

PE Long Term Plan

Primary EYFS/KS1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 22-23	Multi skills Rolling, throwing and catching, sending to a target	Dance Space dance Moving in space, moving body parts responding to music.	Multi skills Kicking and dribbling, moving towards a ball to kick	Gymnastics Moving body parts, moving along apparatus, jumping off apparatus, safe landings.	Games Sorting, finding, collecting, throwing towards targets.	Athletics Running and stopping at a finish line, practising for sports day. Races. Stepping or jumping over small obstacles.

Primary KS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 22-23	Team Games Team and individual challenges, solving problems, working together, following instructions	Invasion games – Football Moving with a ball, moving in to space, stopping a ball, kicking a ball	Dance Super worm Explore space, low and high, stillness and cannon	Gymnastics Travel, balance, rolling, jumping and combining on and off apparatus to make sequences.	Multi Skills Balance, agility and coordination games, competitions	Athletics How to run (arms and leg movement), how to jump, how to throw, using balls and bean bags Competitions

Key Stage 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 22-23	Outdoor and Adventurous Activities Looking at maps, finding key points, solving problems in pairs.	Invasion games - Football Controlling a ball, turning, small games, attacking and defending.	Invasion games - Netball Passing, movement footwork and shooting. Small games	Net/wall games – Badminton Basic shots, serve, attacking and defending, lines on court, rules about how to score a point.	Striking and fielding – Cricket Hitting a ball, throwing, catching, stopping a ball, scoring, pairs cricket	Athletics Combining skills of running, jumping and throwing to take part in different events ie: long jump. Throw using indoor javelins, shot and discuss Distance races 100m, 200m's 800 m's
	Cycling Road safety, cycle safety, learning to ride, riding around the track	Fitness Year 7 and 8 – circuit training, heart rates, recovery, exercises for different body parts.	Dance Boxing dance. Shaddow boxing, punches, movement, low, high, side to side, fast feet, combining movements, recalling and creating ideas.	Disability sports Boccia, kurling basic shots aiming at a target, attacking and defending, games	Net/wall – Tennis Forehand drive, back hand drive, ready position, serving rallies, scoring	Gymnastics Trampoline, bouncing, stopping, shapes in air, turns, seat drop, combining jumps and turns with landings. Safety around the trampoline.
Key Stage 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 22-23	Outdoor and Adventurous Activities Designing and following maps, compass work, offsite expeditions. Solving problem in a large group, taking on role of the leader.	Invasion games - Football Movement on and off the ball, shooting, tactics, conditioned matches	Invasion games - Netball Passing, marking, dodging, positions, rules, court	Net/wall – Badminton Advanced shots, drop shot, block, smash. Game play, doubles and singles, umpiring	Striking and fielding – Cricket Positions, wicket keeper, batter, fielder, bowler. onside and offside, batting to space, bowling, chasing and retrieving a ball, rules and games	Athletics Rules and laws of competitions, combining movements triple jump, extending throwing using movement, using outdoor javelins, shot and discuss

	<p>Cycling How to improve cycling, working with a partner to help them improve, competitive cycling – different types of bikes. Cycling for fitness.</p>	<p>Fitness Personalised fitness training using the equipment in the gym. Pupils set personal SMART targets and identify the equipment they would use.</p>	<p>Fitness Review fitness plan and adapt to take into account changes in fitness. Complete exercise plans.</p>	<p>Disability Sports Coaching, planning tactics, umpiring and playing tournaments</p>	<p>Net/Wall – Tennis Advanced shots, volley, drop shot, block, doubles and singles games, scoring, umpiring and playing tournaments.</p>	<p>Dance External provider workshop to teach choreography, advanced dance moves</p>
--	---	---	---	---	--	---