

Salehurst CE Primary School - PE Long Term Plan

Purpose of study

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.

KS1

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.

- 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.

KS2

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.

- Use running, jumping, throwing & catching in isolation and in combination
- Perform dances using a range of movement patterns
- 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 & gymnastics]
- Take part in outdoor & 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 KS1 or KS2.
- 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.

Years 4 (Buzzards) and 5 (Hawks) to have swimming lessons off site in Spring and Summer terms.

Examples

Invasion Games	Basketball, football, hockey, netball, handball and benchball. Any sport that applies basic principles suitable for attacking and defending.
Net Games	Badminton, tennis and volleyball.
Athletics	Running, throwing and jumping.
Striking/Fielding	Cricket, rounders, stoolball.

Purple - JE (Sports Coach) Blue - CT (Class Teacher)	Autumn		Spring		Summer	
	Term 1 2 x lessons a week 12 lessons (6 on each)	Term 2 2 x lessons a week 12 lessons (6 on each)	Term 3 2 x lessons a week 12 lessons (6 on each)	Term 4 2 x lessons a week 12 lessons (6 on each)	Term 5 2 x lessons a week 12 lessons (6 on each)	Term 6 2 x lessons a week 12 lessons (6 on each)
Merlins	Invasion Games Dance	Invasion Games/fitness Gym	Net Games Invasion Games	Dance Gym	Athletics Striking/Fielding	Athletics Striking/Fielding
Falcons	Invasion Games Dance	Invasion Games/fitness Gym	Net Games Invasion Games	Dance Gym	Athletics Striking/Fielding	Athletics Striking/Fielding
Kestrels	Invasion Games Dance	Invasion Games/fitness Gym	Net Games Invasion Games	Dance Gym	Athletics Striking/Fielding	Athletics Striking/Fielding
Buzzards	Invasion Games Dance	Invasion Games/fitness Gym	Net Games Invasion Games	Dance Gym	Athletics Striking/Fielding	Athletics Striking/Fielding
Hawks	Invasion Games Dance	Invasion Games/fitness Gym	Net Games Invasion Games	Dance Gym	Athletics Striking/Fielding	Athletics Striking/Fielding
Eagles	Invasion Games Dance	Invasion Games/fitness Gym	Net Games Invasion Games	Dance Gym	Athletics Striking/Fielding	Athletics Striking/Fielding

*Owls to follow their own EYFS Curriculum.

*Teachers can plan for their lessons using www.peplanning.org.uk/index.html - select year group, activity and how many sessions you will be doing the activity for and the website will come up with a basic plan that you can adapt based on your classes needs and abilities.