

Thoresby Primary School Physical Education Long Term Plan



		EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Long Term Plan for Physical Education	Autumn Term	<p>Children will be given the opportunity to:</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p>	<p>Invasion Games (ball skills) throwing and catching, balance, agility and co-ordination, weight transfer, game-based activity</p> <p>Dance – barn dancing, change direction, link travelling moves, basic body patterns, speed and direction</p>	<p>Invasion Games (ball skills) , hand-eye coordination, sending and receiving with feet, kick and move with a ball, dribbling</p> <p>Dance – Linked to class performance levels/speed of movement, good body shape/position, improve timing, rhythm and control.</p>	<p>Invasion Games – moving into small team (3 v3) games, aware of others, passing and controlling, throwing and catching in different ways, Game principles – rules, team work, tactics mastering techniques. Introduce early Hockey/ Basketball/Dodgeball</p> <p>Gym- Jumping techniques, partner work, creating a sequence, choosing appropriate actions</p>	<p>Invasion Games</p> <p>3 v3 Possession, accuracy, ABC, Accurate passing/ dribbling, passing, tactics, attack and defence (small teams)</p> <p>Hockey/ netball/ tag rugby</p> <p>Gym</p> <p>Body shapes, symmetrical/ asymmetrical, sequencing with balancing and linking movements, counterbalance, canon /unison, perform and evaluate own and others.</p>	<p>Invasion Games –</p> <p>Moving to larger teams, passing / receiving, footwork, range of passes, marking and getting free, dodging and making space, intercept a pass, shoot, different positions.</p> <p>Netball and basketball</p>	<p>Fielding games (rounders)Throw and catch under pressure, stop ball, batting control, backstop, work as a team, tactics, play in a tournament</p> <p>Invasion Games</p> <p>Basic rules of tag rugby, working as a team, pass and carry, apply rules and skills, play a game</p>
	Spring Term	<p>Demonstrate strength, balance and coordination; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Gym</p> <p>Link movements with control, actions and shapes, travelling on benches, simple sequences, repeat</p> <p>Multi Skills -Circuits</p> <p>Balance, coordination, running stop and start, travel in directions, ABC</p>	<p>Gym</p> <p>Remember and repeat with control, balance on isolated parts, link actions to form a sequence, travelling move to larger apparatus</p> <p>Invasion games – early attack and defence, hand/eye ball control, catch a variety of objects, kick and move with a ball, dribbling</p>	<p>Dance- Linked to Concert</p> <p>Patterns of movement, rhythm and expression, precision of movement, dance piece that tells a story, perform</p> <p>Racquet Games</p> <p>Badminton -aware of others, control of shuttlecock racquet, rules of a game, simple tactics</p>	<p>Swimming</p> <p>Pool safety skills, travel 25 m</p> <p>Dance - linked to concert</p> <p>Precise patterns and actions of chosen dance style, awareness of rhythm, create a dance, partnered dance, perform and evaluate</p>	<p>Gym</p> <p>Practise body shapes/ balances, symmetrical and asymmetrical, refine flexibility, strength, balance, power, rolling, bridging, dynamic, counterbalances, sequence of movements, canon and unison, perform and evaluate own performance</p> <p>Fielding Games –</p> <p>Batting and fielding skills, fielding techniques, overarm throw, batting control, mini tournament</p> <p>Kwik Cricket</p>	<p>Multi skills (Circuits)</p> <p>Gym</p> <p>Practise shapes and balances, symmetrical and asymmetrical shapes, constructing more complex sequences using balances and linking movements, counterbalancing, canon and unison, perform and evaluate own performances</p>
	Summer Term		<p>Athletics- Varying speeds when running, footwork patterns, throwing.</p> <p>Fielding Games (throwing and catching) Varying speeds, footwork patterns, arm mobility, ways of throwing, short distance running</p>	<p>Athletics Run, jumping for distance, throwing in a variety of ways, hurdle obstacles, run for distance</p> <p>Fielding Games (throwing and catching) position body to strike a ball, catching skills throw for distance, understanding fair play, playing a game</p>	<p>Athletics</p> <p>Run in different directions/ speeds, throwing technique, jumping technique, basics of relay, mini comp recording scores</p> <p>Multi skills – personal fitness and accuracy (circuits)</p>	<p>Athletics- Select and maintain running pace, throwing with power and accuracy, safely, good running technique in competition, footwork patterns, effective jumping technique</p> <p>Racquet games</p> <p>(short tennis) build to a rally</p>	<p>Athletics</p> <p>Correct technique, running at speed, run for distance, throw with accuracy and power, relay running techniques, footwork patterns, jumping for distance techniques, pull throws, competitive situation</p> <p>Dance – African/ animal identify and practise patterns, awareness of music rhythm, create and perform dance, partnered dance, link to concert group dance, perform and evaluate</p>	<p>Athletics</p> <p>Investigate running styles/ changes of speed in a competitive situation</p> <p>Throwing with accuracy, safely</p> <p>Jumping for distance</p> <p>Dance – Link to concert</p> <p>Patterns/ actions – street style? Music rhythm and phrasing, create a group, perform and analyse own and others’ performance</p> <p>Outdoor and adventurous</p>