

Long Term Plans – 2023/24 – Physical Education

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

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.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Subject content

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- 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.



Hurley Primary School - PE Long Term Planning

Each year group should receive the minimum of one hour a week, and usually two hours of high-quality PE per week. It is at the discretion of each class teacher where in the academic year they wish to teach each area however a timetable is provided and certain slots are determined by limitations such as coaching and likely weather. A wide base of skills should be taught and developed throughout the year through a range of sports.

- Invasion Games (Hockey, Football, Netball, Basketball, Rugby etc)
- Net/wall Games (Tennis, Badminton, Table Tennis, Volleyball etc,)
- Striking and Fielding Games (Cricket, Rounders)
- Gymnastics (One apparatus based, one floor work based) – Taught by gymnastics coach
- Swimming
- Athletics
- Dance

Reception to complete activities in line with early learning goals: 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.

Each topic should be taught for approximately a half term and final outcome depends on year group ability/age.



Subject: Physical Education



	Autumn Term		Spring Term		Summer Term	
	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Yr R Slot 1	Movement & using space	Ball skills	Dance	Tennis skills	Marian - Gym Athletics	Marian - Gym Forest
Yr 1 Slot 1	Forest	1.4 Brilliant Ball Skills	Marian - Gym	Marian - Gym	2.5 Throwing and catching (field games)	Swimming
Slot 2	1.1 Multi-Skills	1.5 Cool Core (Strength)	1.2 Story Time Dance	1.1 Boot Camp	1.6 Fitness Frenzy	1.6 Active Athletics
Yr 2 Slot 1	2.1 Multi-Skills	Swimming	2.4 Brilliant Ball Skills	2.5 Throwing and catching (field games)	Marian - Gym	Marian - Gym
Slot 2	2.1 Boot Camp	2.5 Cool Core (Strength)	2.2 Ugly Bug Ball Dance	2.2 Mighty movers	2.6 Fitness Frenzy	2.6 Active Athletics
Yr 3 Slot 1	Marian - Gym	Marian - Gym	Swimming	3.4 Brilliant Ball Skills	Forest	3.6 Active Athletics
Slot 2	3.1 Multi-Skills	3.5 Cool Core (Strength)	3.2 African Dance	3.2 Mighty movers	3.5 Throwing and catching (field games)	Handball
Yr 4 Slot 1	4.1 Invaders	4.5 Cool Core (Pilates)	Marian - Gym	Marian - Gym	4.5 Nimble Nets	Forest
Slot 2	4.2 Mighty Movers	4.3 Skip to the Beat	4.2 Dynamic Dance	Swimming	4.1 Striking and Fielding	4.6 Young Olympians
Yr 5 Slot 1	Marian - Gym	Marian - Gym	5.2 Dynamic Dance	Forest	Swimming	Handball
Slot 2	5.1 Invaders	5.5 Cool Core (Pilates)	5.1 Boot Camp	5.2 Mighty Movers (Boxercise)	5.4 Striking and Fielding	5.6 Fitness Frenzy
Yr 6	Swimming	6.5 Cool Core (Pilates)	6.2 Dynamic Dance	6.5 Nimble Nets	6.4 Striking and Fielding (Rounders)	6.6 Young Olympians
	6.1 Invaders	6.1 Boot Camp	6.6 Fitness Frenzy/Hockey	6.3 Step to the Beat	6.2 Mighty Movers (Boxercise)	Cricket