Physical Education Long Term Plan 2019/20

Term	Assessment Period 1	Assessment Period 2		Assessment Period 3
Year 1	stering Basic Movements: Developing agility, balance and co-ordination d applying these in a range of activities. ticipate in team games, developing simple tactics for attacking and fending.		Mastering Basic Movements: Copy and perform dances using simple movement patterns.	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.
	Content: Fundamental movement/ gymnastics/ invasion games		Content: Fundamental movement/ dance	Content: Fundamental movement/ invasion games/ striking and fielding games
Year 2	Mastering Basic Movements: 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.			Mastering Basic Movements: 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. Content: Athletics/ striking and fielding games/ invasion games
Year 3	Content: Fundamental movement/ gymnastics/ dance/ invasion of Applying and Developing Skills: Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate	ying and Developing Skills: Use running, jumping, throwing catching in isolation and in combination competitive games, modified where appropriate Applying and Developing Skills: 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 ent: Fundamental movement/ invasion games/ striking and		Applying and Developing Skills: Use running, jumping, throwing and catching in isolation Comparing performances to previous ones Taking part in outdoor and adventurous activities
	Content: Fundamental movement/ invasion games/ striking and fielding games			Content: Fundamental movement/ athletics/ OAA
Year 4	Applying and Developing Skills: Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate	Applying and Developing Skills: 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		Applying and Developing Skills: Use running, jumping, throwing and catching in isolation Comparing performances to previous ones Taking part in outdoor and adventurous activities
	Content: Fundamental movement/ invasion games/ striking and fielding games	Content: Fun Dance/ Gym	damental movement/ striking and fielding games/ mastics	Content: Fundamental movement/ athletics/ OAA
Year 5	and catching in isolation and in combination Play competitive games, modified where appropriate catchin Play competitive games, modified where appropriate Perform		Developing Skills: Use running, jumping, throwing and solation and in combination at itive games, modified where appropriate ces using a range of movement patterns ibility, strength, technique, control and balance	Applying and Developing Skills: Use running, jumping, throwing and catching in isolation Comparing performances to previous ones Taking part in outdoor and adventurous activities
	Content: Fundamental movement/ invasion games/ striking and fielding games	Content: Fundamental movement/ striking and fielding games/ Dance/ Gymnastics		Content: Fundamental movement/ athletics/ OAA
Year 6	Applying and Developing Skills: Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate	catching in is Play compet Perform dand	d Developing Skills: Use running, jumping, throwing and solation and in combination itive games, modified where appropriate ces using a range of movement patterns ibility, strength, technique, control and balance	Applying and Developing Skills: Use running, jumping, throwing and catching in isolation Comparing performances to previous ones Taking part in outdoor and adventurous activities
	Content: Fundamental movement/ invasion games/ striking and fielding games	Content: Fun Dance/ Gym	damental movement/ striking and fielding games/ nnastics	Content: Fundamental movement/ athletics/ OAA