

## Physical Education Long Term Plan 2019/20

Term	Assessment Period 1	Assessment Period 2	Assessment Period 3
<b>Year 1</b>	<p><b>Mastering Basic Movements:</b> Developing agility, balance and co-ordination and applying these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p> <p>Content: Fundamental movement/ gymnastics/ invasion games</p>	<p><b>Mastering Basic Movements:</b> Copy and perform dances using simple movement patterns.</p> <p>Content: Fundamental movement/ dance</p>	<p><b>Mastering Basic Movements:</b> 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: Fundamental movement/ invasion games/ striking and fielding games</p>
<b>Year 2</b>	<p><b>Mastering Basic Movements:</b> Develop agility, balance and co-ordination skills further and apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Perform dances using repeated movement patterns. Perform dances using simple choreography.</p> <p>Content: Fundamental movement/ gymnastics/ dance/ invasion games</p>		<p><b>Mastering Basic Movements:</b> Develop agility, balance and coordination skills further and apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p> <p>Content: Athletics/ striking and fielding games/ invasion games</p>
<b>Year 3</b>	<p><b>Applying and Developing Skills:</b> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate</p> <p>Content: Fundamental movement/ invasion games/ striking and fielding games</p>	<p><b>Applying and Developing Skills:</b> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance</p> <p>Content: Fundamental movement/ striking and fielding games/ Dance/ Gymnastics</p>	<p><b>Applying and Developing Skills:</b> Use running, jumping, throwing and catching in isolation Comparing performances to previous ones Taking part in outdoor and adventurous activities</p> <p>Content: Fundamental movement/ athletics/ OAA</p>
<b>Year 4</b>	<p><b>Applying and Developing Skills:</b> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate</p> <p>Content: Fundamental movement/ invasion games/ striking and fielding games</p>	<p><b>Applying and Developing Skills:</b> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance</p> <p>Content: Fundamental movement/ striking and fielding games/ Dance/ Gymnastics</p>	<p><b>Applying and Developing Skills:</b> Use running, jumping, throwing and catching in isolation Comparing performances to previous ones Taking part in outdoor and adventurous activities</p> <p>Content: Fundamental movement/ athletics/ OAA</p>
<b>Year 5</b>	<p><b>Applying and Developing Skills:</b> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate</p> <p>Content: Fundamental movement/ invasion games/ striking and fielding games</p>	<p><b>Applying and Developing Skills:</b> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance</p> <p>Content: Fundamental movement/ striking and fielding games/ Dance/ Gymnastics</p>	<p><b>Applying and Developing Skills:</b> Use running, jumping, throwing and catching in isolation Comparing performances to previous ones Taking part in outdoor and adventurous activities</p> <p>Content: Fundamental movement/ athletics/ OAA</p>
<b>Year 6</b>	<p><b>Applying and Developing Skills:</b> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate</p> <p>Content: Fundamental movement/ invasion games/ striking and fielding games</p>	<p><b>Applying and Developing Skills:</b> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance</p> <p>Content: Fundamental movement/ striking and fielding games/ Dance/ Gymnastics</p>	<p><b>Applying and Developing Skills:</b> Use running, jumping, throwing and catching in isolation Comparing performances to previous ones Taking part in outdoor and adventurous activities</p> <p>Content: Fundamental movement/ athletics/ OAA</p>