

# PE Long Term Plan



	Autumn Term		Spring Term		Summer Term	
Nursery	Why Am I Special?	Why Are Leaves So Crispy?	How Does That Building Stay Up?	Are Eggs Alive?	Why Do Spiders Eat Flies?	How Many Colours in a rainbow?
	Join in with ring games. Taking part in small group games.	Movement to Music. Use and remember sequences and patterns of movement.	Negotiate Space. Use large muscle movement to create space	Stop to avoid obstacles. To collaborate with others to manage items, carry items safely.	Movement in different ways. Skip, hop, stand on one leg and hold a pose.	Effects of exercise. Match their developing physical skills to the effects it has on the body.
Reception	Marvellous Me	Let's Celebrate	Once Upon a Time	Things That Grow	Quests and Journeys	Oceans and Seas
	GYMNASTICS Naming and performing the actions and familiarization with space Effects of exercise on the body	DANCE  Val Sabin – Autumn Leaves/ Christmas Performance. Travelling around copying simple shapes and creating some of their own. Perform a short dance.	GYMNASTICS  Familiarization with space. Identifying the different parts of the body and travelling on them. Effects of exercise on the body	DANCE Val Sabin – Habitats and Caterpillar  Recognise and show different shapes with their bodies.  Remember and perform short patterns of movement. Watch and comment on why they like a dance.	DANCE Val Sabin – Dinosaur and Angry Elephant Dance.  Use body to communicate images.  Remember and perform short phrase of movement.  Select movements and create dances.	GYMNASTICS Travelling around using different body parts and then use positional language when travelling.  <u>WATER SAFETY</u> Discuss water safety and practise lying on back to keep children safe.
	GAMES Multi-skills Spatial awareness Travelling Throwing and catching Rolling the ball	GAMES  Tag Rugby Running into a space Side-stepping Cradle passing any direction	GAMES Football Dribbling Passing Trapping the ball Tackling	GAMES Uni-hoc Dribbling with the stick in hand Stopping the ball with the stick Passing the ball – push pass	GAMES Football Rounders Kicking a football Running around posts in order Fielders – stopping the ball and stumping the base	GAMES Athletics Sports Day preparation Sprinting Throwing Jumping Relays
Year	Toys	Fairy Tales and Forests	To Infinity and Beyond	Animals Around the World	Dinosaurs	London

	<p><b>GYMNASTICS</b> Being aware of space -moving in and out, big and small, wide and narrow. Being aware of actions – spin, slide, jumping, landing, rocking and rolling.</p>	<p><b>DANCE</b> Val Sabin Dance – Streamers. Explore actions in response to stimuli To know and perform basic dance skills in relation to dance ideas. Explore range of movements suitable for the idea and link them together. Know how their body feels after dance activities.</p>	<p><b>GYMNASTICS</b> Being aware of parts of the body Touching the floor with hands and feet, touching the floor with different parts. Travelling on hands and feet, travelling on backs, tummies, knees and elbows. Effects of exercise on the body</p>	<p><b>DANCE</b> Val Sabin Rainbow fish and Handa’s surprise. Perform dance action linked to mood and feeling. Copy and perform simple phrase rhythm patterns. Choose and link movements. Observe and describe dance phrases using appropriate language.</p>	<p><b>GYMNASTICS</b> Holding the body still, stretching out and tucking up Discuss the effects of exercise on the body  <u>WATER SAFETY</u> Discuss water safety and practise floating on back to keep children safe.</p>	<p><b>DANCE</b> Val Sabin March, march, march. Jack and the Beanstalk Choose appropriate movements made to create short phrases and simple structures Show an understanding of dance, communicating ideas and unfolding characters and stories.</p>
	<p><b>GAMES</b> <b>Netball</b> Throwing and catching using different techniques for throwing Passing and moving without running with the ball Shooting inside the ‘D’</p>	<p><b>GAMES</b> <b>Tag Rugby</b> Two on ones Cradle passing backwards Invasion games e.g. command and conquer</p>	<p><b>GAMES</b> <b>Football</b> Dribbling in different directions Passing and moving Shooting One on ones</p>	<p><b>GAMES</b> <b>Uni-hoc</b> Dribbling in and out of cones Passing and moving with partner – slap pass Shooting One on ones</p>	<p><b>GAMES</b> <b>Rounders</b> Striking a tennis ball with a tennis racket Fielders looking to catch and throw the ball to the relevant base</p>	<p><b>GAMES</b> <b>Athletics</b> <b>Sports Day preparation</b> Sprinting Throwing Jumping Relay</p>
Year 2	<b>Towers, Tunnels and Turrets</b>	<b>Winter Wonderland</b>	<b>Muck, Mess and Mixtures</b>	<b>The Scented Garden</b>	<b>Wriggle and Crawl</b>	<b>The Age of Discovery</b>
	<p><b>GYMNASTICS</b> Using Actions – Walk, run and stop, slide, spin, push and pull Jumping hopping and skipping Rotation – turning Travel – quickly and slowly Travel – strongly and lightly Effects of exercise on the body</p>	<p><b>DANCE</b> Val Sabin -Three Little Pigs/Christmas Production To hold clear body shapes both in movement and stillness. Perform a whole dance with a simple narrative structure Observe and describe phrases and expressive qualities.</p>	<p><b>GYMNASTICS</b> Using space Going in different directions Going forwards and backwards Going up and down Going sideways Start using parts of the body to take weight whilst moving and to take weight whilst still. Effects of exercise on the body</p>	<p><b>DANCE</b> <b>Country dancing –</b> To demonstrate different rhythms and rhythmic patterns Repeat and remember the rhythms and patterns Demonstrate the ability to perform them in different formations To perform whole dances which have simple structures.</p>	<p><b>DANCE</b> <b>Country dancing –</b> To demonstrate different rhythms and rhythmic patterns Repeat and remember the rhythms and patterns Demonstrate the ability to perform them in different formations To perform whole dances which have simple structures. <b>GAMES</b></p>	<p><b>GYMNASTICS</b> Using the Body Parts Transfer weight from feet to hands and other body parts. Jump and land with feet either together or apart. To slide or rolls, with feet either together or apart. To travel along straight line and zig zag. <u>WATER SAFETY</u> Discuss water safety and practise floating on back to keep children safe.</p>

GAMES <b>Basketball</b> Dribbling with the ball Turning techniques Shielding the ball One on ones and two on ones Mini games	GAMES <b>Tag Rugby</b> Cradle passing backwards to a partner whilst moving Rules of the game/mini tag rugby games e.g. three on three	GAMES <b>Football</b> Dribbling towards a target Kneeing the ball Rules of the game /mini football games	GAMES <b>Uni-hoc</b> Dribbling and passing without the cones Two on twos and threes on twos towards a target Rules of the game/mini games	<b>Cricket</b> Fielder throwing techniques Batting shots Bowling technique Mini games	GAMES <b>Athletics</b> <b>Sports Day preparation</b> Sprinting Throwing Jumping Relays
--	--	--	---	---	--

All Gymnastic lessons use the book – Movement Education leading to Gymnastics 4-7

Dance lessons use Val Sabin Primary Dance Scheme.

Year Group	EYFS/KS1 Requirements	When it is covered?
EYFS	Revise and refine movement skills – rolling, crawling, walking, jumping, running, hopping, skipping, climbing	Gymnastics – Autumn 1, Spring 1 Summer 2 Games – Summer 2
	Progress towards a more fluent style of moving, with developing control and grace.	Gymnastics Autumn 1, Spring 1 Summer 2 Dance – Autumn 2, Spring 2 and summer 1
	Confidently and safely use a range of large and small apparatus indoor and outside.	Gymnastics - Autumn 1, Spring 1 Summer 2
	Develop the overall body strength, co-ordination, balance and agility needed.	Gymnastics- Autumn 1, Spring 1 Summer 2
	Further develop and refine a range of ball skills.	Games – All terms
YEAR 1	Master the basic movements including, running jumping, throwing catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Gymnastics Autumn 1, Spring 1 and Summer 1 Games –Autumn 1, Autumn 2, Summer 1 and Summer 2
	Participate in team games, developing simple tactics for attacking and defence	Autumn 2, Spring 1, Spring 2, Summer 1.
	Perform dances using simple movement patterns.	Autumn 2, Spring 1 and Summer 2.
	Understand how to perform safe self-rescue in different water-based situations.	Summer 1
Year 2	Master the basic movements including, running jumping, throwing catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Gymnastics- Autumn 1, Spring 1, Summer 1 Games – Summer 1
	Participate in team games, developing simple tactics for attacking and defence	Games – Autumn 1, Spring 2 Summer 1
	Perform dances using simple movement patterns.	Autumn 2, Spring 2, Summer 1
	Understand how to perform safe self-rescue in different water-based situations.	Summer 1