



St. Mary's Catholic Academy



Physical Education Long Term Plan

Year Group	N	R	Y1	Y2	Y3	Y4	Y5	Y6
Term								
Autumn 1	<p>FUNDamentals of Movement</p> <p>Children will begin to learn the basic techniques needed to improve Agility, Balance & Co-ordination through lots of fun Multi-Skills games!</p>	<p>FUNDamentals of movement</p> <p>Children will continue to develop basic techniques needed to further improve Agility, Balance & Co-ordination through lots of fun Multi-Skills games!</p> <p>&</p> <p>Forest Schools *5 weeks only</p>	<p>FUNDamentals of movement</p> <p>Children will become competent in the FUNDamentals of movement (Agility, Balance, Co-ordination) and begin to apply these skills in conditioned games</p> <p>&</p> <p>Forest Schools *5 weeks only</p>	<p>FUNDamentals of movement</p> <p>Children will become increasingly competent in the FUNDamentals of movement (Agility, Balance, Co-ordination) and will apply these skills in a variety of sports and activities</p> <p>&</p> <p>Dance</p> <p>In Year 2 children will develop their ability to learn a dance routine</p>	<p>Invasion Games (Basketball)</p> <p>Children will begin to learn the basic skills and techniques in Invasion Games (Passing, Receiving, Dribbling, Shooting)</p> <p>&</p> <p>Dance</p> <p>In KS2 children will begin to develop their choreography skills as they begin to contribute their own ideas to the formation of dance routines.</p> <p>Mr Case</p>	<p>Invasion Games (Football)</p> <p>Children will begin to learn the basic rules, skills, tactics and techniques in Invasion Games (Passing, Receiving, Dribbling, Shooting)</p> <p>Mr Sigley</p>	<p>Invasion Games (Basketball)</p> <p>In Y5 the children will begin to learn activity specific skills and activity specific tactics (Full/Half Court Press, Set Pick, Lay Up, Bounce Pass)</p> <p>Mr Sigley</p>	<p>Invasion Games (Football/Handball)</p> <p>In Y6 the children will continue to refine activity specific skills and activity specific tactics. They will be able to use the knowledge gained to make tactical decisions independently and explain why they have selected these tactics.</p> <p>&</p> <p>Swimming</p>

				with guidance from a member of Staff. The class will split into two and have a dance off! Mr Case				
Autumn 2	<p>FUNDamentals of Movement</p> <p>Children will begin to learn the basic techniques needed to improve Agility, Balance & Co-ordination through lots of fun Multi-Skills games!</p>	<p>FUNDamentals of movement</p> <p>Children will continue to develop basic techniques needed to further improve Agility, Balance & Co-ordination through lots of fun Multi-Skills games!</p> <p>&</p> <p>Dance activities</p> <p>Children will continue experimenting with moving their bodies in a variety of ways. Children will also start to hold their body in</p>	<p>Dance</p> <p>Children will start to explore how change their dance moves with relation to a stimulus (Happy/Sad, Fast/Slow) Mr Case</p>	<p>Gymnastics</p> <p>Children will begin to refine movements into actions showing control, extension and a degree of fluency. They will use these movements when creating routines with guidance Mr Sigley</p>	<p>Gymnastics</p> <p>In Year 3 children will learn how to control their bodies and link movements together with fluency. In Gymnastics children will begin to experiment with mirror & match whilst working in pairs. Mr Sigley</p>	<p>Gymnastics</p> <p>Children will continue to develop their ability to express their ideas through movement. In Gymnastics specifically they will learn to use Unison & Canon whilst working independently in medium sized groups.</p> <p>&</p> <p>Forest Schools *5 weeks only</p>	<p>Health Related Exercise</p> <p>Y5 will continue to learn about the different types of physical fitness and how to train/exercise to ensure progress in each type of fitness. They will also learn how to assess their own physical performance so that they successfully evaluate areas to develop.</p> <p>&</p> <p>Swimming</p>	<p>Gymnastics</p> <p>In Year 6 children will develop their core strength through their work on apparatus and working with partners. In Gymnastics children will develop their partner balances and incorporate them into routines created independently with large groups.</p> <p>&</p> <p>Forest Schools *5 weeks only</p>

	<p>Children start to experiment with moving their bodies in a variety of ways using themes that mirror their classroom topics. Children will also start to hold their body in different positions using different body parts.</p>	<p>Children will continue experimenting with moving their bodies in a variety of ways. Children will also start to hold their body in different positions using different body parts and travelling over varied objects and different heights.</p>	<p>In Y1 children will develop their sprinting technique, their throwing technique and how to run a relay race! Mr Sigley</p>	<p>Children will develop their sprinting technique, their throwing technique, the technique of a long jump, hurdles and how to run a relay race!</p>	<p>Children will continue to develop their ability to sprint, jump and throw. They will also begin to develop their ability to run middle to long distances.</p> <p>&</p> <p>Swimming</p>	<p>In Y4 Children will continue to develop their ability to sprint, jump and throw. They will also begin to develop their ability to run middle to long distances. They will also begin to learn the Triple Jump. Mr Sigley</p>	<p>Children will develop their technique when: Sprinting, Jumping (Long/High/Triple), Throwing (Javelin & Discus), Hurdles and Relay.</p>	<p>In Y6 children will develop their technique when: Sprinting, Jumping (Long/High/Triple), Throwing (Javelin & Discus), Hurdles and Relay. Children will also develop their ability to evaluate and improve their peers' performance using the knowledge and understanding.</p>
<p>Summer 1</p>	<p>Athletics & HRE 'Exercise & our body'</p> <p>In Summer the children in the Nursery will start to have fun learning to run fast, jump high and throw far! (They'll also start to learn their races ready for Sports Day!)</p>	<p>Athletics & HRE 'Exercise & our body'</p> <p>In Summer the children in the Reception will start to learn how to improve their ability to run fast, jump high and throw far! (They'll also start to learn their races ready for Sports Day!)</p> <p>Mr Sigley</p>	<p>HRE 'Exercise & our body'</p> <p>Y1 will begin to learn about how they body changes when they exercise whilst getting fitter!</p> <p>&</p> <p>Swimming</p>	<p>Gymnastics</p> <p>Children will begin to refine movements into actions showing control, extension and a degree of fluency. They will use these movements when creating routines with guidance</p> <p>&</p> <p>Swimming</p>	<p>Invasion Games (Football/Hockey)</p> <p>Children will begin to learn the basic rules, skills and techniques in Invasion Games (Passing, Receiving, Dribbling, Shooting)</p>	<p>Invasion Games (Basketball/Hockey)</p> <p>Children will begin to learn the basic rules, skills, tactics and techniques in Invasion Games (Passing, Receiving, Dribbling, Shooting)</p> <p>&</p> <p>Dance</p> <p>Children will begin to develop their understanding of Canon and Unison in dance. They will also</p>	<p>Striking & Fielding</p> <p>In Year 5 children will begin to apply procedural knowledge (when to apply skills) as they learn to react to game circumstances (i.e. arranging fielders to block a batter hitting to their strongest side)</p> <p>Mr Sigley</p>	<p>Invasion Games (Basketball)</p> <p>In Y6 the children will continue to refine activity specific skills and activity specific tactics. They will be able to use the knowledge gained to make tactical decisions independently and explain why they have selected these tactics.</p>

	<p>Dance activities</p> <p>Children start to experiment with moving their bodies in a variety of ways using themes that mirror their classroom topics. Children will also start to hold their body in different positions using different body parts.</p> <p>Mr Case</p>					<p>consider their use of space and dance terminology.</p> <p>Mr Case</p>		
<p>Summer 2</p>	<p><u>Athletics & HRE 'Exercise & our body'</u></p> <p>In Summer the children in the Nursery will start to have fun learning to run fast, jump high and throw far!</p> <p>&</p>	<p><u>Athletics & HRE 'Exercise & our body'</u></p> <p>In Summer the children in the Reception will start to learn how to improve their ability to run fast, jump high and throw far!</p> <p>&</p>	<p><u>FUNDamentals of movement</u></p> <p>Children will become competent in the FUNDamentals of movement (Agility, Balance, Co-ordination) and begin to apply these skills in conditioned games</p>	<p>Swimming</p> <p>&</p> <p>Forest Schools *5 weeks only</p>	<p><u>Striking & Fielding</u></p> <p>In Y3 children will be introduced to basics of striking & fielding activities (through both cricket & rounders. They will develop their skills when batting, bowling and fielding.</p>	<p><u>Striking & Fielding</u></p> <p>Children will begin to learn and refine subject specific actions in striking and fielding. They will develop a deeper understanding of bowl effectively in both cricket and Rounders and how to adopt a useful batting stance.</p>	<p><u>Invasion Games (Football/Hockey)</u></p> <p>In Y5 the children will begin to learn activity specific skills and activity specific tactics (Counter attack, Man to man marking, Zonal marking, High press, Long ball)</p> <p>&</p> <p>Dance</p>	<p><u>Striking & Fielding</u></p> <p>In addition to further developing individual skills in Rounders and applying the skills in games - children will begin to evaluate and improve their peers technique!</p> <p>Mr Sigley</p>

	Forest Schools *5 weeks only	Swimming					<p>In Year 5 the class will begin to learn the difference in various dance styles. Whilst applying this knowledge to create routines considering both style and stimulus.</p> <p>Mr Case</p>	<p>&</p> <p>Dance</p> <p>In Year 6 the class will continue to learn different dance styles. They will apply this knowledge by creating dance routines independently.</p> <p>Mr Case</p>
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