

PE Whole School – Long Term Plan

	Autumn Term	Spring Term	Summer Term
Early Years Foundation Stage			
EYFS	<p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing. Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. Watch and talk about dance and performance art, expressing their feelings and responses. Explore and engage in music making and dance, performing solo or in groups. 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.</p>		
Key Stage One			
Year One	Fundamental Skills Gymnastics	Fundamental Skills Dance	Athletics Striking & Fielding
Year Two	Fundamental Skills Dance	Fundamental Skills Gymnastics	Athletics Striking & Fielding
Key Stage Two			

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Year Three	Invasion Games (Hockey) Gymnastics		Outdoor Education Dance		Athletics Striking & Fielding	
Year Four	Invasion Games (Netball)	Gymnastics	Outdoor Education	Dance	Net & Wall Games (Tennis)	Athletics
	Swimming		Swimming		Swimming	
Year Five	Invasion Games (Basketball)	Dance	Gymnastics	Outdoor Education	Striking & Fielding (Cricket)	Athletics
	Swimming		Swimming		Swimming	
Year Six	Invasion Games (Tag Rugby) Gymnastics		Outdoor Education Dance		Athletics Striking & Fielding (Rounders)	