

Long term plan PE 2019/2020

Each term, health and fitness and ‘the way our body works’ should be brought into the PE lessons. Talking about our hearts getting stronger and pumping blood around the body. Children should be aware of the basic muscles and the importance of warming up and cooling down. By ks2 children should be able to lead own warm ups, explaining and understanding what muscles they are warming up.

All children MUST change into PE kits and be wearing the correct kits to take part.

Key Stage one – focus on fundamental skills.

Key stage two – focus on putting into a game situation.

Key Stage 1		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Class teacher	Gymnastics – focusing on different ways of travelling	Gymnastics – linking different movements together	Dance – link to topic, focus on creating and showing dances	Dance – focus on action, dynamics, rhythm.	Bat and ball - including cricket, rounders – throwing, catching and fielding.	Athletics – jumping, running, throwing. Team games/races.
	Tia (Primary Sports)	Multi skills – basic throwing, catching and receiving skills.	Multi skills - basic throwing, catching and receiving skills.	Games – basketball skill base, fundamental movements, football skills.	Games – netball skills, including basketball skills (small sided games)	Bat and ball - including cricket, rounders – throwing, catching and fielding.	Athletics – jumping, running, throwing. Team games/races.
2	Class Teacher	Gymnastics – create and perform simple	Gymnastics – developing	Dance create and perform short dances	Dance create and perform	Games – invasion games –	Games – net games – involving

		sequence – look at balancing, rolling, jumping, shapes	sequences. Evaluating, improving.	based on theme linked to topic	short dances based on theme linked to topic	throwing and catching – spacing	activities similar to tennis.
	Tia (Primary Sports)	multi skills - football skills and small sided games. 4 v 4.	Games – invasion games – inc bench/mat ball/hand ball. Skills based – throwing, catching, basic awareness.	Games – carry on from last term. Focus on netball/basketball	Net/wall games – netball skills, benchball, basketball skills.	Striking and fielding - including cricket, rounders – throwing, catching and fielding.	Athletics – throwing catching, jumping, running (sprints and longer distances) – team and game races.

Key Stage 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3 Class teacher	Dance – link to topic. Create and perform dance – speed, level, direction, space and shape	Dance – link to topic. Create and perform dance – speed, level, direction, space and shape	Gymnastics — create and perform a sequence contrasting of jumps, balances, shapes, - look at speed and travel.	Gymnastics — create and perform a sequence contrasting of jumps, balances, shapes, - look at speed and travel.	Games – net/wall – core task one - look at spacing, tactics.	Games – striking and fielding – core task one.

	Tia (Primary Sports)	Invasion games – ball handling skills – football.	Invasion games – netball, basketball, bench ball – game based – skills within game.	Invasion games - netball, basketball, bench ball – game based – skills within game. – SAQ (speed agility, quickness work.)	Net/wall games – tennis skills, hitting, spacing, moving.	Net/wall games – lead into game. Tactics taught through game. Striking, fielding	Athletics – running (different distances and relays), throwing, jumping. Look at techniques of these.
4	Class Teacher	Gymnastics - routines using up to six elements – turning and twisting, balances, flights, levels.	Gymnastics - routines using up to six elements – turning and twisting, balances, flights, levels.	Dance – Traditional dance – look at different steps involved – create and perform own.	Dance – link into topic. Create and develop motif.	Striking and fielding – focus on space and tactics. Throwing and catching balls.	Games – net/wall – core task 1 – spacing and hitting ball.
	Tia (Primary Sports)	Invasion games – ball skills, team work skills.	Invasion Games– look at spacing and tactics. Game situations.	Invasion games - netball, basketball, bench ball – game based – skills within game. – SAQ (speed agility, quickness work.)	Net/wall games – tennis skills, hitting, spacing, moving.	Striking and fielding – team games and situations.	Games – net/wall – put learnt skills into practice. – create own similar games.

Key Stage 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
5	Class teacher	Gymnastics – create routine involving 8 different elements. – shapes, balances, rolling, jumping.	Gymnastics – create routine involving 8 different elements. –	Dance – Tracey Dodd	Dance – Tracey Dodd	Net/wall games.	Net/wall games.

			shapes, balances, rolling, jumping.				
	Tia (Primary Sports)	Invasion games – ball handling skills – football. Game based – learning within the game.	Invasion games – tactics and team play. Spacing and throwing.	Invasion games - netball, basketball, bench ball – game based – skills within game. – SAQ (speed agility, quickness work.)	Net/wall games – tennis – games and tactics.	Striking and fielding – cricket and rounder’s. Tactics through game based activities.	Athletics. running, jumping, throwing. Relay races.
6	Class Teacher	Dance – Tracey Dodd	Dance – Tracey Dodd	Invasion games	Invasions games	Invasion games.	Athletics
	Sam L	Invasion games – ball handling skills – football. Game based – learning within the game.	Invasion games – tactics and team play. Spacing and throwing.	Invasion games - netball, basketball, bench ball – game based – skills within game. – SAQ (speed agility, quickness work.)	Net/wall games – tennis – games and tactics.	Striking and fielding – cricket and rounder’s. Tactics through game based activities.	Athletics. running, jumping, throwing. Relay races.
		Very similar to year five but look more at developing current skills.					

Vocabulary to be taught indirectly through lessons - build upon this each lesson - bringing new words and vocabulary - discuss meaning of these and encourage children to use this vocab.

Teachers to put onto plans in first lesson of half term health and safety aspect of the skill/sport. Go over this with children to gain their awareness.