



Long Term Physical Education Plan and Overview 2023-24

Term	<u>Autumn 1</u> 8 weeks	<u>Autumn 2</u> 7 weeks	<u>Spring 1</u> 6 Weeks	<u>Spring 2</u> 6 weeks	<u>Summer 1</u> 5 Weeks	<u>Summer 2</u> 6 Weeks
Nursesey	<p>Introduction to PE Unit 1</p> <p>Key Skills</p> <p>Physical: moving safely, running, jumping, throwing, catching, following a path</p> <p>Social: sharing, leadership</p> <p>Emotional: perseverance, confidence</p> <p>Thinking: decision making, selecting and applying actions</p>	<p>Introduction to PE Unit 1</p> <p>Key Skills</p> <p>Physical: moving safely, running, jumping, throwing, catching, following a path</p> <p>Social: sharing, leadership</p> <p>Emotional: perseverance, confidence</p> <p>Thinking: decision making, selecting and applying actions</p>	<p>Fundamentals Unit 1</p> <p>Key Skills</p> <p>Running: explore running and stopping. Explore changing direction safely.</p> <p>Balancing: explore balancing whilst stationary and on the move. Jumping: begin to explore take off and landing safely.</p> <p>Hopping: explore hopping on both feet.</p> <p>Skipping: explore skipping as a travelling action</p>	<p>Fundamentals Unit 1</p> <p>Key Skills</p> <p>Running: explore running and stopping. Explore changing direction safely.</p> <p>Balancing: explore balancing whilst stationary and on the move. Jumping: begin to explore take off and landing safely.</p> <p>Hopping: explore hopping on both feet.</p> <p>Skipping: explore skipping as a travelling action</p>	<p>Ball Skills Unit 1</p> <p>Key Skills</p> <p>Sending: explore sending an object with hands and feet.</p> <p>Catching: explore catching to self and with a partner.</p> <p>Tracking: explore stopping a ball with hands and feet.</p> <p>Dribbling: explore dropping and catching with two hands and moving a ball with feet.</p>	<p>Games Unit 1</p> <p>Key Skills</p> <p>Physical: running, balancing, changing direction, striking a ball, throwing</p> <p>Social: communication, co-operation, taking turns, supporting and encouraging others</p> <p>Emotional: honesty and fair play, managing emotions</p> <p>Thinking: using tactics, decision making</p>



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	Introduction to PE Unit 2	Fundamentals Unit 2	Gymnastics Unit 1	Dance Unit 1	Ball Skills Unit 2	Games Unit 2
Reception	<p>Key Skills</p> <p>Physical: moving safely, running, jumping, throwing, catching, rolling</p> <p>Social: sharing and taking turns, encouraging and supporting others, responsibility</p> <p>Emotional: honesty and fair play, confidence, perseverance</p> <p>Thinking: decision making, understanding and using rules</p>	<p>Key Skills</p> <p>Running: explore running and stopping. Explore changing direction safely.</p> <p>Balancing: explore balancing whilst stationary and on the move. Jumping: begin to explore take off and landing safely.</p> <p>Hopping: explore hopping on both feet.</p> <p>Skipping: explore skipping as a travelling action</p>	<p>Key Skills</p> <p>Shapes: show contrast with my body including wide/narrow, straight/curved.</p> <p>Balances: explore shapes in stillness using different parts of my body.</p> <p>Rolls: explore rocking and rolling.</p> <p>Jumps: explore jumping safely.</p>	<p>Key Skills</p> <p>Physical: travelling, copying and performing actions, co-ordination</p> <p>Social: respect, co-operating with others</p> <p>Emotional: working independently, confidence</p> <p>Thinking: counting, observing and providing feedback, selecting and applying actions</p>	<p>Key Skills</p> <p>Sending: explore sending an object with hands and feet.</p> <p>Catching: explore catching to self and with a partner.</p> <p>Tracking: explore stopping a ball with hands and feet.</p> <p>Dribbling: explore dropping and catching with two hands and moving a ball with feet.</p>	<p>Key Skills</p> <p>Physical: run, change direction, throw, catch, strike</p> <p>Social: communication, help others, respect, take turns, co-operation</p> <p>Emotional: perseverance, honesty, determination, manage emotions</p> <p>Thinking: comprehension, decision making, select and apply, reflection</p>



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	Fundamentals	Ball skills	Striking and Fielding Games	Dance	Invasion Games	Gymnastics
Year 1	<p><u>Key Skills:</u></p> <p>Running: explore running and stopping. Explore changing direction safely.</p> <p>Balancing: explore balancing whilst stationary and on the move.</p> <p>Jumping: begin to explore take off and landing safely.</p> <p>Hopping: explore hopping on both feet.</p> <p>Skipping: explore skipping as a travelling action.</p>	<p><u>Key Skills:</u></p> <p>Sending: explore sending an object with hands and feet.</p> <p>Catching: explore catching to self and with a partner.</p> <p>Tracking: explore stopping a ball with hands and feet.</p> <p>Dribbling: explore dropping and catching with two hands and moving a ball with feet</p>	<p><u>Key Skills:</u></p> <p>Striking: explore striking a ball with their hand and equipment.</p> <p>Fielding: develop tracking and retrieving a ball.</p> <p>Throwing: explore technique when throwing over and underarm.</p> <p>Catching: develop co-ordination and technique when catching.</p>	<p><u>Progression Statements:</u></p> <p>Copy, remember and repeat actions.</p> <p>Choose actions for an idea.</p> <p>Use changes of direction, speed and levels with guidance.</p> <p>Show some sense of dynamic and expressive qualities.</p> <p>Begin to use counts.</p> <p>NC Objectives: Perform dances using simple movement patterns.</p>	<p><u>Key Skills:</u></p> <p>Sending & receiving: explore s&r with hands and feet to a partner.</p> <p>Dribbling: explore dribbling with hands and feet.</p> <p>Space: recognise good space when playing games.</p> <p>Attacking: explore changing direction to move away from a partner.</p> <p>Defending: explore tracking and moving to stay with a partner.</p>	<p><u>Key Skills:</u></p> <p>Shapes: explore basic shapes straight, tuck, straddle, pike.</p> <p>Balances: perform balances making my body tense, stretched and curled.</p> <p>Rolls: explore barrel, straight and forward roll progressions.</p> <p>Jumps: explore shape jumps including jumping off low apparatus</p>



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Year 2	<p style="text-align: center;">Dance</p> <p><u>Progression Statements:</u></p> <p>Copy, remember and repeat a series of actions.</p> <p>Select from a wider range of actions in relation to a stimulus.</p> <p>Use pathways, levels, shapes, directions, speeds and timing with guidance.</p> <p>Use mirroring and unison when completing actions with a partner.</p> <p>Show a character through actions, dynamics and expression.</p> <p>Use counts with help to stay in time with the music.</p> <p>NC Objectives: Perform dances using simple movement patterns.</p>	<p style="text-align: center;">Fundamentals</p> <p><u>Key skills:</u></p> <p>Running: demonstrate balance when changing direction. Clearly show different speeds when running.</p> <p>Balancing: demonstrate balance when performing movements.</p> <p>Jumping: demonstrate jumping for distance, height and in different directions.</p> <p>Hopping: demonstrate hopping for distance, height and in different directions.</p> <p>Skipping: explore single and double bounce when jumping in a rope.</p>	<p style="text-align: center;">Ball skills</p> <p><u>Key skills:</u></p> <p>Sending: roll, throw and kick a ball to hit a target.</p> <p>Catching: develop catching a range of objects with two hands. Catch with and without a bounce.</p> <p>Tracking: consistently track and collect a ball being sent directly.</p> <p>Dribbling: explore dribbling with hands and feet with increasing control on the move.</p>	<p style="text-align: center;">Invasion Games</p> <p><u>Key skills:</u></p> <p>Sending & receiving: developing s&r with increased control.</p> <p>Dribbling: explore dribbling with hands and feet with increasing control on the move.</p> <p>Space: explore moving into space away from others.</p> <p>Attacking: developing moving into space away from defenders.</p> <p>Defending: explore staying close to other players to try and stop them getting the ball.</p>	<p style="text-align: center;">Gymnastics</p> <p><u>Key skills:</u></p> <p>Shapes: explore using shapes in different gymnastic balances.</p> <p>Balances: remember, repeat and link combinations of gymnastic balances.</p> <p>Rolls: explore barrel, straight and forward roll and put into sequence work.</p> <p>Jumps: explore shape jumps and take off combinations</p>	<p style="text-align: center;">Striking and Fielding Games</p> <p><u>Key skills:</u></p> <p>Striking: develop striking a ball with their hand and equipment with some consistency.</p> <p>Fielding: develop tracking a ball and decision making with the ball.</p> <p>Throwing: develop co-ordination and technique when throwing over and underarm.</p> <p>Catching: catch with two hands with some co-ordination and technique.</p>
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	Ball Skills Y3/4	Dance	Football	Rounders	Athletics	Gymnastics
Year 3	<p><u>Key skills:</u></p> <p>Sending: send a ball with accuracy and increasing consistency to a target. Catching: catch a range of objects with increasing consistency. Tracking: track a ball not sent directly. Dribbling: dribble a ball with hands and feet with control.</p>	<p><u>Progression Statements:</u></p> <p>Copy remember and perform a dance phrase.</p> <p>Create short dance phrases that communicate an idea.</p> <p>Use canon, unison and formation to represent an idea.</p> <p>Match dynamic and expressive qualities to a range of ideas.</p> <p>Use counts to keep in time with a partner and group.</p> <p>NC Objectives: Perform dances using simple movement patterns.</p>	<p><u>Key skills:</u></p> <p>Sending & receiving: explore s&r abiding by the rules of the game. Dribbling: explore dribbling the ball abiding by the rules of the game under some pressure. Space: develop using space as a team. Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. Defending: develop tracking opponents to limit their scoring opportunities.</p>	<p><u>Key skills:</u></p> <p>Striking: begin to strike a bowled ball after a bounce with different equipment. Fielding: explore bowling to a target and fielding skills to include a two-handed pick up. Throwing: use overarm and underarm throwing in game situations. Catching: catch with some consistency in game situations.</p>	<p><u>Key skills:</u></p> <p>Running: develop the sprinting technique and apply it to relay events. Jumping: develop technique when jumping for distance in a range of approaches and take off positions. Throwing: explore the technique for a pull throw.</p>	<p><u>Key skills:</u></p> <p>Shapes: develop the range of shapes I use in my sequences. Inverted movements: develop strength in bridge and shoulder stand. Balances: develop control and fluency in individual and partner balances. Rolls: develop the straight, barrel, forward and straddle roll and perform them with increased control. Jumps: develop control in performing and landing rotation jumps.</p>



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Year 4	<p style="text-align: center;">Football</p> <p><u>Key skills:</u></p> <p>Sending & receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success.</p> <p>Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control.</p> <p>Space: develop moving into space to help my team.</p> <p>Attacking: change direction to lose an opponent with some success.</p> <p>Defending: develop defending one on one and begin to intercept.</p>	<p style="text-align: center;">Football</p> <p><u>Key skills:</u></p> <p>Sending & receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success.</p> <p>Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control.</p> <p>Space: develop moving into space to help my team.</p> <p>Attacking: change direction to lose an opponent with some success.</p> <p>Defending: develop defending one on one and begin to intercept.</p>	<p style="text-align: center;">Gymnastics</p> <p><u>Key skills:</u></p> <p>Shapes: develop the range of shapes I use in my sequences. Inverted movements: develop strength in bridge and shoulder stand.</p> <p>Balances: develop control and fluency in individual and partner balances.</p> <p>Rolls: develop the straight, barrel, forward and straddle roll and perform them with increased control.</p> <p>Jumps: develop control in performing and landing rotation jumps</p>	<p style="text-align: center;">Rounders</p> <p><u>Key skills:</u></p> <p>Striking: develop batting technique with a range of equipment.</p> <p>Fielding: develop bowling with some consistency, abiding by the rules of the game.</p> <p>Throwing: use overarm and underarm throwing with increased consistency in game situations.</p> <p>Catching: begin to catch with one and two hands with some consistency in game situations.</p>	<p style="text-align: center;">Athletics</p> <p><u>Key skills:</u></p> <p>Running: develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique.</p> <p>Jumping: develop technique when jumping for distance.</p> <p>Throwing: explore power and technique when throwing for distance in a pull and heave throw.</p>	<p style="text-align: center;">Dance</p> <p><u>Progression Statements:</u></p> <p>Copy, remember and adapt set choreography.</p> <p>Choreograph considering structure individually, with a partner and in a group.</p> <p>Use action and reaction to represent an idea.</p> <p>Change dynamics to express changes in character or narrative.</p> <p>Use counts when choreographing short phrases.</p> <p>NC Objectives: Perform dances using simple movement patterns.</p>
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<p>Swimming Each child will receive half a year swimming.</p> <p>NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p>Swimming Each child will receive half a year swimming.</p> <p>NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p>Swimming Each child will receive half a year swimming.</p> <p>NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p>Swimming Each child will receive half a year swimming.</p> <p>NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p>Swimming Each child will receive half a year swimming.</p> <p>NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p>Swimming Each child will receive half a year swimming.</p> <p>NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>
<p>Rounders</p> <p>Striking: explore defensive and driving hitting techniques and directional batting. Fielding: develop over and underarm bowling technique. Develop long and short barrier and two handed pick up. Throwing: demonstrate good technique when using a variety of throws under pressure. Catching: explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</p>	<p>Football</p> <p>Sending & receiving: develop control when s&r under pressure. Dribbling: dribble with some control under pressure. Space: explore moving to create space for themselves and others in their team. Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. Defending: develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.</p>	<p>Gymnastics</p> <p>Shapes: perform shapes consistently and fluently linked with other gymnastic actions. Inverted movements: explore progressions of a cartwheel. Balances: explore symmetrical and asymmetrical balances. Rolls: develop control in the straight, barrel, forward, straddle and backward roll. Jumps: select a range of jumps to include in sequence work.</p>	<p>Football</p> <p>Sending & receiving: develop control when s&r under pressure. Dribbling: dribble with some control under pressure. Space: explore moving to create space for themselves and others in their team. Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. Defending: develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.</p>	<p>Dance</p> <p>Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.</p> <p>Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.</p> <p>Confidently perform choosing appropriate dynamics to represent an idea.</p> <p>Use counts accurately when choreographing to perform in time with others and the music.</p> <p>NC Objectives: Perform dances using simple movement patterns.</p>	<p>Athletics</p> <p>Running: apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. Jumping: explore technique and rhythm in the triple jump. Throwing: Develop technique and power in javelin and shot put.</p>



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Year 6	<p style="text-align: center;">Football</p> <p><u>Key skills:</u></p> <p>Sending & receiving: s&r consistently using a range of techniques with increasing control under pressure.</p> <p>Dribbling: dribble consistently using a range of techniques with increasing control under pressure.</p> <p>Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.</p> <p>Attacking: confidently change direction to lose an opponent</p> <p>Defending: use a variety of defending skills (tracking, interception, jockeying) in game situations.</p>	<p style="text-align: center;">Gymnastics</p> <p><u>Key skills:</u></p> <p>Shapes: combine and perform gymnastic shapes more fluently and effectively.</p> <p>Inverted movements: develop control in progressions of a cartwheel bridge and shoulder stand</p> <p>Balances: explore counter balance and counter tension.</p> <p>Rolls: develop fluency and consistency in the straddle, forward and backward roll.</p> <p>Jumps: combine and perform a range of gymnastic jumps more fluently and effectively.</p>	<p style="text-align: center;">Dance</p> <p><u>Progression Statements:</u></p> <p>Perform dances confidently and fluently with accuracy and good timing.</p> <p>Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme.</p> <p>Improvise and combine dynamics demonstrating an awareness of the impact on performance.</p> <p>Use counts when choreographing and performing to improve the quality of work.</p> <p>NC Objectives: Perform dances using simple movement patterns.</p>	<p style="text-align: center;">Football</p> <p><u>Key skills:</u></p> <p>Sending & receiving: s&r consistently using a range of techniques with increasing control under pressure.</p> <p>Dribbling: dribble consistently using a range of techniques with increasing control under pressure.</p> <p>Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.</p> <p>Attacking: confidently change direction to lose an opponent</p> <p>Defending: use a variety of defending skills (tracking, interception, jockeying) in game situations.</p>	<p style="text-align: center;">Athletics</p> <p><u>Key skills:</u></p> <p>Running: demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.</p> <p>Jumping: develop power, control and technique in the triple jump.</p> <p>Throwing: develop power, control and technique when throwing discus and shot put.</p>	<p style="text-align: center;">Rounders</p> <p><u>Key skills:</u></p> <p>Striking: strike a bowled ball with increasing accuracy and consistency.</p> <p>Fielding: use a wider range of fielding skills with increasing control under pressure.</p> <p>Throwing: consistently demonstrate good technique in throwing skills under pressure.</p> <p>Catching: consistently demonstrate good technique in catching skills under pressure.</p>
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