

Physical Education Long Term Planning

Year Group	AUTUMN		SPRING		SUMMER	
	1 st Half Term	2 nd Half Term	3 rd Half Term	4 th Half Term	5 th Half Term	6 th Half Term
Foundation	Personal Qualities Follow Instructions Practice Safely Balance Coordination	Social Qualities Working with others Taking turns Sharing Balance Coordination	Health Related Exercise Why exercise is important Exercise helps to change how I feel Balance Coordination	Physical Skills Performing movements with some control Linking movements together Balance Coordination Speed	Developing Knowledge Understanding simple rules Following simple instructions Balance Coordination Speed Agility	Creativity Observing and copying others Exploring different movements Balance Coordination Speed Agility
YEAR 1	Games Physical Skills Perform a range of skills Link movements Links skills Perform a sequence of skills at speed Evasion Teamwork Coordination Running Jumping Throwing	Gymnastics/ Dance Creativity Explore and describe different movements Begin to link movements and skills Balance Rolls Travel Partner work Jumping Mats Move to Music Coordination Cooperation Balance Performing	Health Related Exercise/Dance Use Equipment safely Say how my body feels Be aware why exercise is important Physical/Mental Health Stretching Running	Games Social Qualities Praising other Working sensibly with others Taking turns Evasion Teamwork Coordination Running Jumping Throwing	Striking & Fielding Developing Knowledge Begin to order movements and skills Understand simple rules Team Work Catching Under arm Throw Over-arm Throw Batting Fielding Stumped Run out Bowling Tactics	Athletics Personal Qualities Ask for help when appropriate Work independently Perseverance Various running distances Throwing Jumping Hurdles Relay Race
YEAR 2	Invasion Games (Tag Rugby & Football) Physical Skills Passing Evasion	Gymnastics Dance Creativity Jumping Move to Music Coordination Cooperation	Health Related Exercise Physical/Mental Health Stretching Running Exercises	Games Social Qualities Evasion Teamwork Coordination Running	Striking & Fielding Developing Knowledge Team Work Catching	Athletics (Track & Field) Personal Qualities Various running distances Throwing

	Scoring Teamwork Dribble	Balance Performing Balance Rolls Travel Partner work Apparatus Jumping Spring Board Crash Mats Safety Spotter		Jumping Throwing	Under arm Throw Over-arm Throw Batting Fielding Stumped Run out Bowling Tactics	Jumping Hurdles Relay Race
YEAR 3	Invasion Games (Tag Rugby & Football) Physical Skills Passing Evasion Scoring Attacking Defending Teamwork Dribble Coordination Running Jumping	Egyptian Dance Gymnastics Creativity Jumping Move to Music Improvisation Coordination Cooperation Balance Performing OAA Basic Map reading Endurance Control points Teamwork Map Orientation	Health Related Exercise Circuit Training Various Running Physical Health/Mental Health Stretching Heart Rate	Invasion Games (Basketball, Hockey & Netball) Social Qualities Passing Evasion Scoring Teamwork Dribble Coordination Running Jumping Tactics Swimming Swimming endurance Water safety Confidence Jumping Under water Breathing Front Crawl Back Crawl	Striking & Fielding (rounders & cricket) Developing Knowledge Team Work Catching Under arm Throw Over-arm Throw Batting Fielding Stumped Run out Bowling Tactics	Athletics (Track & Field) Personal Qualities Various running distances Sprints Throwing Jumping Hurdles Relay Race
YEAR 4	Invasion Games (Tag Rugby & Football) Physical Skills Passing Evasion Scoring Attacking	Gymnastics / Dance Creativity Jumping Move to Music Improvisation Coordination Cooperation Balance	Health Related Exercise Circuit Training Physical Health/Mental Health Stretching Heart Rate/Pulse Interval Running	Invasion Games (Basketball, Hockey & Netball) Social Qualities Passing Evasion Scoring	Striking & Fielding (rounders & cricket) Developing Knowledge Team Work Catching	Athletics (Track & Field) Personal Qualities Various running distances, Throwing, Jumping,

	Defending Teamwork Dribble Coordination Running Jumping Tactics	Performing	Continuous Running Strength Training	Attacking Defending Teamwork Dribble Coordination Running Jumping Tactics Swimming endurance Water safety Confidence Jumping Under water Breathing Front/back Crawl Breaststroke Diving	Under arm Throw Over-arm Throw Batting Fielding Stumped Run out Bowling Tactics	Hurdles, Relay Race & Measuring
YEAR 5	Invasion Games (Tag Rugby & Football) Physical Skills Passing Evasion Scoring Attacking Defending Teamwork Dribble Coordination Running Jumping Tactics	Invasion Games (Basketball & Netball) Leadership Social Qualities Passing Evasion Scoring Attacking Defending Teamwork Dribble Coordination Running Jumping Tactics	Health Related Exercise/Sports Leadership Circuit Training Physical Health/Mental Health Stretching Heart Rate/Pulse Interval Running Continuous Running Strength Training	Games /OAA/Swimming Creativity Team Work Dribble Attacking Defending Passing Creating Space Evasion Scoring Agility Coordination Tactics endurance Water safety Confidence Jumping Under water Breathing Front/back Crawl Breaststroke Diving	Leadership Striking & Fielding (rounders & cricket) Developing Knowledge Team Work Catching Under arm Throw Over-arm Throw Batting Fielding Stumped Run out Bowling Tactics	Athletics (Track & Field) Personal Qualities Sprint Start Various running distances Throwing Jumping Hurdles Relay Race Measuring Time Keeping
YEAR 6	Invasion Games/Sports Physical Skills	Invasion Games/Sports Social Qualities	Health Related Exercise Circuit Training	Leadership Assessment (Pupil led sessions)	Striking & Fielding (rounders & cricket)	Athletics (Track & Field)

	<p>Passing Evasion Scoring Attacking Defending Teamwork Dribble Coordination Running Jumping Tactics</p> <p>Leadership A sports Leader will need good knowledge to break down complicated skill and use them to train an athlete safely in their specific sport. Developing such qualities as;</p> <p>Communication A Good Role Model, Organisation Warm- ups Officiating Planning Time Keeping</p>	<p>Passing Evasion Scoring Attacking Defending Teamwork Dribble Coordination Running Jumping Tactics</p> <p>Leadership A sports Leader will need good knowledge to break down complicated skill and use them to train an athlete safely in their specific sport. Developing such qualities as; Communication A Good Role Model, Organisation Warm- ups Officiating Planning Time Keeping</p>	<p>Physical Health/Mental Health Stretching Heart Rate/Pulse Interval Running Continuous Running Strength Training</p>	<p>Creativity A sports Leader will need good knowledge to break down complicated skill and use them to train an athlete safely in their specific sport. Developing such qualities as; Communication A Good Role Model Organisation Warm- ups Officiating Planning Time Keeping</p>	<p>Developing Knowledge Team Work Catching Under arm Throw Over-arm Throw Batting Fielding Stumped Run out Bowling Tactics</p>	<p>Personal Qualities Sprint Start Various running distances Throwing Jumping Hurdles Relay Race Measuring Time Keeping</p>
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