

## PE Long Term Plan

<b>Nursery</b>	<ul style="list-style-type: none"> <li>• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>• Go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>• Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>• Use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>• Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>• Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li> </ul>	<p><b>Physical Development: Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>
<b>Reception</b>	<ul style="list-style-type: none"> <li>• Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing</li> <li>• Progress towards a more fluent style of moving, with developing control and grace.</li> <li>• 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.</li> <li>• Combine different movements with ease and fluency.</li> <li>• Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li> <li>• Develop overall body-strength, balance, co-ordination and agility</li> <li>• Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>• Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> </ul> <p>Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian</p>	<p><b>Physical Development: Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>

**PE Long Term Plan**

	1	2	3	4	5	6
<b>Nursery</b>	Dance moving in sequence Nursery Rhymes	Feet 1	High, low, under Gymnastics	Hands 1	Moving	
<b>Reception</b>	Nursery Rhymes Dance	Feet 1	Hands 1	Hands 2	Dance Ourselves	Athletics practice
	Jumping 1	Walking 1	Gymnastics- Moving	Gymnastics High, low, under	Games for understanding	
<b>Year 1</b>	Dance - growing	Gymnastics- body parts	Dance - the zoo	Games for understanding	Locomotion running	Athletics practice
	Multi skills	Games Ball skills- feet 1	Locomotion Jumping 1	Gymnastics wide, narrow and curled	Games Ball skills- hands 1	Games Ball skills- hands 2
<b>Year 2</b>	Dance - explorers	Games Ball skills- hands 1	Games Ball skills- feet 1	Gymnastics- linking	Games Ball skills- hands 2	Locomotion- jumping
	Multi skills	Team building	Gymnastics- pathways	Locomotion- dodging	Games for understanding	Athletics
<b>Year 3</b>	Games - invasion Hockey	Gymnastics- symmetry/assymetry	Games - invasion Football	Dance Wild animals	Games- striking/ fielding Rounders	Athletics
	Games- invasion Tag Rugby	Outdoor and Adventurous Orienteering- problem solving	Games- invasion Basketball	Athletics- throwing and jumping	Games- striking/ fielding Cricket	Athletics- competitions
<b>Year 4</b>	Games- invasion Tag Rugby	Gymnastics- bridges	Dance Cats	Outdoor and Adventurous Orienteering	Athletics- competitions	Games- striking/ fielding Rounders

**PE Long Term Plan**

	<b>Swimming</b>  Athletics- running	<b>Swimming</b>  Games- invasion Basketball	<b>Swimming</b>  Games- net/wall Tennis	<b>Swimming</b>  Games - invasion Netball	<b>Swimming</b>  Games- striking/ fielding Cricket	<b>Swimming</b>  Games - invasion Handball
<b>Year 5</b>	Games - invasion Netball	Games- invasion Tag Rugby	Games - invasion Hockey	Games- invasion Basketball	Dance Greeks?	Athletics competitions
	Dance Oliver - Food, glorious food	Gymnastics- counter balance	Outdoor and Adventurous Orienteering	Games- striking/fielding Cricket/ multi skills	Games- net/wall Tennis	Games- invasion Handball
<b>Year 6</b>	Athletics- running	Dance Carnival	Games- invasion Netball	Outdoor and Adventurous Orienteering	Games- striking/ fielding Rounders	Athletics- competitions
	Games- invasion Basketball	Games- invasion Football	Gymnastics- matching/ mirroring	Tag Rugby	Games- invasion Hockey	Games- Cricket

KS1 - locomotion (movement)

Dance                      Games                      Gymnastics                      Outdoor and Adventurous                      Athletics                      Swimming