

Physical Education Long-Term Planning

Curriculum Driver: Be Brave

	Autumn Week 1	Autumn Week 2	Autumn Week 3	Autumn Week 4	Autumn Week 5	Autumn Week 6	Autumn Week 7	Autumn Week 8	Autumn Week 9	Autumn Week 10	Autumn Week 11	Autumn Week 12
Year 1	<p>Dance</p> <p>To explore how we can move our bodies at different levels in dance.</p>	<p>Dance</p> <p>To explore how we can move our bodies at different speeds in dance.</p>	<p>Dance</p> <p>To explore how we can move in different directions and using different pathways safely.</p>	<p>Dance</p> <p>To explore the 4 basic movements of dance including jumps, turns, balances and freezes.</p>	<p>Dance</p> <p>To follow a learnt sequence to combine the 4 basic dance moves together at different speeds and levels.</p>	<p>Dance</p> <p>To identify the tempo of music and change our speed accordingly to move in time with music.</p>	<p>Dance</p> <p>To experiment with key elements in country dances including skipping and galloping.</p>	<p>Dance</p> <p>To learn key patterns from country dances including Sicilian circles and longways sets.</p>	<p>Dance</p> <p>To adapt and experiment with patterns with a partner.</p>	<p>Dance</p> <p>To develop an awareness of performance skills when learning and following a set routine.</p>	<p>Dance</p> <p>To create a simple country dance routine.</p>	<p>Dance</p> <p>To maintain strong performance skills when sharing country dances.</p>
	<p>Agility, Balance & Coordination</p> <p>To show awareness when navigating around a space using a variety of movements.</p>	<p>Agility, Balance & Coordination</p> <p>To maintain some control when balancing an object.</p> <p>To explore how we can use different body parts to help us balance.</p>	<p>Agility, Balance & Coordination</p> <p>To aim towards a target using an underarm technique.</p>	<p>Agility, Balance & Coordination</p> <p>To use both underarm and overarm techniques to throw towards a stationary target.</p>	<p>Agility, Balance & Coordination</p> <p>To understand what a 'cup shape' is and apply it to catch different sized balls.</p>	<p>Agility, Balance & Coordination</p> <p>To understand and follow basic rules to play a team-based game.</p>	<p>Throwing & Catching</p> <p>To apply skills in underarm techniques when throwing a soft piece of equipment.</p>	<p>Throwing & Catching</p> <p>To bounce a ball with one hand and catch using two hands.</p>	<p>Throwing & Catching</p> <p>To apply our understanding of the 'cup shape' when throwing a ball with one hand and catching with two hands.</p>	<p>Throwing & Catching</p> <p>To throw a ball with a partner with developing accuracy, using an underarm technique and cup shape catch.</p>	<p>Throwing & Catching</p> <p>To aim towards a target with developing accuracy, using an underarm technique.</p>	<p>Throwing & Catching</p> <p>To apply skills in throwing and catching to a simple group game.</p>
Year 2	<p>Dance</p> <p>To combine different levels, speeds and movements with control when creating a mini sequence.</p>	<p>Dance</p> <p>To experiment with different dance dynamics.</p>	<p>Dance</p> <p>To experiment with the 'simple canon' effect to create a group motif.</p>	<p>Dance</p> <p>To experiment with the 'building canon' effect to create a group motif.</p>	<p>Dance</p> <p>To create a dance sequence using all taught elements so far and perform it with control.</p>	<p>Dance</p> <p>To experiment with dynamics in a dance sequence to match the tempo.</p>	<p>Dance</p> <p>To understand and perform the key elements of English Country/Morris dancing.</p>	<p>Dance</p> <p>To understand and perform the key elements of Italian Tarantella dancing.</p>	<p>Dance</p> <p>To understand and perform the key elements of Greek Zorba dancing.</p>	<p>Dance</p> <p>To understand and perform the key elements of Bollywood dancing.</p>	<p>Dance</p> <p>To understand and perform the key elements of American line dancing.</p>	<p>Dance</p> <p>To understand and perform the key elements of Salsa dancing.</p>
	<p>Agility, Balance & Coordination</p> <p>To travel around a space safely using a variety of movements, at different</p>	<p>Agility, Balance & Coordination</p> <p>To balance an object with full control whilst changing direction,</p>	<p>Agility, Balance & Coordination</p> <p>To throw towards a target with accurate aim using both underarm and</p>	<p>Agility, Balance & Coordination</p> <p>To throw to a variety of targets at different distances using both underarm and</p>	<p>Agility, Balance & Coordination</p> <p>To use a cup shape to catch different sized balls successfully both below</p>	<p>Agility, Balance & Coordination</p> <p>To follow learnt rules to play a game successfully as part of a team.</p>	<p>Throwing & Catching</p> <p>To throw a beanbag from a variety of distances underarm whilst showing</p>	<p>Throwing & Catching</p> <p>To bounce a ball with one hand and catch with both one and two hands.</p>	<p>Throwing & Catching</p> <p>To throw a ball above head with control and catch with two hands</p>	<p>Throwing & Catching</p> <p>To throw and catch a ball with control and accuracy below and above the head both still</p>	<p>Throwing & Catching</p> <p>To aim towards different distanced targets using both an underarm and</p>	<p>Throwing & Catching</p> <p>To participate in a throwing and catching team game using underarm and overarm</p>

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	speeds and in different directions.	speeds and levels.	over arm technique.	overarm techniques.	and above their heads.		control and accuracy.	To bounce and catch a ball whilst moving.	using a cup shape.	and while moving.	overarm technique.	techniques learnt.
Longitudinal Learning: To understand the benefits of being healthy.												
	Spring Week 1	Spring Week 2	Spring Week 3	Spring Week 4	Spring Week 5	Spring Week 6	Spring Week 7	Spring Week 8	Spring Week 9	Spring Week 10	Spring Week 11	Spring Week 12
Year 1	Gymnastics To understand and perform 5 gymnastic shapes safely.	Gymnastics To explore different animal travels keeping our back and legs straight.	Gymnastics To showcase elements of a 'landing position' when performing a stretch jump.	Gymnastics To understand and perform log and teddy rolls safely.	Gymnastics To create and perform 1 and 2 point balances with some control.	Gymnastics To create a mini sequence of gymnastic shapes and perform with some awareness of body control and posture.	Gymnastics – Large Apparatus To move at different levels and speeds over benches and practice landing jumps safely from vaults.	Gymnastics – Large Apparatus To understand how to navigate a gymnastic frame safely.	Gymnastics – Large Apparatus To navigate a gymnastic frame at low, mid and high levels with growing confidence. To adapt methods of travelling and jumps to benches and vaults.	Gymnastics – Large Apparatus To perform a gymnastic shape on the frame with growing confidence.	Gymnastics – Large Apparatus To move across a gymnastic frame using different animal travels.	Gymnastics – Large Apparatus To create and perform our own sequences combining a gymnastic shape, travel and balance.
	Large Ball Skills To manipulate a ball using our hands.	Large Ball Skills To roll and accept a ball in front of us using our finger tips.	Large Ball Skills To bounce and catch a large ball using two hands.	Large Ball Skills To throw and catch with a two handed technique to themselves.	Large Ball Skills To manipulate a ball with our feet.	Large Ball Skills To participate in a simple team game with large balls, using passing and catching techniques.	Attacking & Defending To use our body to protect a target.	Attacking & Defending To identify space and move around safely.	Attacking & Defending To move forward and create space in an opponent's area.	Attacking & Defending To work effectively within a team, listening to instructions.	Attacking & Defending To demonstrate simple defending techniques including blocking.	Attacking & Defending To demonstrate simple attacking and defending skills in a game situation.
Year 2	Gymnastics To explore 'mirroring' with gymnastic shapes maintaining full control and ensuring our arms and legs are fully stretched.	Gymnastics To maintain full balance and control when combining gymnastic shapes and travels together in sequences.	Gymnastics To perfect our 'landing positions' when conducting a range of controlled jumps including stretch, star	Gymnastics To explore and perform a range of gymnastic rolls including dish/arch and tuck rolls with full control.	Gymnastics To perform a range of point and patch balances with full control.	Gymnastics To create and perform our own controlled sequences combining different elements of gymnastics.	Gymnastics – Large Apparatus To know how to stay safe when using large apparatus.	Gymnastics – Large Apparatus To incorporate different levels and sizes when moving across the frame.	Gymnastics – Large Apparatus To explore movements across benches and perfect our landing position with a range of	Gymnastics – Large Apparatus To create our own mini sequences by combining gymnastic shapes together on the frame with control.	Gymnastics – Large Apparatus To create our own mini sequences by moving across the frame using multiple animal travels.	Gymnastics – Large Apparatus To create our own sequences combining a range of shapes, travels and heights with control.

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			and tuck jumps.						controlled jumps. To explore hoops and holes in gymnastics.			
	Large Ball Skills To manipulate a ball using our hands and feet.	Large Ball Skills To roll a ball at varying speeds and collect it using a hand scoop technique.	Large Ball Skills To bounce a ball using a one-handed dribble technique.	Large Ball Skills To throw and catch with control and accuracy to themselves and with a partner.	Large Ball Skills To manipulate, pass and control a ball with our feet, striking it with different parts of the foot.	Large Ball Skills To participate in a 'send and receive' team game using large balls, showing movement, accuracy and control.	Attacking & Defending To use our body to protect a target with accuracy.	Attacking & Defending To identify, create and move into space safely.	Attacking & Defending To keep possession and invade an opponent's space to create passing and shooting opportunities.	Attacking & Defending To work effectively within a team, listening and giving instructions to help others.	Attacking & Defending To demonstrate different defending techniques including marking, blocking and intercepting.	Attacking & Defending To demonstrate multiple attacking and defending techniques in gameplay.
Longitudinal Learning: To understand the benefits of being healthy.												
	Summer Week 1	Summer Week 2	Summer Week 3	Summer Week 4	Summer Week 5	Summer Week 6	Summer Week 7	Summer Week 8	Summer Week 9	Summer Week 10	Summer Week 11	Summer Week 12
Year 1	Sports Day Preparation To maintain control when running.	Sports Day Preparation To navigate moving around and over obstacles from a standing position and whilst running with some control.	Sports Day Preparation To explore balancing objects when moving with some control.	Sports Day Preparation To show some control and balance when competing in team hoop races.	Sports Day Preparation To apply skills in throwing and catching when competing in relay games/obstacle courses.	Sports Day Preparation To apply skills in jumping and balancing when competing in relay games/obstacle courses.	Sports Day To show good sportsmanship some control when competing in a whole school sports day. <small>(week subject to change due to Sports Day date arrangement)</small>	Summer Games To understand and perform a 'chest pass' in small group dodgeball games.	Summer Games To understand how to control a ball with a hockey stick when moving.	Summer Games To explore passing and accepting a ball with a hockey stick with a partner in small (2v2) games.	Summer Games To experiment with different throws (including underarm and overarm) when competing in carnival style games.	Summer Games To experiment with different grips on the parachute (underhand/overhand/mixed grip) in whole class games.
	Athletics To explore and demonstrate simple running techniques.	Athletics To throw under arm and overarm with some level of accuracy.	Athletics To jump from two feet to two feet using a simple technique, whilst landing on their feet.	Athletics To run and jump over a hurdle with control.	Athletics To throw a javelin with basic technique to a target.	Athletics To combine running, jumping and throwing techniques across a simple circuit of activities.	Racket Skills To demonstrate simple racket balancing skills using a bean bag.	Racket Skills To demonstrate basic racket ball control, striking the ball up and down.	Racket Skills To demonstrate basic footwork to enable movement around an area (court).	Racket Skills To show simple floor forehand and backhand technique when striking a ball.	Racket Skills To demonstrate simple floor rallies with a partner, creating small returns.	Racket Skills To explore basic rules to score a floor tennis game.

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Year 2	Sports Day Preparation	Sports Day Preparation	Sports Day Preparation	Sports Day Preparation	Sports Day Preparation	Sports Day Preparation	Sports Day	Summer Games	Summer Games	Summer Games	Summer Games	Summer Games
	To change direction when running maintaining full control.	To apply jumping skills when navigating a range of objects from a standing position and whilst running maintaining full control and balance.	To maintain full control when balancing objects whilst moving at different speeds.	To show full control and balance when competing in team hoop races.	To devise our own group obstacle courses to test and apply our throwing and catching skills.	To devise our own group obstacle courses to test and apply our jumping and balancing skills.	To show good sportsmanship full control when competing in a whole school sports day. <i>(week subject to change due to Sports Day date arrangement)</i>	To master the 'chest pass' when playing a large group game of dodgeball with strong spatial awareness.	To master moving with a ball with control when playing a group game of hockey.	To apply skills in passing and accepting a ball at a range of distances in a group game of hockey.	To master the underarm and overarm throw, deciding which throw is most suitable and performing it in a range of carnival style games.	To decide which grip is most suitable and perform it with full control across parachute games.
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Racket Skills	Racket Skills	Racket Skills	Racket Skills	Racket Skills	Racket Skills
	To demonstrate the correct (and most effective) running techniques.	To throw under arm and over arm, across varied distances with accuracy.	To explore different jumping styles, including 1 to 2 feet and 2 to 2 feet, jumping with distance and power.	To run and jump over a hurdle with control at speed, demonstrating clear technique.	To throw a javelin with good technique showing distance and control.	To combine running, jumping and throwing techniques across a athletics circuit, showing power, speed and control.	To demonstrate racket balancing skills using both a bean bag and a tennis ball.	To demonstrate control and rhythm when bouncing the ball down and up with a racket.	To demonstrate quick footwork to ensure movement around an area (court) is quick and reactive.	To show floor forehand and backhand technique with developed control and accuracy.	To demonstrate floor rallies with a partner, showing ability to return the ball with footwork and technique.	To understand floor tennis rules and score their own simple games.
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