



Physical Education long-term plan

Writing in blue denotes revision of key learning.

Autumn					Spring				Summer			
EYFS Robins	Hands 1	Jumping 1	Walking 1	Hands 2	High, Low, Over, Under	Dinosaurs	Nursery Rhymes	Moving	Games for Understanding	Ourselves	Manipulation & Coordination	Sports Day
	Explore different ways of using our hands to move with a ball, keeping control. Pupils will explore rolling, pushing and bouncing a ball with a partner	Explore jumping, in different directions, at different speeds, heights and distances; learn how and why we jump, using our head, arms and feet	Develop walking using different body parts in different directions, at different levels and at different speeds; pupils will learn how to apply their walking skills into games	Use different ways of throwing, rolling and stopping a ball ; pupils will start to learn why we need to aim when we are throwing and understand how to be ready to catch too	Create movements and balances in high and low ways on the floor and on apparatus. Pupils will self-select where to work, exploring movements and balances	Look at different movements using different parts of the body, adding emotion and expression as they become dinosaurs; develop movement ideas in pairs	creating simple movement sequences that relate to specific words in different nursery rhymes; adding movements together to form sequences	Create movements and balances in big and small ways; work in pairs to explore creating movements and balances with a partner	Explore why we need to follow the rules and keep the score during a game; apply very simple tactics for attacking and defending	Create simple movement sequences. Pupils will respond to words and music using their bodies and props	Begin to use balance and coordination to complete a range of activities: running, jumping skipping, dancing, climbing	Develop movement of body parts; understand the format of races; develop encouragement
Year 1 Owls	Jumping 1	Games for Understanding	Running 1	Hands 2	Wide, Narrow, Curled (Gymnastics)	Feet 1	The Zoo (Dance)	Rackets, Bats and Balls	Team Building	Body Parts (Gymnastics)	Health & Wellbeing	Sports Day
	How and why we jump ; applying correct technique; jumping in different ways	Principles of attack v defence ; simple attacking tactics; create shooting opportunities	Develop movement of body parts; basic principles of attack and defence ; understanding of why and when to run	Accurately roll a ball ; combine sending and stopping skills; knowledge of where we send a ball to score points	Apply 'champion gymnastics'; explore balance and movement, develop and link sequences	Dribbling skills; accurate kicking/passing ; collaboration	Respond to stimuli; use a range of controlled movements ; control and coordinate bodies during a sequence	Control a ball when using a racket; explore hitting skills; understanding of accuracy and space	Introduce teamwork; including everyone; what makes an effective team; explore simple strategies	Apply 'champion gymnastics'; explore balance and movement ; develop sequences and transition between moves	Introduce agility, balance and co-ordination ; develop self-belief	Develop movement of body parts; understand the format of races; develop encouragement
Year 2 Swallows	Jumping 1	Swimming	Swimming	Hands 2	Linking (Gymnastics)	Feet 1	Explorers (Dance)	Dodging 1	Rackets, Bats and Balls	Team Building	Health & Wellbeing	Sports Day
	Jump in combination; link jumps; apply in games	Enter water safely; move 5 metres forward and backwards with feet on the floor. Begin to wet the face.	Jump in from poolside safely; begin to float and glide; perform tucks and log rolls	Underarm and overarm throwing: understanding of accuracy; techniques for beat an opponent	Explore how movements and balances can be linked ; apply 'champion gymnastics'; jumps and rolls	Applying dribbling, passing and receiving ; keeping possession; scoring points	Create characters; use expression and emotion; create a motif with different aspects of choreography	Apply knowledge of how, when and where to dodge; understanding of attacking v defending	Refine understanding of striking ball into space ; understanding of accuracy and space; develop creativity	Apply effective teamwork ; understanding of their role; applying strategies	Consolidate agility, balance and co-ordination ; understand motivations impact of performance	Refine movement of body parts; understand the format of races; develop encouragement and resilience
Year 3 Kingfishers	Communication & Tactics	Handball	Golf	Hockey	Symmetry (Gymnastics)	Swimming	Swimming	Weather (Dance)	Throwing & Jumping	Tennis	Problem Solving	Rounders
	Explore what makes an effective team ; problem solving and challenges; developing communication	Apply the principles of attacking and defending; passing and moving; maintaining possession	Explore basic grip and swing techniques; compare techniques for striking for distance v accuracy; resilience	Apply the principles of attacking and defending; passing, moving and dribbling; keeping possession in order to score	Exploring movement and balance in a symmetrical and asymmetrical way; create sequences; apply flow	Jump in from poolside and submerge; submerge to pick up an object; travel 10 metres on front/back	Correctly identify 3 water safety messages; perform hold tucks and floats for 3 seconds; use push and glide	Respond to stimuli ; add drama and emotion; create performance	Examining how to jump as far as possible ; compare techniques for throwing for distance and accuracy; develop confidence	Apply the principles of attack and defence in a net/ball game ; introduced to basic shot techniques	Explore what makes an effective team ; problem solving and challenges ; consider multiple solutions	Explore concept of batting and fielding; apply fielding skills like throwing, catching and stopping the ball ; resilience and integrity
Year 4 Golden Eagles	Tag Rugby	Orienteering	Mindfulness	Netball	World War 2 (Dance)	Swimming	Swimming	Bridges (Gymnastics)	Tennis	Throwing & Jumping	Problem Solving	Cricket
	Develop principles of attack v defence ; combine passing and moving to create space; develop tagging and defence	Effective teamwork; problem solving; effective communication; leadership	Explore and manage positive and negative emotions; use meditative balances, mime and breathing	Apply principles of attack v defence ; create simple attacking tactics; create attacking opportunities in a variety of ways	Create movements to tell a story; perform with emotion, timing, rhythm; sustain character	Perform a sequence of shape changes; kick 10m using range of strokes; perform skull and tread water for 30 seconds	Swim front crawl, back crawl, breaststroke and Butterfly for 10 metres to Swim England expected standard	Explore bridge balances and ways we can travel in, out and under them; create sequences; develop creativity	Apply the principles of attack and defence in a striking game ; creating space; develop forehand and backhand	Techniques for throwing for distance with a javelin, technique for triple jump; responding to and giving feedback	Explore what makes an effective team when problem solving ; create effective tactics ; apply essential teamwork skills	Develop principles of attack v defence in context of cricket; advanced fielding skills; develop batting skills to outwit opponents
Year 5	Football	Swimming	Swimming	Basketball	Counterbalance & Tension (Gymnastics)	Health Related Exercise	The Circus (Dance)	Dodgeball	Boccia & Curling	Running	Competitions (Athletics)	Cricket



Hérons	Apply effective attacking; apply decision making; use pressure as a tactic to regain possession	Rotate from front to backstroke using kick and glide; swim 10m wearing clothes; perform shout and signal for rescue	Push and glide swimming 25 metres to Swim England standard; perform a surface dive	Apply effective attacking skills; apply decision making to keep possession and score; use pressure as a tactic	Applying 'excellent gymnastics' understand counter balances and counter tensions and develop these into sequences	Consolidate strength, flexibility and cardiovascular elements of fitness; Understand the impacts on the body	Combine a range of characters into one performance; clear movements; expression; perform in a group routine	Apply effective attacking and defending skills; create and adapt tactics; officiating/managing	Explore, develop and consolidate how to send the ball; understanding of why we need to be accurate when sending the ball/stone.	Apply knowledge into competitions; apply correct techniques; collaborate and encourage	Sprint effectively with correct techniques; develop technique for throwing shot put; understand how to hurdle safely	Apply batting, fielding and tactics into game situations; officiate their own games, respond to and give feedback
Year 6	Tchoukball	Tennis	Hockey	Communication & Tactics	Badminton	Health Related Exercise	Titanic (Carnival)	Golf	Throwing & Jumping	Rounders	Leadership	Game Sense Invasion
Merlins	Apply effective passes, applying decision making; create and apply tactics in games adapting them as the game situation changes.	Effective shot techniques; applying decision making; pupils will create, apply and evaluate tactics in singles and doubles games	Apply effective attacking skills; apply decision making to keep possession and score; apply pressure as a defensive tactic	effective teamwork through different problems; consolidating effective communication skills, applying these within teams and when leading teams	Creating space to win points; applying backhand and forehand using decision making; take control of a game from the serve	Consolidate strength, flexibility and cardiovascular elements of fitness; Understand the impacts on the body	Tell a story via dance; perform movements with balance and control; incorporate emotion, expression and characterisation	Use correct grip and swing techniques; consider obstacles and make decisions over risk v reward; effectively keep score with honest and integrity	Use skills in a range of competitions; apply and develop correct techniques; collaborate and develop cooperation and trust	Apply effective tactics for batting and fielding; officiate their own game and play with integrity and honesty	Understand what makes an effective leader; identify different attributes of a leader; lead by example	apply effective attacking and defensive skills; create and apply tactics in games, adapting them as the game situation changes, to beat the opposition.
										Additional Swimming for any Year 6 who has not met the National Curriculum standard		