

# Long term Planning – PE Overview



## Long Term overview – PE Content Year A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Early Years Learning and Development Requirement Physical Development</p> <p>Nursery/ Reception</p>	<p><b>Unit 1: Body Management</b></p> <p>Explore balance and managing own body.</p> <p><b>Unit 1: Manipulation &amp; Coordination</b></p> <p>Work with others to control objects in space.</p>	<p><b>Unit 1: Gymnastics</b></p> <p>Explore jumping, sliding, rolling, moving over, under and on apparatus.</p>	<p><b>Unit 2: Gymnastics</b></p> <p>To learn and refine a variety of shapes, jumps, balances and rolls.</p>	<p><b>Unit 1: Dance</b></p> <p>Copy, repeat and perform simple movement patterns to music.</p>	<p><b>Unit 1: Cooperate and Solve Problems</b></p> <p>Move confidently and cooperatively in space, travelling in a range of ways.</p>	<p><b>Unit 1: Speed Agility Travel</b></p> <p>Travel confidently at speed, changing direction and responding to signals.</p>
<p>Year 1/2</p>	<p><b>Unit 1: Run, Jump &amp; Throw</b></p> <p>Begin to link running and jumping. Learn and refine a range of running which includes various pathways and speeds. Develop throwing techniques, sending objects over long distances.</p>	<p><b>Unit 1: Gymnastics</b></p> <p>Identify and use simple gymnastics actions and shapes. Apply basic strength to gymnastic actions. Begin to carry basic apparatus such as mats and benches.</p>	<p><b>Unit 1: Gymnastics</b></p> <p>Describe and explain how performers can transition and link shapes and balances. Challenge themselves to develop strength and flexibility. Create and perform a simple sequence that is judged using simple gymnastic scoring</p>	<p><b>Unit 1 Run, Jump/Throw</b></p> <p>Develop power, agility, coordination and balance over a variety of activities. Can throw and handle a variety of objects (beanbags, balls and hoops). Can negotiate obstacles showing increased control over body and limbs.</p>	<p><b>Unit 1: Hit, Catch and Run</b></p> <p>Hitting objects with hand or bat. Practice feeding and bowling skills. Hit and throw balls to score points in different games.</p>	<p><b>Unit 1: Hit, Catch and Run</b></p> <p>Develop hitting skills with a variety of bats. Practice feeding and bowling skills. Hit and run to score points in different games.</p>
	<p><b>Unit 1: Attack, Defend and Shoot</b></p> <p>To practice basic movements; running, throwing, jumping and catching. To begin to engage in competitive activities. To experience opportunities to improve agility, balance and coordination.</p>	<p><b>Unit 1: Attack, Defend and Shoot</b></p> <p>Can send and retrieve balls using their feet. Refine ways to control their bodies and a range of equipment. Recall and link a combination of skills (dribbling and passing).</p>	<p><b>Unit 1: Dance</b></p> <p>Respond to a range of stimuli and types of music. Explore space, levels, direction and speed. Experiment creating actions and performing movements with different body parts.</p>	<p><b>Unit 1: Dance</b></p> <p>Describe and explain how performers can transition and link shapes and balances. Perform basic movements at different speeds and on different levels. Challenge themselves to move imaginatively responding to music.</p>	<p><b>Swimming</b></p>	<p><b>Swimming</b></p>

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Year 3/4	<p><b>Football</b></p> <p>Choose and implement a range of strategies to attack and defend. Perform a wider range of more complex skills.</p>	<p><b>Tag Rugby</b></p> <p>To consistently perform tag rugby skills. Implement rules and develop tactics in competitive situations To increase speed and build endurance during gameplay.</p>	<p><b>Unit 1: Dance</b></p> <p>Work to include freeze frames into routines. Practise and perform a variety of different formations in dance. Develop a dance to perform as a group with a set starting position.</p>	<p><b>Netball</b></p> <p>Introduce high five netball positions. Acquire and apply basic shooting techniques. Develop netball skills such as marking.</p>	<p><b>Athletics</b></p> <p>Using running, jumping and throwing situations, children investigate in small groups different ways of performing these activities. Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.</p>	<p><b>Cricket</b></p> <p>To develop a range of cricket skills to apply in a competitive context. Chose and use simple tactics in isolation and in a game context. Consolidate existing skills and apply with consistency.</p>
	<p><b>Football</b></p> <p>Recognise and describe good performances. Suggest, lead and plan simple drills for different skills.</p>	<p><b>Unit 1: Dance</b></p> <p>Aiming for a performance. Perform using different facial expressions. Perform with a prop.</p>	<p><b>Unit 1: Dance</b></p> <p>Work to include freeze frames into routines. Practise and perform a variety of different formations in dance. Develop a dance to perform as a group with a set starting position.</p>	<p><b>Unit 1: Gymnastics</b></p> <p>To become increasingly competent and confident to perform skills more consistently. Able to perform in time with a partner or group. Use compositional ideas in sequences such as changes in height, speed and direction.</p>	<p><b>Swimming</b></p>	<p><b>Swimming</b></p>

# Long term Planning – PE Overview



## Long Term overview – PE Content Year B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Early Years Learning and Development Requirement Physical Development</p> <p>Nursery/ Reception</p>	<p><b>Unit 2: Body Management</b></p> <p>Explore rolling, sliding, slithering. Jump using a range of take-off and landings.</p> <p>Unit 2: Dance Count and move to beats of 8. Work as an individual or in a group to copy and create movement patterns.</p>	<p><b>Unit 1: Gymnastics</b></p> <p>Explore jumping, sliding, rolling, moving over, under and on apparatus.</p>	<p><b>Unit 2: Manipulation and Coordination</b></p> <p>Coordinate objects in a range of ways.</p>	<p><b>Unit 1: Speed Agility Travel</b></p> <p>Travel confidently at speed, changing direction and responding to signals.</p>	<p><b>Unit 2: Cooperate &amp; solve problems</b></p> <p>Copy and repeat various patterns and actions.</p>	<p><b>Unit 2: Speed Agility Travel</b></p> <p>Participate in agility-based activities, moving and controlling objects.</p>
Year 1/2	<p><b>Unit 2: Run, Jump and Throw</b></p> <p>Improve running and throwing movements, work for sustained periods of time. Reflect on activities and make connections between healthy active lifestyle.</p>	<p><b>Unit 2: Gymnastics</b></p> <p>To perform a variety of basic gymnastics actions showing control. To introduce turn, twist, spin, rock and roll and link these into movement patterns.</p>	<p><b>Unit 2: Gymnastics</b></p> <p>Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements (back support and half twist). Attempt to use rhythm while performing a sequence.</p>	<p><b>Unit 2: Run, Jump &amp; Throw</b></p> <p>Increase stamina and core strength. Take part in a range of opportunities to extend strength, balance, coordination and agility.</p>	<p><b>Unit 2: Hit, Catch &amp; Run</b></p> <p>Developing fending and fielding skills to benefit fielding as a team. Distinguish between the roles of batter and fielder. Introduce the concept of simple tactics.</p>	<p><b>Unit 2: Hit, Catch and Run</b></p> <p>Work in a variety of ways to score runs in the different hit, catch and run games. Begin to play the role of wicketkeeper and backstop.</p>
	<p><b>Unit 2: Attack, Defend and Shoot</b></p> <p>Select and apply a small range of tactics. To work with others to build basic attacking play.</p>	<p><b>Unit 2: Attack, Defend and Shoot</b></p> <p>Select and apply a small range of tactics. To work with others to build basic attacking play.</p>	<p><b>Unit 2: Dance</b></p> <p>Able to build simple movement patterns from given actions. Compose and link actions to make simple movement phrases. Responding appropriately to supporting concepts such as canon and levels.</p>	<p><b>Unit 2: Dance</b></p> <p>Explore relationships through different dance formations. Explain the importance of emotion and feeling in dance. Copy, create and repeat dance motifs.</p>	<p><b>Unit 2: Send and Return</b></p> <p>Improve agility and coordination and use in a game. Transfer net/wall skills to volleyball style games.</p>	<p><b>OAA</b></p> <p>Use and explore unusual equipment to develop coordination, problem-solving and motor skills. Work as a pair to navigate space.</p>

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Year 3 / 4	<p><b>Basketball</b></p> <p>Developing a range of ball handling skills. To increase confidence and selection of basic skills such as dribbling, throwing and shooting. Explore basic marking and footwork rules.</p>	<p><b>Handball</b></p> <p>Able to show basic passing and catching skills. Learn basic defensive techniques. Implement the rules of handball.</p>	<p><b>Unit 2: Dance</b></p> <p>Developing choreography and devising skills to a theme. Exploring dynamic quality and formations to communicate a character.</p>	<p><b>Hockey</b></p> <p>To be able to perform basic hockey skills such as dribbling and push pass. To implement the rules of basic hockey and develop tactics in competitive situations. To increase speed and endurance during gameplay.</p>	<p><b>Tennis</b></p> <p>Explore different shots; forehand and backhand. Work to return in serve. Demonstrate different positions on court.</p>	<p><b>Cricket</b></p> <p>To develop a range of cricket skills they can apply in a competitive context. Choose and use a range of tactics in isolation and in a game context.</p>
	<p><b>Basketball</b></p> <p>Developing a range of ball handling skills. To increase confidence and selection of basic skills such as dribbling, throwing and shooting. Explore basic marking and footwork rules.</p>	<p><b>Unit 2: Dance</b></p> <p>Building basic qualities of barn dancing through repetition. Building basic choreography skills in travelling, dynamics, and partner work.</p>	<p><b>Unit 2: Dance</b></p> <p>Developing choreography and devising skills to a theme. Exploring dynamic quality and formations to communicate a character.</p>	<p><b>Unit 2: Gymnastics</b></p> <p>Develop a range of increased body actions and shapes to use in sequence. Refine taking weight on small and large body parts.</p>	<p><b>Athletics</b></p> <p>Using running, jumping and throwing situations, children investigate in small groups different ways of performing these activities. Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.</p>	<p><b>OAA</b></p> <p>Work well in a team or group within defined and understood roles. Plan and refine strategies to solve problems. Identify the use and relevance of maps, compasses and symbols.</p>