

CROSSLEY HALL PRIMARY SCHOOL LONG TERM PLAN

KEY STAGE 1 - Long Term Plan for PE

In 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. Here is how we intend to deliver this curriculum to our Key Stage 1 pupils:

YEAR 1

<u>National Curriculum Criteria</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
	Netball	Gymnastics	Multi Skills	Dance	Athletics	Tennis
Master basic movements including running, jumping, throwing, and catching and begin to apply these in a range of activities						
Develop balance, agility, and coordination, 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						

YEAR 2

<u>National Curriculum Criteria</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
	Gymnastics	Golf	Dance	Multi Sports	Cricket	Athletics
Master basic movements including running, jumping, throwing, and catching and begin to apply these in a range of activities						
Develop balance, agility, and coordination, 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						

LOWER KEY STAGE 2 - Long Term Plan for PE

In 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. Here is how we intend to deliver this curriculum to our Key Stage 2 pupils:

YEAR 3

<u>National Curriculum Criteria</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
	Handball	Golf	Badminton	Gymnastics	OAA	Rounders
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						

YEAR 4

<u>National Curriculum Criteria</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
	Gymnastics	Dance	Hockey	Basketball	Athletics	Cricket
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control, and balance						
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						

UPPER KEY STAGE 2 - Long Term Plan for PE

In 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. Here is how we intend to deliver this curriculum to our Key Stage 2 pupils:

<u>YEAR 5</u>						
<u>National Curriculum Criteria</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
	Athletics	Gymnastics	Volleyball	Rounders	Netball	Dodgeball
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control, and balance						
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						
<u>YEAR 6</u>						
<u>National Curriculum Criteria</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
	Ultimate Frisbee	Dance	Tag Rugby	OAA	Tennis	Athletics
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						