PE Long Term Plan

School Organisation

Pupils are currently organised within the following classes:

Class 1 EYFS – Nursery and Reception

Class 2 Year 1 and Year 2

Class 3 Year 3 and Year 4

Class 4 Year 5 and Year 6

EYFS Curriculum

The Early Years Foundation Stage Curriculum supports children's physical development through the planning and teaching of **Physical Development**, one of the prime areas of learning within the EYFS framework. This aspect focuses on helping children develop their gross and fine motor skills, coordination, balance, strength, agility, and overall physical confidence. Children are provided with a wide range of opportunities to move in different ways, both indoors and outdoors, through active play, games, climbing, balancing, running, jumping, dancing, and the use of a variety of equipment.

Practitioners encourage children to explore movement, develop control of their bodies, and build confidence in their physical abilities. They promote active participation by asking questions such as, *'How can you move across the space?'*, *'Can you find a different way to travel?'*, *'What happens when you move faster or slower?'*, *'How can you balance safely?'* and *'How can we work together in this activity?'*. Children are encouraged to develop independence in managing their own personal needs, understanding healthy lifestyles, and recognising the importance of exercise, nutrition, rest, and personal hygiene.

The curriculum across EYFS is based on the progression of physical skills from ages 2 to 5. Themes and learning experiences are adapted to reflect children's interests, developmental needs, and emerging abilities, ensuring all children have opportunities to develop a positive attitude towards physical activity and healthy living.

KS1 and KS2 Curriculum

Curriculum planning has been designed carefully to ensure that the curriculum in Key Stages 1 and 2 meets the expectations of the National Curriculum for Physical Education. Subject Leaders have rigorously planned the curriculum cycles so that all pupils are taught the full PE curriculum in a sequence which ensures that learning builds on prior knowledge and skills, no matter how pupils travel through the school.

In KS1, pupils develop fundamental movement skills and become increasingly competent and confident in a broad range of physical activities. They learn to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination. Pupils participate in team games and begin to apply simple tactics for attacking and defending. They are also encouraged to perform dances using simple movement patterns, developing confidence, creativity and coordination.

In KS2, pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with one another and develop an understanding of how to improve in different physical activities and sports. Pupils take part in a wide range of sports and physical activities, including invasion games, net and wall games, striking and fielding activities, athletics, dance and outdoor adventurous activities. They learn to evaluate their own performances, recognise their strengths and identify areas for improvement. Swimming and water safety are taught to ensure pupils can swim competently, confidently and proficiently over a distance of at least 25 metres and perform safe self-rescue in different water-based situations.

Themes running through the PE curriculum include Physical Competence; Health and Wellbeing; Teamwork and Cooperation; Competition and Leadership; Resilience and Personal Challenge; and Active Lifestyles.

Medium Term Planning

Unit planning has developed over the years, following subject specific training. Unit plans support staff in their planning and teaching, ensuring that they are covering the National Curriculum objectives identified in the long-term planning.

PE LONG TERM PLAN – EYFS
Early Learning Goal: Physical Development • 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.

PE LONG TERM PLAN – YEAR 1/2			
Cycle	**Autumn Term**	**Spring Term**	**Summer Term**
A	Fitness	Balls Skills	Athletics
B	Gymnastics	Dance	Striking and Fielding Games

PE LONG TERM PLAN – YEAR 3/4			
Cycle	**Autumn Term**	**Spring Term**	**Summer Term**
A	Swimming	Swimming	Athletics
B	Fitness	Gymnastics	Dodgeball

PE LONG TERM PLAN – YEAR 5/6			
Cycle	**Autumn Term**	**Spring Term**	**Summer Term**
A	Swimming	Gymnastics	Swimming
B	Fitness	Golf	Tennis