



## Long Term Physical Education Plan and Overview 2024-25

<p><u>F.M.S</u></p> <ul style="list-style-type: none"><li>. Athletics</li><li>. Fundamentals</li><li>. Introduction to PE</li></ul>	<p><u>Dance</u></p>	<p><u>Body Management</u></p> <ul style="list-style-type: none"><li>. Gymnastics</li></ul>	<p><u>Games</u></p> <ul style="list-style-type: none"><li>. Games</li><li>. Invasion Games</li><li>. Striking and Fielding<ul style="list-style-type: none"><li>. Football</li><li>. Rounders</li></ul></li></ul>	<p><u>Games and F.M.S</u></p> <ul style="list-style-type: none"><li>. Ball Skills</li></ul>
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Colour Guidance - Each colour relates to a 'Progression Journey' on the Progression Document.



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



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



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Year 1	<p style="text-align: center;"><b>Fundamentals</b></p> <p><u>Key Skills:</u></p> <p><b>Running:</b> explore running and stopping. Explore changing direction safely.</p> <p><b>Balancing:</b> explore balancing whilst stationary and on the move.</p> <p><b>Jumping:</b> begin to explore take off and landing safely.</p> <p><b>Hopping:</b> explore hopping on both feet.</p> <p><b>Skipping:</b> explore skipping as a travelling action.</p>	<p style="text-align: center;"><b>Ball skills</b></p> <p><u>Key Skills:</u></p> <p><b>Sending:</b> explore sending an object with hands and feet.</p> <p><b>Catching:</b> explore catching to self and with a partner.</p> <p><b>Tracking:</b> explore stopping a ball with hands and feet.</p> <p><b>Dribbling:</b> explore dropping and catching with two hands and moving a ball with feet</p>	<p style="text-align: center;"><b>Striking and Fielding Games</b></p> <p><u>Key Skills:</u></p> <p><b>Striking:</b> explore striking a ball with their hand and equipment.</p> <p><b>Fielding:</b> develop tracking and retrieving a ball.</p> <p><b>Throwing:</b> explore technique when throwing over and underarm.</p> <p><b>Catching:</b> develop co-ordination and technique when catching.</p>	<p style="text-align: center;"><b>Dance</b></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><b>NC Objectives:</b> Perform dances using simple movement patterns.</p>	<p style="text-align: center;"><b>Invasion Games</b></p> <p><u>Key Skills:</u></p> <p><b>Sending &amp; receiving:</b> explore s&amp;r with hands and feet to a partner.</p> <p><b>Dribbling:</b> explore dribbling with hands and feet.</p> <p><b>Space:</b> recognise good space when playing games.</p> <p><b>Attacking:</b> explore changing direction to move away from a partner.</p> <p><b>Defending:</b> explore tracking and moving to stay with a partner.</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p><u>Key Skills:</u></p> <p><b>Shapes:</b> explore basic shapes straight, tuck, straddle, pike.</p> <p><b>Balances:</b> perform balances making my body tense, stretched and curled.</p> <p><b>Rolls:</b> explore barrel, straight and forward roll progressions.</p> <p><b>Jumps:</b> explore shape jumps including jumping off low apparatus</p>
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Year 2	<p style="text-align: center;"><b>Dance</b></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><b>NC Objectives:</b> Perform dances using simple movement patterns.</p>	<p style="text-align: center;"><b>Fundamentals</b></p> <p><u>Key skills:</u></p> <p><b>Running:</b> demonstrate balance when changing direction. Clearly show different speeds when running.</p> <p><b>Balancing:</b> demonstrate balance when performing movements.</p> <p><b>Jumping:</b> demonstrate jumping for distance, height and in different directions.</p> <p><b>Hopping:</b> demonstrate hopping for distance, height and in different directions.</p> <p><b>Skipping:</b> explore single and double bounce when jumping in a rope.</p>	<p style="text-align: center;"><b>Ball skills</b></p> <p><u>Key skills:</u></p> <p><b>Sending:</b> roll, throw and kick a ball to hit a target.</p> <p><b>Catching:</b> develop catching a range of objects with two hands. Catch with and without a bounce.</p> <p><b>Tracking:</b> consistently track and collect a ball being sent directly.</p> <p><b>Dribbling:</b> explore dribbling with hands and feet with increasing control on the move.</p>	<p style="text-align: center;"><b>Invasion Games</b></p> <p><u>Key skills:</u></p> <p><b>Sending &amp; receiving:</b> developing s&amp;r with increased control.</p> <p><b>Dribbling:</b> explore dribbling with hands and feet with increasing control on the move.</p> <p><b>Space:</b> explore moving into space away from others.</p> <p><b>Attacking:</b> developing moving into space away from defenders.</p> <p><b>Defending:</b> explore staying close to other players to try and stop them getting the ball.</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p><u>Key skills:</u></p> <p><b>Shapes:</b> explore using shapes in different gymnastic balances.</p> <p><b>Balances:</b> remember, repeat and link combinations of gymnastic balances.</p> <p><b>Rolls:</b> explore barrel, straight and forward roll and put into sequence work.</p> <p><b>Jumps:</b> explore shape jumps and take off combinations</p>	<p style="text-align: center;"><b>Striking and Fielding Games</b></p> <p><u>Key skills:</u></p> <p><b>Striking:</b> develop striking a ball with their hand and equipment with some consistency.</p> <p><b>Fielding:</b> develop tracking a ball and decision making with the ball.</p> <p><b>Throwing:</b> develop co-ordination and technique when throwing over and underarm.</p> <p><b>Catching:</b> catch with two hands with some co-ordination and technique.</p>
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Year 3	<p style="text-align: center;"><b>Ball Skills Y3/4</b></p> <p><u>Key skills:</u></p> <p><b>Sending:</b> send a ball with accuracy and increasing consistency to a target.  <b>Catching:</b> catch a range of objects with increasing consistency.  <b>Tracking:</b> track a ball not sent directly.  <b>Dribbling:</b> dribble a ball with hands and feet with control.</p>	<p style="text-align: center;"><b>Dance</b></p> <p><u>Progression Statements:</u></p> <p>Copy remember and perform a dance phrase.          Create short dance phrases that communicate an idea.          Use canon, unison and formation to represent an idea.          Match dynamic and expressive qualities to a range of ideas.</p> <p><b>NC Objectives:</b>          Perform dances using simple movement patterns.</p>	<p style="text-align: center;"><b>Football</b></p> <p><u>Key skills:</u></p> <p><b>Sending &amp; receiving:</b> explore s&amp;r abiding by the rules of the game.  <b>Dribbling:</b> explore dribbling the ball abiding by the rules of the game under some pressure.  <b>Space:</b> develop using space as a team.  <b>Attacking:</b> develop movement skills to lose a defender. Explore shooting actions in a range of invasion games.  <b>Defending:</b> develop tracking opponents to limit their scoring opportunities.</p>	<p style="text-align: center;"><b>Rounders</b></p> <p><u>Key skills:</u></p> <p><b>Striking:</b> begin to strike a bowled ball after a bounce with different equipment.  <b>Fielding:</b> explore bowling to a target and fielding skills to include a two-handed pick up.  <b>Throwing:</b> use overarm and underarm throwing in game situations.  <b>Catching:</b> catch with some consistency in game situations.</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p><u>Key skills:</u></p> <p><b>Shapes:</b> develop the range of shapes I use in my sequences. Inverted movements: develop strength in bridge and shoulder stand.  <b>Balances:</b> develop control and fluency in individual and partner balances. <b>Rolls:</b> develop the straight, barrel, forward and straddle roll and perform them with increased control.  <b>Jumps:</b> develop control in performing and landing rotation jumps.</p>	<p style="text-align: center;"><b>Athletics</b></p> <p><u>Key skills:</u></p> <p><b>Running:</b> develop the sprinting technique and apply it to relay events.  <b>Jumping:</b> develop technique when jumping for distance in a range of approaches and take off positions.  <b>Throwing:</b> explore the technique for a pull throw.</p>
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Year 4	<p style="text-align: center;"><b>Football</b></p> <p><u>Key skills:</u></p> <p><b>Sending &amp; receiving:</b> 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><b>Dribbling:</b> link dribbling the ball with other actions and change direction whilst dribbling with some control.</p> <p><b>Space:</b> develop moving into space to help my team.</p> <p><b>Attacking:</b> change direction to lose an opponent with some success.</p> <p><b>Defending:</b> develop defending one on one and begin to intercept.</p>	<p style="text-align: center;"><b>Rounders</b></p> <p><u>Key skills:</u></p> <p><b>Striking:</b> develop batting technique with a range of equipment.</p> <p><b>Fielding:</b> develop bowling with some consistency, abiding by the rules of the game.</p> <p><b>Throwing:</b> use overarm and underarm throwing with increased consistency in game situations.</p> <p><b>Catching:</b> begin to catch with one and two hands with some consistency in game situations.</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p><u>Key skills:</u></p> <p><b>Shapes:</b> develop the range of shapes I use in my sequences. Inverted movements: develop strength in bridge and shoulder stand.</p> <p><b>Balances:</b> develop control and fluency in individual and partner balances.</p> <p><b>Rolls:</b> develop the straight, barrel, forward and straddle roll and perform them with increased control.</p> <p><b>Jumps:</b> develop control in performing and landing rotation jumps</p>	<p style="text-align: center;"><b>Basketball</b></p> <p><u>Key skills:</u></p> <p><b>Sending &amp; receiving:</b> 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><b>Dribbling:</b> link dribbling the ball with other actions and change direction whilst dribbling with some control.</p> <p><b>Space:</b> develop moving into space to help my team.</p> <p><b>Attacking:</b> change direction to lose an opponent with some success.</p> <p><b>Defending:</b> develop defending one on one and begin to intercept.</p>	<p style="text-align: center;"><b>Athletics</b></p> <p><u>Key skills:</u></p> <p><b>Running:</b> develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique.</p> <p><b>Jumping:</b> develop technique when jumping for distance.</p> <p><b>Throwing:</b> explore power and technique when throwing for distance in a pull and heave throw.</p>	<p style="text-align: center;"><b>Dance</b></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><b>NC Objectives:</b> Perform dances using simple movement patterns.</p>
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Year 5	<b>Football</b>	<b>Basketball</b>	<b>Athletics</b>	<b>Football</b>	<b>Basketball</b>	<b>Athletics</b>
	<p><b>Sending &amp; receiving:</b> develop control when s&amp;r under pressure.</p> <p><b>Dribbling:</b> dribble with some control under pressure.</p> <p>Space: explore moving to create space for themselves and others in their team.</p> <p><b>Attacking:</b> use a variety of techniques to lose an opponent e.g. change of direction or speed.</p> <p><b>Defending:</b> develop tracking and marking with increased success.</p> <p style="text-align: center;"><b>Rounders</b></p> <p><b>Striking:</b> explore defensive and driving hitting techniques and directional batting.</p> <p><b>Fielding:</b> develop over and underarm bowling technique. Develop long and short barrier and two handed pick up.</p> <p><b>Throwing:</b> demonstrate good technique when using a variety of throws under pressure.</p> <p><b>Catching:</b> explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</p>	<p><b>Sending &amp; receiving:</b> develop control when s&amp;r under pressure.</p> <p><b>Dribbling:</b> dribble with some control under pressure.</p> <p><b>Space:</b> explore moving to create space for themselves and others in their team.</p> <p><b>Attacking:</b> use a variety of techniques to lose an opponent e.g. change of direction or speed.</p> <p><b>Defending:</b> develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.</p>	<p><b>Running:</b> apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.</p> <p><b>Jumping:</b> explore technique and rhythm in the triple jump.</p> <p><b>Throwing:</b> Develop technique and power in javelin and shot put.</p>	<p><b>Sending &amp; receiving:</b> develop control when s&amp;r under pressure.</p> <p><b>Dribbling:</b> dribble with some control under pressure.</p> <p>Space: explore moving to create space for themselves and others in their team.</p> <p><b>Attacking:</b> use a variety of techniques to lose an opponent e.g. change of direction or speed.</p> <p><b>Defending:</b> develop tracking and marking with increased success.</p> <p style="text-align: center;"><b>Rounders</b></p> <p><b>Striking:</b> explore defensive and driving hitting techniques and directional batting.</p> <p><b>Fielding:</b> develop over and underarm bowling technique. Develop long and short barrier and two handed pick up.</p> <p><b>Throwing:</b> demonstrate good technique when using a variety of throws under pressure.</p> <p><b>Catching:</b> explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</p>	<p><b>Sending &amp; receiving:</b> develop control when s&amp;r under pressure.</p> <p><b>Dribbling:</b> dribble with some control under pressure.</p> <p><b>Space:</b> explore moving to create space for themselves and others in their team.</p> <p><b>Attacking:</b> use a variety of techniques to lose an opponent e.g. change of direction or speed.</p> <p><b>Defending:</b> develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.</p>	<p><b>Running:</b> apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.</p> <p><b>Jumping:</b> explore technique and rhythm in the triple jump.</p> <p><b>Throwing:</b> Develop technique and power in javelin and shot put.</p>
		<b>Gymnastics</b>			<b>Gymnastics</b>	
		<p><b>Shapes:</b> perform shapes consistently and fluently linked with other gymnastic actions.</p> <p><b>Inverted movements:</b> explore progressions of a cartwheel.</p> <p><b>Balances:</b> explore symmetrical and asymmetrical balances.</p> <p><b>Rolls:</b> develop control in the straight, barrel, forward, straddle and backward roll.</p> <p>Jumps: select a range of jumps to include in sequence work</p>			<p><b>Shapes:</b> perform shapes consistently and fluently linked with other gymnastic actions.</p> <p><b>Inverted movements:</b> explore progressions of a cartwheel.</p> <p><b>Balances:</b> explore symmetrical and asymmetrical balances.</p> <p><b>Rolls:</b> develop control in the straight, barrel, forward, straddle and backward roll.</p> <p>Jumps: select a range of jumps to include in sequence work</p>	





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Year 6	<p style="text-align: center;"><b>Basketball</b></p> <p><u>Key skills:</u></p> <p><b>Sending &amp; receiving:</b> s&amp;r consistently using a range of techniques with increasing control under pressure.</p> <p><b>Dribbling:</b> dribble consistently using a range of techniques with increasing control under pressure.</p> <p><b>Space:</b> 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><b>Attacking:</b> confidently change direction to lose an opponent</p> <p><b>Defending:</b> use a variety of defending skills (tracking, interception, jockeying) in game situations.</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p><u>Key skills:</u></p> <p><b>Shapes:</b> combine and perform gymnastic shapes more fluently and effectively.</p> <p><b>Inverted movements:</b> develop control in progressions of a cartwheel bridge and shoulder stand</p> <p><b>Balances:</b> explore counter balance and counter tension.</p> <p><b>Rolls:</b> develop fluency and consistency in the straddle, forward and backward roll.</p> <p><b>Jumps:</b> combine and perform a range of gymnastic jumps more fluently and effectively.</p>	<p style="text-align: center;"><b>Dance</b></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><b>NC Objectives:</b> Perform dances using simple movement patterns.</p>	<p style="text-align: center;"><b>Football</b></p> <p><u>Key skills:</u></p> <p><b>Sending &amp; receiving:</b> s&amp;r consistently using a range of techniques with increasing control under pressure.</p> <p><b>Dribbling:</b> dribble consistently using a range of techniques with increasing control under pressure.</p> <p><b>Space:</b> 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><b>Attacking:</b> confidently change direction to lose an opponent</p> <p><b>Defending:</b> use a variety of defending skills (tracking, interception, jockeying) in game situations.</p>	<p style="text-align: center;"><b>Athletics</b></p> <p><u>Key skills:</u></p> <p><b>Running:</b> demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.</p> <p><b>Jumping:</b> develop power, control and technique in the triple jump.</p> <p><b>Throwing:</b> develop power, control and technique when throwing discus and shot put.</p>	<p style="text-align: center;"><b>Rounders</b></p> <p><u>Key skills:</u></p> <p><b>Striking:</b> strike a bowled ball with increasing accuracy and consistency.</p> <p><b>Fielding:</b> use a wider range of fielding skills with increasing control under pressure.</p> <p><b>Throwing:</b> consistently demonstrate good technique in throwing skills under pressure.</p> <p><b>Catching:</b> consistently demonstrate good technique in catching skills under pressure.</p>
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