

New National Curriculum Long Term Plans – Physical Education

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.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Subject content

Key stage 1

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.

Pupils should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

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.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Henley Primary School - PE Long Term Planning

Each year group should receive the following PE lessons. A wide base of skill should be taught and developed throughout the year.

X2 Invasion Games (Hockey, Football, Netball, Basketball, Tag Rugby etc)

X2 Net/wall Games (Tennis, Badminton, Volleyball etc)

X2 Striking and Fielding Games (Cricket, Rounders)

X1 Gymnastics

X1 Dance

X3 Outdoor Learning

X1 Swimming (Year Groups 3 and 4)

X1 Athletics

X1 Enrichment

Please see Reception Class Long Term Plan for details of the Early Years Physical Education curriculum.

Subject: PE

Co-ordinator: Mandy Sturme

	Autumn Term				Spring Term				Summer Term			
	A Topic	Key Skills	B Topic	Key Skills	A Topic	Key Skills	B Topic	Key Skills	A Topic	Key Skills	B Topic	Key Skills
Yr 1 (1)	Indoor Games Ball skills (unit 1, core task 2)	Running Jumping Throwing Catching Attacking Defending	Games Invasion - football (unit 2, core task 1)	Running Passing Attacking Defending	Gymnastics (unit 1, core task 1)	Balance Agility Co-ordination Evaluation Co-operation	Games Invasion - netball (unit 1, core task 2)	Running Jumping Throwing Catching Attacking Defending	Athletics (unit 1, core tasks 1-3)	Hitting Running Co-ordination Agility	Games Striking & fielding cricket/rounders (unit 1, core task 3)	Striking Fielding Running Team work Tactics
Yr 1 (2)	Dance through stories (unit 1, core task 1)	Agility Co-ordination Poise Evaluating performance Co-operation	Games Invasion -hockey (unit 2, core task 2)	Attack Defend Spatial Awareness Running Jumping Foot work	Gymnastics through stories (unit 1, core task 1)	Balance Agility Co-ordination Evaluation Co-operation	Games Net/Wall-badminton (unit 1, core task 1)	Striking Running Co-ordination Agility	Games Net/Wall-tennis (unit 1, core task 1)	Agility Running Jumping Throwing Catching	Enrichment Golf	Coordination Control Balance Technique
Yr 2 (1)	Tag Games - tag rugby (unit 2, core task 2)	Running Jumping Throwing Catching Attacking Defending	Games Invasion - football (unit 2, core task 1)	Attack Defend Spatial Awareness Running Jumping Foot work Dribbling Passing	Gymnastics (unit 2, core task 1)	Flexibility Control Balance Comparing performance Strength Poise Technique Stamina Coordination	Games Invasion - basketball (unit 2, core task 2)	Running Jumping Throwing Catching Attacking Defending	Athletics (unit 2, core tasks 1-3)	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Games Striking & fielding - cricket/rounders (unit 2, core task 3)	Striking Fielding Running Throwing Catching Tactics
Yr 2 (2)	Dance through class themes (unit 2, core task 1)	Flexibility Control Balance Comparing Performance Strength Poise Technique Stamina	Games Invasion - hockey (unit 2, core task 2)	Attack Defend Spatial Awareness Running Jumping Foot work	Gymnastics through skipping	Flexibility Control Balance Comparing performance Strength Technique Stamina Coordination	Games Net/Wall-badminton (unit 1, core task 1)	Flexibility Control Balance Compare Performance Strength Poise Technique Stamina	Games Net/Wall – tennis (unit 2, core task 1)	Running Jumping Throwing Catching Control Balance Strength Poise Technique	Enrichment Golf	Coordination Control Balance Poise Technique

		Coordination										
Yr 3/4 (1)	Games Invasion-tag rugby (unit 2, core task 2)	Attack Defend Spatial Awareness Throwing Catching Running	Games Invasion - football (unit 2, core task 1)	Attack Defend Spatial Awareness Throwing Catching Running Footwork	Gymnastics (unit 3, core task 1-2)	Apparatus Balance, movement, balance Flexibility Control Balance Comparing performance Strength	Games Invasion-basketball/netball (unit 3, core task 1)	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Games Striking & fielding cricket (unit 2, core task 1-3)	Strike Field Throwing Catching Running Sportsman ship	Swimming (unit 1, core tasks 1-3)	Strength Stamina Essential swimming skills
Yr 3/4 (2)	Dance/ Drama Through class themes/ books (unit 3, core task 1)	Control Sequence, presentation, combining, strength, evaluating	Games Invasion - Hockey (unit 2, core task 1)	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Enrichment-Fencing	Balance, movement, balance Flexibility Control Balance Comparing performance Strength	Games Net/Wall - badminton (unit 1, core task 1)	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Athletics (unit 3, core tasks 1-3)	Running Jumping Throwing Catching Control Balance Comparing Performance Strength Poise Technique	Swimming (unit 1, core tasks 1-3)	Strength Stamina Essential swimming skills
Yr 5/ 6 (1)	Games Invasion-tag rugby (unit 2, core task 2)	Attack Defend Spatial Awareness Throwing Catching Running	Games Invasion - football (unit 2, core task 1)	Attack Defend Spatial Awareness Throwing Catching Running Footwork	Gymnastics (Link unit, core task 1-2)	Apparatus Balance, movement, balance Flexibility Control Balance Comparing performance Strength	Games Invasion-basketball/netball (unit 3, core task 1)	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Games Net/Wall – volleyball (unit 2, core task 2)	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Athletics (unit 3, core tasks 1-3)	Strike Field Throwing Catching Running Sportsman ship
Yr 5/6 (2)	Dance/ Drama Through class themes/ books (unit 3, core task 1)	Flexibility Control Balance Comparing performance Strength Poise Technique Stamina	Games Invasion - hockey (unit 2, core task 1)	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Enrichment-Fencing	Balance, movement, balance Flexibility Control Balance Comparing performance Strength	Games Net/Wall - badminton (unit 1, core task 1)	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Games Striking & fielding cricket (unit 2, core task 1-3)	Running Jumping Throwing Catching Control Balance Comparing performance Strength Poise	Games Striking & fielding - rounders (unit 2, core task 3)	Striking Fielding Running Throwing Catching Tactics

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All year groups Outdoor Learning - Team building & problem solving	Team work Problem solving Effective communication Resilience Collaboration Respect for and understanding of nature and our environment
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