



PE Long Term Annual Plan

EYFS	<u>Physical development:</u> Gross Motor Skills ELG -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.
-------------	--

<u>Term</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>
Reception	Dance On Parade March on spot, move forward/backward, quick and slow, respond to teacher command and music beat. Games Fundamentals 1	Gymnastics Fun Gymnastic Shapes Straight, star and tuck shapes with extension to pike and straddle shapes. Games Fundamentals 1	Dance Toys Respond to various stimuli such as pictures, stories, films to use movement imaginatively that link to the dance idea of 'Toyland'. Games Fundamentals 2 Show good co-ordination and	Gymnastics Move and Hold Movement and stillness – positions of stillness, individual body movements and whole body movements on the spot and travelling. Games Fundamentals 2 Show good co-ordination and	Multi Skills Festival Range of activities to practise leading to festival/sports day	Multi Skills Festival Range of activities to practise leading to festival/sports day



PE Long Term Annual Plan

	Show good co-ordination and control in range of skills such as aim, throw, roll.	Show good co-ordination and control in range of skills such as aim, throw, roll.	control in range of skills such as aim, throw, roll.	control in range of skills such as aim, throw, roll.		
Year 1	Games Fundamentals 1 Variety of activities to develop key concepts of aim, throw, roll, send, receive, target, strike, dribble and stop. Gymnastics Jumping Jacks Link different jumping actions together in a short movement phrase being able to repeat movement.	Games Fundamentals 1 Variety of activities to develop key concepts of aim, throw, roll, send, receive, target, strike, dribble and stop. Gymnastics Rock n Roll Link different rocking and rolling actions together in a short movement phrase moving smoothly between actions.	Games Fundamentals 1 Variety of activities to develop key concepts of run, step, sideways, forwards, backwards, agile, control, aim, throw, catch, hit, target and score. Dance Moving Words Interpret words and perform through physical action. Create and perform short dances based on action words.	Games Fundamentals 2 Variety of activities to develop key concepts of run, step, sideways, forwards, backwards, agile, control, aim, throw, catch, hit, target and score.	Games Fundamentals 2 Variety of activities to develop key concepts of run, step, sideways, forwards, backwards, agile, control, aim, throw, catch, hit, target and score. Dance Weather Respond to various stimuli to use movement imaginatively to create and perform short dances to show the actions of the weather.	Multi Skills Festival Range of activities to practise leading to festival/sports day



PE Long Term Annual Plan

Year 2	Games Fundamentals 1 Variety of activities to develop key concepts of aim, throw, roll, send, receive, target, strike, dribble and stop. Forwards, backwards, control, accurate.	Games Fundamentals 1 Variety of activities to develop key concepts of aim, throw, roll, send, receive, target, strike, dribble and stop. Forwards, backwards, control, accurate.	Games Fundamentals 1 Variety of activities to develop key concepts of aim, throw, roll, send, receive, target, strike, dribble and stop. Forwards, backwards, control, accurate.	Games Fundamentals 2 Variety of activities to develop key concepts of dribble, score, defend, attack, stop.	Games Fundamentals 2 Variety of activities to develop key concepts of dribble, score, defend, attack, stop.	Multi Skills Festival Range of activities to practise leading to festival/sports day
	Gymnastics Points of Contact Combine at least two positions of stillness with other actions to create a short sequence.	Dance Great Fire of London Create and perform a dance individually, with a partner or small group based on The Great Fire of London.	Gymnastics Ball, Tall and Wall Use floor and apparatus to create and perform a sequence of 3-4 actions showing contrasting shapes ball, tall and wall.		Dance Magical Friendships Create and perform a dance individually and with a partner to show the relationship between two different characters.	
Year 3	Games Invasion Games	Games Invasion Games	Games	Games	Athletics Triathlon	Athletics Multi-skills



PE Long Term Annual Plan

	Ball handling Skills Develop and apply basic skills improving accuracy and consistency of throwing and catching skills Gymnastics Patterns and Pathways Link travel and balance actions into movement phases.	Ball handling Skills Develop and apply basic skills improving accuracy and consistency of throwing and catching skills Dance Solar System Develop an understanding of different dance elements to create and perform a dance based on 'solar system'.	Striking and fielding - Throwing and Catching Develop batting, bowling and fielding skills. Gymnastics Hand Apparatus Perform gymnastics actions using hand apparatus showing changes in speed, level and direction.	Striking and fielding - Throwing and Catching Striking and Fielding mini activities. Dance Machines Use changing dynamics, rhythmic and expressive qualities to create and perform a dance on the idea of 'machines'.	Develop skills and stamina to take part in 'triathlon' event consisting of run, jump and throw.	Range of activities to practise leading to festival/sports day
	Year 4 Swimming Games Invasion games - Hockey	Swimming Dance Cold Places	Swimming Gymnastics Principles of Balance	Swimming Gymnastics Rotation	Swimming Games Net and wall games - Tennis	Swimming Athletics Pentathlon



PE Long Term Annual Plan

	Develop game principles related to defend and attack.	Develop understanding of different dance elements of control, stepping patterns and co-ordination. Meet and part repetition, unison, lead and follow. OR Rugby and The Haka Develop skills of unison, mirroring, contact, turning gesture, action/reaction, formation.	How contact points, surface area and centre of gravity affect the performance of balances. Link balances into sequences using floor and apparatus.	Link rotational actions – rolling, turning, twisting in composition.	Practice and improve accuracy of racket skills.	Copy, repeat and evaluate simple athletic skills and actions showing control and co-ordination Running, jumping, throwing.
Year 5	Swimming Dance On the Beach Develop skills of question/answer, unison, mirroring, action/reaction	Swimming Games Invasion games Football Improve skills of moving with the ball, with control, passing and shooting with	Swimming Gymnastics Pair Composition Using compositional devices to link 6-8 gymnastic actions in partnered floor work.	Swimming Games Invasion games – Netball Develop a wider range of netball specific skills – send, receive, avoid,	Swimming Gymnastics Press and Go Use Press and Go actions to create sequences of continuous movements.	Swimming Athletics Heptathlon Develop stamina to keep jogging for at least 5 minutes . Copy, repeat and



PE Long Term Annual Plan

	OR Dance Styles Explore and link motifs and movement phrases from different dance style/eras.	accuracy. Develop game playing skills.		movement into/out of space.		evaluate athletic skills and actions
Year 6	Games Invasion games – Tag Rugby Develop Tag Rugby skills to apply in small game situations. Gymnastics Body Symmetry Explore symmetrical and asymmetrical gymnastic actions.	Games Invasion games – Tag Rugby Develop Tag Rugby skills to apply in small game situations. Dance Football Develop skills of unison, mirroring etc to perform a group dance on the theme of a football match	Games Invasion games – Hockey Develop hockey skills. Use tactics and strategies to improve performance. Gymnastics Group Work Positions of stillness and how these positions can operate as obstacles for others to safely negotiate.	Games Net and wall games - Tennis Improve racket skills to play and officiate games of doubles. Dance Why Bully Me? Apply choreographic devices of canon, unison, action/reaction, speed, direction order and levels to develop motifs.	OAA Orienteering Follow variety of maps and other representations to reach objectives.	Games Striking and fielding - Cricket Develop skills of batting, bowling and fielding to play games of Kwik Cricket. Athletics Decathlon Develop stamina to keep jogging for at least 6 minutes. Copy, repeat and evaluate athletic skills and actions