (sending and receiving)</b> Make multiple passes whilst moving into space. Evaluate performance.	<b>Dance</b> To choreograph a dance which represents space	<b>Gymnastics</b> Perform jumps and sideways rolls with control. Adapt travelling movements on the floor and apparatus. Develop balance.	<b>Netball (Keeping possession)</b> Use different passes, understand the correct position to receive the ball and create space.	<b>Cricket (linking actions)</b> Strike and throw a ball with increased accuracy.	<b>OAA Teamwork Map skills</b>
<b>Year 4</b>	<b>Basketball (Keeping possession)</b> Accurately use different passes, understand how creating space and being in position helps their team.	<b>Dance</b> To perform key circus movements	<b>Gymnastics</b> Perform a sequence that includes a jump, balance and a roll – beginning to use a backwards roll. Evaluate the sequence.	<b>Hockey (Linking actions)</b> Pass the ball using the correct technique to a moving partner. Dribble accurately and with speed.	<b>Tennis (Sending and receiving)</b> Strike the ball accurately with control using forehand and backhand.	<b>Athletics</b> Standing long jump Increased power and control when throwing Change pace when running
<b>Year 5/6 cycle A</b>	<b>Netball (Creating and closing space)</b> Identify and show how to find space to increase the effectiveness in the game and how to limit space for the attacking team.	<b>Dance</b> Create different movements to represent different parts of the Olympics	<b>Gymnastics</b> Use rotation to increase the difficulty of a jump. Select and use a range of standing, sitting and support shapes in a sequence.	<b>Hockey (tactics and strategies)</b> Consistently apply the most appropriate passing technique and identify how a team can improve attacking and defending.	<b>Athletics</b> Perform techniques for a shot put throw Use a linking combination of jumping techniques.	<b>Cricket (Linking actions)</b> Confidently strike a ball with increased control suggest ways to improve performance.
<b>Year 5/6 Cycle B</b>	<b>Rugby (Creating and closing space)</b> Adapt attacking and defending tactics to improve performance	<b>Dance</b> Use a range of different dance choreography techniques	<b>Gymnastics</b> Perform a sequence with rotations, well controlled balance, rolls and jumping. Suggest improvements.	<b>Basketball (Tactics and strategies)</b> Identify appropriate changes in passing techniques that match different tactics. Successfully apply skills and techniques from other contexts	<b>OAA</b> Developing map skills and orientation Co-ordination and reaction skills	<b>Tennis (Linking actions)</b> Identify tactics that are not effective and suggest how they can be improved.