

LONG TERM PLAN							Key Stage 1 and 2		2020/2021			
PHYSICAL EDUCATION		Autumn 2020			Spring 2021		Summer 2021					
		1	2		1	2	1	2				
<b>Pupils should be taught to:</b> <ul style="list-style-type: none"> <li>Develop competence to excel in a broad range of physical activities</li> <li>Are physically active for sustained periods of time</li> <li>Engage in competitive sports and activities</li> <li>Lead healthy, active lives.</li> </ul>		<b>KS1</b> <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as</li> <li>Developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> <li>Perform dances using simple movement patterns.</li> </ul>			<b>KS2</b> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>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</li> <li>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</li> <li>Perform dances using a range of movement patterns</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>							
<b>Reception</b> Black – Taught by Sports Coach Blue – Taught by Class teacher		Movement Development	Movement Development		Ball Skills	Gymnastics	Throwing & Catching	Multi skills				
		Outdoor adventures	Dance		Create your own Dance	Me & Myself	Working with others	Fun & Games				
<b>Year 1</b> Black – Taught by Sports Coach Blue – Taught by Class teacher		Outdoor & Adventures	Dance -Animals		Basketball	Gymnastics	Multi-skills	Rounders/ Cricket				
		Athletics	Multi skills		Invasion games and Multi skills	Multi skills	Throwing & Catching and Multi skills team games	Tennis and team games				
<b>Year 2</b> Black – Taught by Sports Coach Blue – Taught by Class teacher		Outdoor & Adventures	Football		Handball	Gymnastics	Games Activities 2 (LCP)	Tennis				
		Athletics	Dance-Thriller		Basketball/netball	Tag Rugby	Hockey	Rounders/ Cricket				
<b>Year 3</b> Black – Taught by Sports Coach		Athletics	Dance/ Street dance		Handball	Tag Rugby	Ball & racket skills	Tennis				
		Outdoor & Adventures	Football		Basketball/netball	Gymnastics	Hockey	Rounders/ Cricket				
<b>Year 4</b> Black – Taught by Sports Coach		Athletics	Dance		Handball	Tag Rugby	Netball	Tennis				
		Outdoor & Adventures	Football		Basketball	Gymnastics	Hockey	Rounders / Cricket				
<b>Year 5</b> Black – Taught by Sports Coach		Athletics	Dance		Handball	Tag Rugby	Netball	Tennis				
		Outdoor & Adventures	Football		Basketball	Gymnastics	Hockey	Rounders / Cricket				
<b>Year 6</b> Black – Taught by Sports Coach		Athletics	Dance		Handball	Tag Rugby	Netball	Tennis				
		Outdoor & Adventures	Football		Basketball	Gymnastics	Hockey	Rounders / Cricket				