

Physical Education Long Term Plan 2021/2022

| Term | Assessment Period 1 | Assessment Period 2 | Assessment Period 3 |
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| Year LL | <p>Physical Literacy: 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.</p> <p>Content: Locomotion/ Ball skills</p> | <p>Physical Literacy: 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. Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.</p> <p>Content: Gymnastics/ Dance</p> | <p>Physical Literacy: 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.</p> <p>Content: Ball skills/ games</p> |
| Year N | <p>Physical Literacy: 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.</p> <p>Content: Locomotion/ Ball skills</p> | <p>Physical Literacy: 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. Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.</p> <p>Content: Gymnastics/ Dance</p> | <p>Physical Literacy: 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.</p> <p>Content: Ball skills/ games</p> |
| Year R | <p>Physical Literacy: 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.</p> <p>Content: Locomotion/ Ball skills</p> | <p>Physical Literacy: 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. Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.</p> <p>Content: Gymnastics/ Dance</p> | <p>Physical Literacy: 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.</p> <p>Content: Ball skills/ games</p> |
| Year 1 | <p>Mastering Basic Movements: Developing agility, balance and coordination and applying these in a range of activities. Copy and perform dances using simple movement patterns.</p> <p>Content: Autumn 1: Fundamental movement (basic)/ dance Autumn 2: Fundamental movement (basic)/ gymnastics</p> | <p>Mastering Basic Movements: Developing agility, balance and coordination and applying these in a range of activities. Copy and perform dances using simple movement patterns.</p> <p>Content: Spring 1: Fundamental movement (basic)/ dance Spring 2: Fundamental movement (basic)/ target games (throwing and catching)</p> | <p>Mastering Basic Movements: Developing agility, balance and coordination and applying these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p> <p>Content: Summer 1: Fundamental movement (coordination/ object control)/ gymnastics Summer 2: Fundamental movement (athletics focus)/ games (object control)</p> |
| Year 2 | <p>Mastering Basic Movements: Develop agility, balance and coordination skills further and apply these in a range of activities. Copy and perform dances using simple movement patterns.</p> <p>Content: Autumn 1: Fundamental movement/ dance Autumn 2: Fundamental movement/ gymnastics</p> | <p>Mastering Basic Movements: Developing agility, balance and coordination and applying these in a range of activities. Copy and perform dances using simple movement patterns. Participate in team games, developing simple tactics for attacking and defending.</p> <p>Content: Spring 1: Fundamental movement (basic)/ dance Spring 2: Fundamental movement (basic)/ target games (throwing and catching)</p> | <p>Mastering Basic Movements: Developing agility, balance and coordination and applying these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p> <p>Content: Summer 1: Fundamental movement (coordination/ object control)/ gymnastics Summer 2: Fundamental movement (athletics focus)/ games (object control)</p> |
| Year 3 | <p>Applying and Developing Skills: 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 Take part in outdoor and adventurous challenges (individually and as a team)</p> <p>Content:</p> | <p>Applying and Developing Skills: Play competitive games, modified where appropriate Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance Compare their performance with previous ones and demonstrate improvement to achieve their personal best</p> <p>Content: Spring 1: dance/ net and wall games (table tennis)</p> | <p>Applying and Developing Skills: 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 Compare their performance with previous ones and demonstrate improvement to achieve their personal best Develop flexibility, strength, technique, control and balance</p> <p>Content:</p> |

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| | Autumn 1: Fundamental movement/ invasion games (tag rugby) Autumn 2: Invasion games (handball/ tag rugby)/ OAA | Spring 2: dance/ gymnastics | Summer 1: gymnastics/ target games (curling) Summer 2: athletics/ striking & fielding games (cricket) |
| Year 4 | <p>Applying and Developing Skills: 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 Take part in outdoor and adventurous challenges (individually and as a team)</p> <p>Content: Autumn 1: invasion games (tag rugby/ handball) Autumn 2: Invasion games (Tag rugby/ handball/ OAA)</p> | <p>Applying and Developing Skills: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance Compare their performance with previous ones and demonstrate improvement to achieve their personal best</p> <p>Content: Spring 1: dance/ net and wall games (table tennis) Spring 2: dance/ gymnastics</p> | <p>Applying and Developing Skills: 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 Compare their performance with previous ones and demonstrate improvement to achieve their personal best Develop flexibility, strength, technique, control and balance</p> <p>Content: Summer 1: gymnastics/ target games (curling) Summer 2: athletics/ striking & fielding games (cricket)</p> |
| Year 5 | <p>Applying and Developing Skills: 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</p> <p>Content: Autumn 1: invasion games (tag rugby/ netball) Autumn 2: Invasion games (Tag rugby/ Target Games (dodgeball))</p> | <p>Applying and Developing Skills: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance Compare their performance with previous ones and demonstrate improvement to achieve their personal best Take part in outdoor and adventurous challenges (individually and as a team)</p> <p>Content: Spring 1: dance/ net and wall games (table tennis) Spring 2: dance/ OAA</p> | <p>Applying and Developing Skills: 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 Compare their performance with previous ones and demonstrate improvement to achieve their personal best Develop flexibility, strength, technique, control and balance</p> <p>Content: Summer 1 and Summer 2: striking and fielding (cricket) and athletics</p> |
| Year 6 | <p>Applying and Developing Skills: 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</p> <p>Content: Autumn 1: invasion games (tag rugby/ netball) Autumn 2: Invasion games (Tag rugby/ Target Games (dodgeball))</p> | <p>Applying and Developing Skills: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance Compare their performance with previous ones and demonstrate improvement to achieve their personal best Take part in outdoor and adventurous challenges (individually and as a team)</p> <p>Content: Spring 1: dance/ net and wall games (table tennis) Spring 2: dance/ OAA</p> | <p>Applying and Developing Skills: 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 Compare their performance with previous ones and demonstrate improvement to achieve their personal best Develop flexibility, strength, technique, control and balance</p> <p>Content: Summer 1 and Summer 2: striking and fielding (cricket) and athletics</p> |
| competition | | | |

Please note that swimming will also be delivered as part of the National Curriculum requirements. This year swimming will be delivered to:

Year 4 and 5 at Bothal Primary School