



P.E Long Term Plan

Reception and KS1: In line with our PE scheme from Get Set 4 PE.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
NURSERY	Introduction to PE <i>L1: Move safely and sensibly in a space with consideration of others.</i> <i>L2: Develop moving safely and stopping with control.</i> <i>L3: Use equipment safely and responsibly.</i> <i>L4: Use different travelling actions whilst following a path.</i> <i>L5: Work with others co-</i>	Fundamentals <i>L1: Develop balancing whilst stationary and on the move.</i> <i>L2: Develop running and stopping.</i> <i>L3: Develop changing direction</i> <i>L4: Develop jumping and landing.</i> <i>L5: Develop hopping and landing with control.</i>	Gymnastics <i>L1: Copy and create shapes with their body.</i> <i>L2: Be able to create shapes whilst on apparatus.</i> <i>L3: Develop balancing and taking weight on different body parts.</i> <i>L4: Develop jumping and landing safely.</i> <i>L5: Develop rocking and rolling.</i> <i>L6: Copy and create short sequences by</i>	Dance <i>L1: Explore different body parts and how they move.</i> <i>L2: Explore different body parts and how they move and remember and repeat actions.</i> <i>L3: Express and communicate ideas through movement exploring directions and levels.</i> <i>L4: Create movements and adapt and perform</i>	Ball Skills <i>L1: Develop rolling a ball to a target.</i> <i>L2: Develop stopping a rolling ball.</i> <i>L3: Develop accuracy when throwing to a target.</i> <i>L4: Develop bouncing and catching a ball.</i> <i>L5: Develop dribbling a ball with your feet.</i> <i>L6: Develop kicking a ball.</i>	Sports Day/ Games Practise for sports day activities/ races. <i>Games:</i> <i>L1: Work safely and develop running and stopping.</i> <i>L2: Develop throwing and learn how to keep score.</i> <i>L3: Play games showing an understanding of different roles within it.</i> <i>L4: Follow instructions and</i>

	<i>operatively and play as a group.</i> <i>L6: Follow, copy and lead a partner.</i> 	<i>L6: Explore different ways to travel.</i>	<i>linking actions together.</i>	<i>simple dance patterns.</i> <i>L5: Copy and repeat actions showing confidence and imagination.</i> <i>L6: Move with control and co-ordination, linking, copying and repeating actions.</i>		<i>move safely when playing tagging games.</i> <i>L5: Work co-operatively and learn to take turns.</i> <i>L6: Work with others to play team games.</i>
RECEPTION	Introduction to PE <i>As above, dipping into Unit 2 if need.</i>	Fundamentals <i>As above, dipping into Unit 2 if need.</i>	Gymnastics <i>As above, dipping into Unit 2 if need.</i>	Dance <i>As above, dipping into Unit 2 if need.</i>	Ball Skills <i>As above, dipping into Unit 2 if need.</i>	Sports Day/ Games <i>As above, dipping into Unit 2 if need.</i>
YEAR 1	Team Building <i>L1: Co-operate with a partner to complete challenges.</i> <i>L2: Explore and develop working as a team.</i>	Fitness <i>L1: Develop understanding of how exercise can make them feel.</i> <i>L2: Develop understanding of how exercise can</i>	Gymnastics <i>L1: Explore travelling movements.</i> <i>L2: Develop and combine travelling movements.</i>	Dance <i>L1: Use counts of 8 to move in time and make their dance look interesting.</i>	Athletics <i>L1: Move at different speeds over different distances.</i> <i>L2: Develop balance.</i>	Sports Day/ Invasion Games <i>Practise for sports day activities/ races.</i> Invasion Games:

	<i>L3: Develop talking, listening and sharing skills.</i> <i>L4: Use speaking and listening skills to lead a partner.</i> <i>L5: Plan with a partner and small group to complete challenges.</i> <i>L6: Use talking, listening and sharing skills to complete challenges.</i>	<i>make them strong and healthy.</i> <i>L3: Develop understanding of how exercise relates to breathing.</i> <i>L4: Develop understanding of how exercise helps their brain.</i> <i>L5: Develop understanding of how exercise helps muscles.</i> <i>L6: Develop understanding of the importance of daily exercise.</i>	<i>L3: Develop quality when performing and linking shapes.</i> <i>L4: Develop quality when liking shapes.</i> <i>L5: Develop stability and control when performing balances.</i> <i>L6: Develop stability and control when performing balances.</i> <i>L7: Develop technique and control when performing shape jumps.</i> <i>L8: Develop technique and control</i>	<i>L2: Explore pathways in their dance.</i> <i>L3: Create their own dance using, actions, pathways and counts.</i> <i>L4: Explore speeds and actions in their pirate inspired dance.</i> <i>L5: Copy, remember and repeat actions that represent the theme.</i> <i>L6: Copy, repeat, create and perform</i>	<i>L3: Develop changing direction quickly.</i> <i>L4: Explore hopping, jumping and leaping for distance.</i> <i>L5: Develop throwing for distance.</i> <i>L6: Develop throwing for accuracy.</i>	<i>L1: Understand the role of defenders and attackers.</i> <i>L2: Recognise who to pass to and why.</i> <i>L3: Move towards goal with the ball.</i> <i>L4: Support a teammate when playing in attack.</i> <i>L5: Move into space showing an awareness of defenders.</i>
--	---	--	--	--	--	--

	Fundamentals <i>L1: Explore balance, stability and landing safely.</i> <i>L2: Explore how the body moves differently when running at different speeds.</i> <i>L3: Explore changing direction and dodging.</i> <i>L4: Explore jumping, hopping and skipping actions.</i> <i>L5: Explore co-ordination and combination jumps.</i> <i>L6: Explore combination jumping and skipping in an individual rope.</i> 	Sending and Receiving <i>L1: Develop rolling and throwing a ball towards a target.</i> <i>L2: Develop receiving a rolling ball and tracking skills.</i> <i>L3: Be able to send and receive a ball with their feet.</i> <i>L4: Develop throwing and catching skills over a short distance.</i> <i>L5: Develop throwing and catching over a longer distance.</i> <i>L6: Apply sending and receiving skills to small games.</i>	<i>when performing shape jumps.</i> <i>L9: Develop technique in the barrel, straight and forward roll.</i> <i>L10: Develop rolls and use them in a sequence.</i> <i>L11: Link gymnastic actions to create a sequence.</i> <i>L12: Develop quality in gymnastic sequences.</i>	<i>actions that represent the theme.</i> <i>L7: Explore speeds and actions.</i> <i>L8: Use expression and create actions that relate to the story.</i> <i>L9: Use a pathway when travelling.</i> <i>L10: Exploring and copy actions in response to a theme.</i> <i>L11: Create their own actions for an animal.</i> <i>L12: Explore pathways with a partner.</i>	Striking and Fielding Games <i>L1: Develop underarm throwing and catching.</i> <i>L2: Develop overarm throwing.</i> <i>L3: Develop hitting a ball.</i> <i>L4: Develop collecting a ball.</i> <i>L5: Learn how to get batter out.</i> <i>L6: Play games and understand how to score points.</i>	<i>L6: Stay with a player when defending.</i>
--	---	---	---	--	---	---

YEAR 2	Team Building <i>L1: Follow instructions and work with others.</i> <i>L2: Co-operate and communicate in a small group to solve challenges.</i> <i>L3: Create a plan with a group to solve challenges.</i> <i>L4: Communicate effectively and develop trust.</i>	Fitness <i>L1: Learn how to run for a long time.</i> <i>L2: Develop jumping in a long rope using timing.</i> <i>L3: Develop co-ordination in individual skipping.</i> <i>L4: Develop stamina and change of direction.</i> <i>L5: Explore exercises to develop strength.</i>	Gymnastics <i>L1: Perform gymnastic shapes and link them together.</i> <i>L2: Perform gymnastic shapes with control and link them together.</i> <i>L3: Use shapes to create balances.</i> <i>L4: Use shapes to create balances.</i> <i>L5: Link travelling actions and balances using apparatus.</i>	Dance <i>L1: Remember, repeat and link actions to tell the story of their dance.</i> <i>L2: Develop an understanding of dynamics and how they can show an idea.</i> <i>L3: Use counts of 8 to help stay in time with the music.</i> <i>L4: Copy, remember and</i>	Athletics <i>L1: Develop the sprinting action.</i> <i>L2: Develop jumping for distance.</i> <i>L3: Develop jumping for height.</i> <i>L4: Develop throwing for distance.</i> <i>L5: Develop throwing for accuracy.</i>	Sports Day/ Invasion Games Practise for sports day activities/ races. Invasion Games: <i>L1: Understand what being in possession means and support a teammate to do this.</i> <i>L2: Understand that scoring goals is an attacking skill</i>

	<i>L5: Use teamwork skills to work as a group to solve problems.</i> <i>L6: Work with a group to copy and create a basic map.</i>	<i>L6: Develop agility, balance and co-ordination.</i>	<i>L6: Develop travelling actions and balances using apparatus.</i> <i>L7: Demonstrate different shapes, take off and landing when performing jumps.</i>	<i>repeat actions using facial expressions to show different characters.</i> <i>L5: Explore pathways and levels.</i>	<i>L6: Select and apply knowledge and technique in an athletics carousel.</i>	<i>and to explore ways to do this.</i> <i>L3: Understand that stopping goals is a defending skill and explore ways to do this.</i>
	Fundamentals <i>L1: Explore how the body moves when running at different speeds.</i> <i>L2: Develop changing direction and dodging.</i> <i>L3: Develop balance, stability and landing safely.</i> <i>L4: Explore and develop jumping, hopping and skipping actions.</i>	Sending and Receiving <i>L1: Roll a ball towards a target.</i> <i>L2: Track and receive a rolling ball.</i> <i>L3: Send and receive a ball with their feet.</i> <i>L4: Develop catching skills.</i> <i>L5: Develop throwing and catching skills.</i> <i>L6: Send and receive a ball using a rocket.</i>	<i>L8: Develop different shapes, take offs and landings when performing jumps.</i> <i>L9: Develop rolling and sequence building.</i> <i>L10: Refine rolling and sequence building.</i> <i>L11: Create a sequence using apparatus.</i> <i>L12: Create a sequence using apparatus.</i>	<i>L6: Remember and rehearse our circus dance showing expression and character.</i> <i>L7: Copy, create actions in response to stimulus.</i> <i>L8: Copy, create and perform actions considering dynamics.</i> <i>L9: Create a short dance phrase with a partner showing clear changes of speed.</i> <i>L10: Copy, repeat and create</i>	Striking and Fielding Games <i>L1: Track a rolling ball and collect it.</i> <i>L2: Develop underarm throwing and catching to field a ball.</i> <i>L3: Develop overarm throwing to limit a batter's score.</i> <i>L4: Develop hitting for distance to score more points.</i> <i>L5: Be able to get a batter out.</i> <i>L6: Understand the rules of the</i>	<i>L4: Explore how to gain possession.</i> <i>L5: Mark an opponent and understand that this is a defending skill,</i> <i>L6: Apply simple tactics for attacking and defending.</i>

	<i>L5: Develop co-ordination and combining jumps.</i> <i>L6: Develop combination jumping and skipping in an individual rope.</i>			<i>movement patterns in response to the theme.</i> <i>L11: Create and perform using unison, mirroring and matching with a partner.</i> <i>L12: Remember and repeat actions and dance as a group.</i>	<i>game and use these to play fairly.</i>	
--	--	--	--	---	--	--