



# Physical Education Long Term Plan

Lessons in **blue** will be taught **by Next Level** outside providers and move towards a sport-specific model. This is a CPD model and staff will **teamteach** with provider. Our additional weekly PE lessons can be taught using the iMoves materials for the 'Holistic PE' model.

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Fundamental Skills	Dance Nursery Rhymes	Ball Skills Hands	Gymnastics Moving	Ball Skills Feet	Gymnastics High, low, over, under	Locomotion Jumping	Dance Ourselves	Health & Wellbeing ABCs	Team Building	Athletics	Games
Year 1	Multi-Skills	iExercise Core strength and balance	Gymnastics	iMove Locomotion, Travelling, Agility	Dance	iPractice Agility	Hand/Foot Ball skills	iCommunicate Object control core strength and balance	Games	iCreate Coordination	Athletics	iThink Locomotion, Travelling, Agility
Year 2	Multi-Skills	iExercise Core Strength and Balance	Gymnastics	iMove Locomotion, Travelling, Agility, Strength and Balance	Dance	iPractice Agility	Hand/Foot Ball skills	iCommunicate Object control	Games	iCreate Coordination	Athletics	iThink Balance and Agility
Year 3/4	Multi-Skills	Football Mansfield Town FITC	Gymnastics	iMove Agility and Fitness And iPractice Coordination, Strength and Balance	Basketball	iCommunicate Coordination, Strength and Balance	Net/Wall	iCreate Locomotion, Strength and Balance	Paceball	iThink Coordination, Manipulation, Strength and Balance	Athletics	Cricket Chance to Shine
Year 5	Swimming	Football	Swimming	iPractise Coordination, Agility and Fitness	Swimming	Basketball	Net/Wall	iCommunicate Locomotion, Strength and Balance	Net/Wall	iCreate Coordination, Manipulation, Strength and Balance	Athletics	Cricket Chance to Shine
Year 6	Football	iPractise Coordination, Agility and Fitness	Gymnastics	iThink Coordination, Strength and Balance	Basketball	iExercise Agility and Fitness, Strength and Balance	Striking and Fielding	Yoga	Net/Wall	iMove Locomotion, Agility and Fitness	Athletics	Cricket Chance to Shine



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.

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.



## EYFS Physical Development

ELG: Gross Motor Skills Children at the expected level of development will:

- 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.

