



Physical Education - Long Term Plan Cycle B

	Autumn		Spring		Summer	
	1	2	1	2	1	2
EYFS: Gross motor skills - 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.		KS1: - Master basic movements including running, jumping, throwing and catching - 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 over different levels.		KS2: - Use running, jumping, throwing and catching in isolation and in combination - Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending - Develop flexibility, strength, technique, control and balance - Perform a range of dances using a varied movement pattern - Take part in outdoor and adventurous activity to challenge both individually and within a team - Compare their performance with previous ones and demonstrate improvements to achieve personal best		
Early Year	Learning through play: Playing through games	Dance: Dinosaurs	Ball Skills: Ball skills Hands 2	Gymnastics: Moving	Health & Wellbeing	Attack/defence: Understanding Games
	Sticky Kids	Sticky Kids	Dance: Seasons	Sticky Kids	Sticky Kids	Ball skills: Rackets' bats, balls & balloons
Year 1 and 2	Learning through play: Creating Games (2)	Ball Skills: Hands (2)	Ball Skills: Feet (2)	Locomotion: Dodging 1 (2)	Team Building: Team Building (2)	Sticks: Ball Skills - sticks
	Running: Running (1)	Dance: toys (1)	Gymnastics: Linking (2)	Dance: Heroes (1)	Gymnastics: pathways (2)	Health & Wellbeing (2)
Year 3 and 4	Health & wellbeing: Mindfulness (3)	Gymnastics: Symmetry/asymmetry (3)	Invasion: Handball (4)	OAA: Problem solving (KS2)	Striking: Golf (4)	Athletics (4)
	Swimming	Swimming	Swimming	Swimming	Dance: Space (4)	Game sense: Invasion (4)
Year 5 and 6	Health & Wellbeing	Dance: Street Art (5)	Invasion: Football (6)	Gymnastics: Creating sequences (6)	Dance: The Circus (5)	Athletics: track and Field (6)
	Invasion: Dodgeball (6)	Gymnastics: Canon and unison (5)	OAA: Challenging collaboration (KS2)	Net & wall: Tchoukball	Games: Tennis (6)	Striking: Golf (6)
Joyce Class	Health & wellbeing: Mindfulness (3)	Learning through play: Creating Games (2)	Gymnastics: Symmetry/asymmetry (3)	OAA: orienteering (KS2)	Striking: Golf (4)	Athletics (4)
	Year 3 & 4 Swimming	Year 3 & 4 Swimming	Year 3 & 4 Swimming	Year 3 & 4 Swimming	Health & wellbeing (2)	Game sense: Invasion (4)