



PE Long Term Plan

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

KS1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

KS2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

	Year 1					Year 2				
	Yoga	Games	Gymnastics	Dance	Athletics	Yoga	Games	Gymnastics	Dance	Athletics
Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	balance, agility, co-ordination	throwing, catching, rolling, kicking, passing, receiving,	balancing, rolling, jumping		running, throwing, jumping	balance, agility, co-ordination	throwing, catching, rolling, kicking, passing, receiving, striking, fielding	higher, lower, twisting, turning		running, throwing, jumping
Participate in team games, developing simple tactics for attacking and defending		developing skills into team games Striking & fielding					net & wall games striking & fielding			
Perform dances using simple movement patterns				Fairy stories & super heroes imoves – copying dance moves,					Combat & sports jam	

				keeping to rhythm						
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ones and demonstrate improvement to achieve their personal best.	performance	performance	performance	performance	performance	performance	performance	performance	performance	performance	performance	performance	performance
Swimming & water safety													
Swim competently, confidently and proficiently over a distance of at least 25 metres				developing water confidence			improving water confidence. Meet NC25m						
Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]				developing stroke technique			improving & refining stroke technique						
Perform safe self-rescue in different water-based situations				acquiring water safety skills			improving water safety skills						

