

Aims:**PE long term plan**

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

Key Stage 1	Key Stage 2	Key Stage 3	Key Stage 4
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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. 	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> ♣ 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. 	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, • football, hockey, netball, rounders, rugby and tennis] • develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] • perform dances using advanced dance techniques within a range of dance styles and forms • take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing 	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance] • take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group

		<ul style="list-style-type: none">• skills to solve problems, either individually or as a group• analyse their performances compared to previous ones and demonstrate improvement• to achieve their personal best• take part in competitive sports and activities outside school through community links or sports clubs.	<ul style="list-style-type: none">• evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best• continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.
--	--	--	---

Long Term Plan for PE 2019-2020

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Lower Phase	Defend and attacks games/Balance and co-ordination	Gymnastic/Games	Dance/Athletics	Dance /	Gymnastics/Outdoor adventure	Team games/Athletics
Middle Phase	Dance / attack games	Gymnastics/Games	Gymnastics/Outdoor adventure, Orienteering	Outdoor adventure Orienteering / Athletics	Games /	Mexican Dance / Athletics

Using the Val Sabin Scheme of work following the Medium term plan for each class.

Premier Sports Coach will plan and teach these sessions

Cornerstones ILP - PE focus

Medium Term Plan for PE

Lower Phase 2019-2020

Topics	Autumn Term 1		Autumn Term 2		Spring Term 1		Spring Term 2		Summer Term 1		Summer Term 2	
Topics	Towers, Tunnels and Turrets		Heroes and Villains		Gods and Mortals		Gods and Mortals		Wriggle and Crawl		Flow	
Area	Defend and attacks games/Balance and co-ordination		Athletics/Games		Dance/Athletics		Dance/Games		Gymnastics/Outdoor adventure		Team games/Individual challenges- Athletics	
Willow (R/Y1)	Games R - Unit 1	Gymnastic N/R, A	Athletics Unit 1 – Y1	Games R – Unit 2	Dance R-Unit 1	Athletics Unit 2 – Y1	Games R – Unit 3	Dance Unit2	Gymnastic B	Outdoor adventure Y 1	Games R – Unit 4	Running/Throwing/Jumping p 135-163
Cedar (Y2)	Games Y1 -Unit 2	Gymnastic Y1 – D, E	Athletics Unit 1 – Y1	Games Y1 – Unit 3	Dance R – Unit 2	Athletics Unit 2 – Y1	Games Unit 4 – Y1	Dance R- Unit 3	Gymnastics Y1 –F,G	Outdoor adventure Y2	Games Y2 – Unit 1	Running/Throwing/Jumping p 135-163
Birch (Y2/3/4)	Games Y1 - Unit 3	Gymnastic Y2 – H	Athletics Y2 – Unit 1	Games Y1 – Unit4	Dance Y1 – Unit 1	Athletics Y2-Unit 2	Games Y2 Unit 1	Dance Y1 – Unit 2	Gymnastic Y2-I	Outdoor adventure Y3	Games Y 2 – Unit 2	Running/Throwing/Jumping p 135-163
Oak (Y3/4)	Games Y2 - Unit 3	Gymnastic Y2-J	Athletics Y2 – Unit 1	Games Y2 – Unit 4	Dance Y2-Unit 1	Athletics Y2-Unit 2	Games Y3 – unit 1	Dance Y2-Unit 2	Gymnastic Skills- jumping Rolling, balance	Outdoor adventure Y3	Games Y3 – unit 2	Sprinting Estimate distance duration P251-267 stage 2

Middle Phase 19-20

	Autumn Term 1		Autumn Term 2		Spring Term1		Spring Term 2		Summer Term 1		Summer Term 2	
Topic	Off with her head		Gallery rebels		Frozen Kingdom		Frozen Kingdom		Scream Machine		Hola Mexico	
Area	Dance / attack games		Gymnastics/Games		Gymnastics/ Games		Outdoor Adventure/Orienteering /Athletics		Individual challenge(Athletics)/Games		Dance/Athletics	
Elm (Y4-5)	Dance Tudor dance Y3-6	Games Unit1 – Y3	Gymnastics M-Year 3	Games Unit 2 – Y3	Games Unit 3 – Y3	Gymnastics N – Year 3	Outdoor adventure Y4	Athletics Unit 1 – Y3	Sprinting Estimate distance duration p251-p267	Games Unit 4 – Year 3	Dance Unit2 Y3	Athletics Unit 2- Y3
Ash (Y6-7, 9)	Dance Tudor dance Y3-6	Games Unit1 – Y3	Gymnastics N-Year 3	Games Unit 2– Y3	Games Unit 3 – Y3	Gymnastics O – Year 3	Outdoor adventure Y4	Athletics Unit 1 – Y4	Sprinting Estimate distance duration p251-p267	Horse riding	Dance Unit2 Y3	Horse riding
Sycamore (Y5-6)	Dance Tudor dance Y3-6	Games Unit 4 – Y4	Gymnastics U – Year 5	Games Unit 1- Y5	Games Unit 2– Y5	Gymnastics W – Year 5	Outdoor adventure Y5	Athletics Unit1 – Y5	Sprinting Estimate distance duration Pull Throw p251-p298	Games Unit 3– Y5	Dance Unit3 – Y6	Athletics Unit2 – Y5
Falcons (Y8)	Dance Tudor dance Y3-6	Games Unit 1 – Y5	Gymnastics U – Year 5	Games Unit 2- Y5	Games Unit 3 Y5	Horse riding	Outdoor adventure Y5	Horse riding	Sprinting Estimate distance duration Pull Throw p251-p298	Games Unit 4 – Y5	Dance Unit3 – Y6	Athletics
Kestrels (Y7-8)	Dance Tudor dance Y3-6	Horse riding	Gymnastics X-Year 6	Horse riding	Games Unit 1 -Y 6	Gymnastics Y-Year6	Outdoor adventure Y6	Athletics Unit 2- Y6	Sprinting Estimate distance duration Pull Throw p251-p298	Games Unit 3 – Y6	Dance Unit3 – Y6	Athletics Unit 2 – Y6

All Year 5 students will go swimming on Monday afternoons (13:30-14:30). Swimming starts after autumn half term

Horse riding

Autumn Term: Kestrels

Spring Term: Falcons class

Summer Term: Ash class

Upper Phase

	Autumn Term 1		Autumn Term 2		Spring Term 1		Spring Term 2		Summer Term 1		Summer Term 2	
Eagles	Basketball	Football	Badminton		Cricket	Netball	Volleyball	Athletics	Rugby	Tennis	Outdoor adventure	Athletics

Basketball	Pupils will focus on developing, implementing and refining team and individual game plans to outwit opponents. Teams will be expected to plan strategies and implement them in different situation. In invasion games the main intention is to invade your opponents' territory and to outwit them so that you can score points.
Football	Pupils will focus on developing, implementing and refining team and individual game plans to outwit opponents. Teams will be expected to plan strategies and implement them in different situations in a football game. In invasion games the main intention is to invade your opponents' territory and to outwit them so that you can score goals or points
Badminton	Pupils will focus on replicating and developing techniques as well as implementing and refining strategic play to outwit opponents. Pupils will be able to demonstrate the essential elements of attack and defence. In net games, it is the player aim to get the ball to land in the target area so that the opponent cannot return it.
Cricket	In this unit pupils will demonstrate consistency, timing and fluency in the execution of techniques for batting, bowling and fielding. Pupils will work on improving the skill of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupils should be able to accurately score, coach & officiate games.
Rugby	Pupils will focus on developing, implementing and refining team and individual game plans with the goal of outwitting an opponent. Pupils will focus on developing and implementing attacking and defending strategies and techniques. All games activities involve pupils thinking about how to use skills, strategies and tactics to outwit the opposition
Tennis	In this unit pupils will demonstrate consistency, timing and fluency in the execution of strokes. Pupils will be able to demonstrate the essential elements of attack and defence with the intention of outwitting their opponents. In net games, it is the players aim to get the ball to land in the target area so that the opponent cannot return it. Pupils should be able to accurately score, coach & officiate games.

Athletics	In this unit, pupils will further enhance replication and performance across all disciplines. Pupils to gain a further understanding of fitness and its relationship to performance. Pupils will focus on planning, preparing for and competing in a range of athletic competitions organised by themselves and others. In athletic activities, pupils will engage in performing skills and personal and collective bests in relation to speed, height and distance.
-----------	--

Each class has 2X PE sessions per week.

*Games sessions – You may need to look back through the units to ensure that skills taught are at the correct level.