



JOHN WHEELDON PRIMARY ACADEMY

P.E. LONG TERM PLAN

Physical Development ELG: Gross Motor Skills

Statutory framework for the early years foundation stage.

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
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Physical education

The national curriculum primary programmes of study and attainment targets for key stages 1 and 2

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.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.



In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

	AUTUMN TERM	SPRING TERM	SUMMER TERM
EYFS	<p><u>Chuckle Scheme</u></p> <p>Designed so that the children had fun whilst developing and also incorporate lots of resources, parachutes, bungees, scarves.</p>	<p><u>Chuckle Scheme</u></p> <p>Designed so that the children had fun whilst developing and also incorporate lots of resources, parachutes, bungees, scarves.</p>	<p><u>Sports Xplorers</u></p> <p>In addition to physical development through continuous provision including fine and gross motor skills.</p> <p>Balanceability</p>
	AUTUMN TERM	SPRING TERM	SUMMER TERM
YEAR 1	<p>Dance- Moon zoom</p> <p>Playground/Chasing games</p> <p>Yoga</p>	<p>Introduction to target games</p> <p>Parachute games and teambuilding</p> <p><u>ENRICHMENT DAY</u></p> <p>Positive play and games</p>	<p>Gymnastics</p> <p>Dance- sugar plum fairies</p> <p>Skipping games</p> <p>Running, jumping and throwing fundamentals</p>
	AUTUMN TERM	SPRING TERM	SUMMER TERM
YEAR 2	<p>Dance- castle themed</p> <p>Gymnastics</p>	<p>Dance- cultural</p> <p>Gymnastics</p>	<p>Target games- trigolf</p> <p>Introduction to net/wall games-</p>



	Parachute games and intro to orienteering	Multi skills and games Yoga	bat and ball skills Introduction to athletics (running, jumping, throwing) <u>ENRICHMENT DAY</u> Hands on Hula Hooping
	AUTUMN TERM	SPRING TERM	SUMMER TERM
YEAR 3	Dance- Rivers Invasion games- sending and receiving skills (football/hockey/handball) Team Building and OAA	Invasion Games - Throwing skills (basket/bench/netball) Tennis/badminton/volleyball skills Gymnastics <u>ENRICHMENT DAY</u> The Game of Colours challenge day	Dance- Romans Athletics Striking and fielding -Kwik cricket skills
	AUTUMN TERM	SPRING TERM	SUMMER TERM
YEAR 4	Dance- line dancing Gymnastics Invasion games- Dodgeball OAA including / archery	Dance- maypole Gymnastics Invasion games- throwing/tag rugby skills <u>ENRICHMENT DAY</u> Cheerleading	Gymnastics Volleyball skills Striking and fielding- rounders/softball skills Athletics



	AUTUMN TERM	SPRING TERM	SUMMER TERM
YEAR 5	Swimming Dance- Harry Potter Gymnastics Sportshall Athletics/cross country	Swimming Gymnastics <u>ENRICHMENT DAY</u> Quidditch tournament	Swimming Invasion Games- football Sportshall Athletics/cross country
	AUTUMN TERM	SPRING TERM	SUMMER TERM
YEAR 6	Gymnastics Dance - Traditional Orienteering Sportshall Athletics/cross country <u>ENRICHMENT DAY</u> WW2 themed tea dance	Dance- traditional Gymnastics Invasion games- hi fives netball Paralympic activities inc seated volleyball	Dance- Mexican/American styles Invasion Games- handball Striking and fielding- rounders / softball