



Physical Education Long Term Plan

P.E lessons are timetabled 2 times per week, as we know movement is essential for brain development and well-being. Lessons are planned and taught through the scheme 'Get Set 4 P.E' taught by class teachers and fundamental movement-based lessons taught by Foot-tech specialists. This supports learners to develop conceptual knowledge through a clear progression of skills. This long-term plan was revised in February 2024 to integrate Foot-tech physical education specialists into this sequence of learning.

Topics have been carefully planned to allow our children to develop and master their knowledge and movements ready to apply this to games and sport specific scenarios. It is essential children master their conceptual knowledge before applying disciplinary knowledge to games in competitive environments. We offer a spiral curriculum where children can build on their prior learning from a range of sports and activities and apply this to new scenarios.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	See 'Physical Development Nursery Provision Map'					
Reception	Introduction to PE 1 Children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'. They will develop fundamental movement skills such as running, jumping, skipping.	Introduction to PE 2 Children will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.	Ball Skills 1 Develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball.	Ball Skills 2 Master skills from Ball Skills 2 and develop decision making and using simple tactics.	Games 1 Develop fundamental movement skills through games. They will learn how to score and play by the rules and begin to understand what a team is, as well as learning how to behave when winning and losing.	Games 2 Children will learn and develop these skills by playing a variety of games. They will also learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules.
	Fundamentals 1 Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling.	Fundamentals 2 Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment	Gymnastics 1 Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling.	Gymnastics 2 Children explore creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills	Dance 1 Children explore space and how to use space safely. They explore travelling movements, shapes and balances. Children choose their own actions in response to a	Dance 2 Children learn to copy, repeat and remember actions. They perform to others and begin to provide simple feedback.

			on both floor and apparatus	stimulus. They are given the opportunity to copy, repeat and remember actions.		
Year One	<p>Ball Skills Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending</p>	<p>Gymnastics Master basic movements as well as developing balance, agility and co-ordination.</p>	<p>Target Games master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Dance Perform dances using simple movement patterns.</p>	<p>Yoga Master basic movements as well as developing balance, agility and co-ordination.</p>	<p>Athletics Run, Jump, Throw: The 'run jump throw' learning theme gives children an early opportunity to develop key fundamental movement skills, associated with many physical activities. An early introduction to the fundamentals of movement and fundamental movement skills will help support children's participation in physical activity as they grow older.</p> <p>NC: 'Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities' 'Participate in team games'</p>



<p>Fundamentals Hands, Feet, Equipment: The 'hands feet equipment' unit allows pupils to develop their dribbling skills over a full unit of work. They will explore dribbling with different types of equipment and using different parts of their bodies to develop object control. This focused approach allows pupils to identify any areas of interest and success and therefore transfer these skills into any given invasion game.</p> <p>NC: 'Master basic movements including running, balance, agility and coordination.' 'Team games, developing simple tactics for attacking and defending.'</p>	<p>Sending and Receiving (Duel, Win, Lose) The 'duel win lose' learning theme provides an introduction for children in Key Stage One to competition. Pupils will learn how to cope with success and failure whilst participating in a range of activities. By introducing competition in Key Stage One, pupils will be better prepared for dealing with winning and losing as they move through primary school.</p> <p>NC: 'Master basic movements, including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities' 'Participate in team games, developing simple tactics for attacking and defending'</p>	<p>Team Building/OAA (Fair, Share, Dare) The Fair, Share, Dare unit aims to develop the social skills of cooperation and collaboration... The unit aims to develop a strong team ethic within the class and set firm expectations around how children work together in PE</p> <p>Participate in team games, developing simple tactics.</p> <p>NC: Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.' '(Children) should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p>Net and Wall Throw, Prepare, Catch: The 'throw, prepare, catch' unit has an important focus upon pupil's handeye co-ordination skills. Pupils consider how they can use 'throw, prepare, catch' to successfully throw and catch a range of different objects in a variety of ways. The learning in this unit provides important foundations to allow students to participate in many invasion games involving throwing and catching. It is perfect for introducing your pupils to throwing techniques and how to successfully catch.</p> <p>NC: 'Master basic movements including... throwing and catching' 'Develop co-ordination and apply these in a range of activities'</p>	<p>Striking and Fielding Target, Control, Combine: The 'Target, Control, Combine' unit has an important focus upon pupil's hand eye and foot eye coordination skills linked to sending and receiving. Pupils can use different adaptations of these activities to focus on exploration and repetition of fundamentals techniques, applying them to cooperative and competitive games</p> <p>NC: 'Master basic movements including throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities' 'Participate in team games.'</p>	<p>Fitness Master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</p>
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Year Two	<p>Balls Skills Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Gymnastics Master basic movements as well as developing balance, agility and co-ordination.</p>	<p>Target Games (Target, Control, Combine) Through lots of engagement with these key skills children will be able to try and develop some of their own coaching points leading to improved mastery of techniques and more successful outcomes.</p> <p>Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.</p> <p>NC: 'Master basic movements including throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities' 'Participate in team games.'</p>	<p>Dance Perform dances using simple movement patterns.</p>	<p>Yoga Master basic movements as well as developing balance, agility and co-ordination.</p>	<p>Athletics Run, Jump, Throw: The 'run jump throw' learning theme gives children an early opportunity to develop key fundamental movement skills, associated with many physical activities. An early introduction to the fundamentals of movement and fundamental movement skills will help support children's participation in physical activity as they grow older.</p> <p>NC: 'Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities' 'Participate in team games'</p>
	<p>Fundamentals (Look, Run, Avoid) The 'look run avoid' unit has an important focus upon pupil's movement skills. Pupils consider how they can use 'look run avoid' to find space and evade</p>	<p>Sending and Receiving (React, Roll, Retrieve) The 'react roll retrieve' unit looks to use a range of modified activities and equipment to support the development of movement speed, as well as skills related</p>	<p>Net and Wall NC: 'Master basic movements including throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of</p>	<p>Striking and Fielding Throw, Prepare, Catch: The 'throw, prepare, catch' unit has an important focus upon pupil's handeye co-ordination skills. Pupils consider how they can</p>	<p>Team Building/OAA (Fair, Share, Dare) The 'fair share dare' unit aims to develop the social skills of cooperation and collaboration along with the bravery and curiosity</p>	<p>Fitness Master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</p>



defenders. The learning in this unit provides important foundations for later units on invasion games. It is perfect for introducing your pupils to the concept of identifying space and varying their speed and direction..

NC: Master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.

to striking and fielding games. The children will have the opportunity to develop their knowledge of fielding activities and transfer their learning across a range of activities that develop their ability to send objects and effectively field in various contexts..

NC: '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'

activities' 'Participate in team games.'

use 'throw, prepare, catch' to successfully throw and catch a range of different objects in a variety of ways. The learning in this unit provides important foundations to allow students to participate in many invasion games involving throwing and catching

NC: 'Master basic movements including... throwing and catching'
'Develop co-ordination and apply these in a range of activities'

to try new things. These are important aspects of whole-child development in PE. The unit aims to develop a strong team ethic within the class and set firm expectations around how children work together in PE. This strong collaborative foundation is needed in order to successfully explore challenge and competition in PE.

NC: Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.'
'(Children) should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.'

<p>Year Three</p>	<p>Ball 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>Gymnastics Develop flexibility, strength, technique, control and balance.</p>	<p>Basketball 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>Hockey Hands, Feet, Equipment: The 'hands feet equipment' unit allows pupils to develop their dribbling skills over a full unit of work. They will explore dribbling with different types of equipment and using different parts of their bodies to develop object control. This focused approach allows pupils to identify any areas of interest and success and therefore transfer these skills into any given invasion game.</p> <p>NC: 'Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending 'Develop technique, control and balance.' 'Compare their performances with previous ones and demonstrate improvement to achieve their personal best.'</p>	<p>Rounders React, Roll, Retrieve: The 'react roll retrieve' unit looks to use a range of modified activities and equipment to support the development of movement speed, as well as skills related to striking and fielding games.</p> <p>Use running jumping and throwing</p> <p>NC: '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>Athletics Run, Jump, Throw: The 'run jump throw' learning theme gives children an early opportunity to develop key fundamental movement skills, associated with many physical activities. An early introduction to the fundamentals of movement and fundamental movement skills will help support children's participation in physical activity as they grow older.</p> <p>NC: 'Use running, jumping, throwing and catching in isolation and in combination' 'Develop flexibility, strength, technique, control and balance' 'Compare their performances with previous ones and demonstrate improvement to achieve their personal best'</p>
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<p>Fundamentals (Agility, Balance, Coordination)</p> <p>The 'agility, balance, coordination' learning theme gives children an opportunity to develop key fundamental movement skills. This is delivered through a carousel of activities each week which pupils complete within the lesson. An early introduction to the fundamentals of movement and fundamental movement skills will help support children's participation in physical activity as they grow older. The lessons have connecting activities that cover more than one area of fundamental movement to enable mastery.</p> <p>NC: 'Use running, jumping, throwing and catching in isolation and in combination' 'Develop flexibility, strength, technique, control and balance' 'Compare their performances with previous ones and demonstrate improvement to achieve their personal best'</p>	<p>Netball (Target, Control, Combine)</p> <p>The 'Target, Control, Combine' unit has an important focus upon pupil's hand eye and foot eye coordination skills linked to sending and receiving. Pupils can use different adaptations of these activities to focus on exploration and repetition of fundamentals techniques, applying them to cooperative and competitive games. Through lots of engagement with these key skills children will be able to try and develop some of their own coaching points leading to improved mastery of techniques and more successful outcomes</p> <p>NC: 'Use running, jumping, throwing and catching in isolation and in combination' 'Play competitive games, modified where appropriate'</p>	<p>Cricket (<u>Accuracy, Power, Distance</u>) The Accuracy, Power, Distance unit looks to develop a wide range of throwing skills. Pupils will explore a range of throwing techniques and consider the differences needed to achieve throwing for accuracy; throwing with power and throwing for distance.</p> <p>NC: 'Pupils should be taught to develop games skills through a range of activities and using a variety of equipment' 'Master basic movements including throwing'</p>	<p>OAA</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Handball</p> <p>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>Tennis</p> <p>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>
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<p>Year Four.</p> <p>Any catch up swimmers who have not passed will continue to go in Summer Term.</p> <p>All children to take part in Water Safety lesson.</p>	<p><u>OAA</u></p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Fundamentals (React, Roll, Retrieve)</p> <p>The 'react roll retrieve' unit looks to use a range of modified activities and equipment to support the development of movement speed, as well as skills related to striking and fielding games. The children will have the opportunity to develop their knowledge of fielding activities and transfer their learning across a range of activities that develop their ability to send objects and effectively field in various contexts...</p> <p>NC: '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>Foot-Tech Fundamentals (Run, Jump, Throw) The Run, Jump, Throw' learning theme gives children an early opportunity to develop key fundamental movement skills, associated with many physical activities.</p> <p>NC: 'Use running, jumping, throwing and catching in isolation and in combination' 'Develop flexibility, strength, technique, control and balance' 'Compare their performances with previous ones and demonstrate improvement to achieve their personal best'</p>	<p><u>Dance</u></p> <p>Perform dances using simple movement patterns.</p>	<p>Athletics</p> <p>use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.</p>	<p>Handball</p> <p>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>Gymnastics (Symmetry, Balance, Travel)</p> <p>The 'symmetry balance travel' unit has an important focus upon pupil's movement skills</p>	<p>Swimming</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively for example, front crawl,</p>	<p>Swimming</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively for</p>	<p>Basketball</p> <p>Watch, Move, Connect: The 'watch move connect' unit aims to develop the children's hand eye coordination and gross motor skills</p>	<p>Tennis</p> <p>Strike, React, Rally: The 'strike react rally' unit looks to use a range of modified practices and equipment to support the development of hand eye</p>	<p>Rounders</p> <p>Accuracy, Power, Distance: The 'accuracy power distance' unit looks to develop a wide range of throwing skills. Pupils will explore a range of</p>



within gymnastics. Pupils consider how they can use different shapes and movements to create routines and present them to their peers. Each word focuses on a different gymnastics area. Symmetry explores the use of symmetrical and asymmetrical shapes; Balance looks at counter-balance and counter-tension whilst travel considers different jumps and rolls we can use within gymnastics.

NC: 'Developing flexibility, strength, technique and control' 'Link movements to make actions and sequences' 'Compare their performances with previous ones'

backstroke and breaststroke and perform safe self-rescue in different water-based situations.

example, front crawl, backstroke and breaststroke and perform safe self-rescue in different water-based situations.

both as an individual and in collaboration with other pupils. This unit focuses on a variety of methods of sending an object and can be adapted accordingly

NC: '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.'

coordination, sending with and without implements, catching, tracking, chasing, striking and aiming The pupils will have the opportunity to develop their knowledge of net/wall/rebound based activities and explore a variety of modified games

NC: '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.'

throwing techniques and consider the differences needed to achieve throwing for accuracy; throwing with power and throwing for distance. What type of throw will be best? Furthermore the pupils will experiment with different implements and again decide which they prefer to use and why.

NC: 'Pupils should be taught to develop games skills through a range of activities and using a variety of equipment' 'Master basic movements including throwing'

Swimming developing confident and competent swimmers through fun and enjoyment. Water safety is also taught.

Year Five

Basketball
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.

Tag Rugby (Modified Game Unit)
The 'tag rugby' modified games unit looks to build on the learning and fundamentals taught in previous learning themes such as; ✓ lend move score ✓ watch move connect ✓

OAA
Take part in outdoor and adventurous activity challenges both individually and within a team.

Volley-ball
Lend, Move, Score: The 'lend move score' unit looks to develop pupils' understanding of attacking and defending strategies to be implemented during modified games. The pupils will have the

Athletics
use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.

Badminton
use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable

		<p>duel win lose ✓ look run avoid</p> <p>NC: Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>		<p>opportunity to develop their knowledge of invasion games and experiment with different game formats, rules and scoring systems.</p> <p>NC: 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>for attacking and defending.</p>
	<p>Gymnastics (Symmetry, Balance, Travel)</p> <p>The 'symmetry balance travel' unit has an important focus upon pupil's movement skills within gymnastics. Pupils consider how they can use different shapes and movements to create routines and present them to their peers. Each word focuses on a different gymnastics area. Symmetry explores the use of symmetrical and asymmetrical shapes; Balance looks at counter-</p>	<p>Dance</p> <p>Perform dances using simple movement patterns. Compare their performances with previous ones</p>	<p>Foot-Tech Boccia (Watch, Move, Connect) The Watch, Move, Connect unit focuses on a variety of methods of sending an object and can be adapted accordingly.</p> <p>NC: '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>Yoga</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Tennis (Mini-Tennis Modified Game)</p> <p>The 'Tennis' modified games unit looks to build on the learning and fundamentals taught in previous learning themes such as; ✓ watch move connect ✓ strike react rally ✓ aim strike retrieve</p> <p>NC: 'modified games; apply basic principles suitable for attacking and defending'</p>	<p>Rounders (Modified Game)</p> <p>This unit can progress from the fundamentals taught in the following learning themes: ✓ Aim, Strike, Retrieve ✓ Watch, Move, Connect ✓ Strike, React, Rally</p> <p>NC: 'modified games; apply basic principles suitable for attacking and defending'</p>



<p>balance and counter-tension whilst travel considers different jumps and rolls we can use within gymnastics.</p> <p>develop flexibility, strength, technique, control and balance.</p>					
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<p>Year Six</p>	<p>Basketball 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>Dance Perform dances using simple movement patterns. Compare their performances with previous ones</p>	<p>Boccia compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>OAA Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Badminton 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>Rounders Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>
	<p>Gymnastics Develop flexibility, strength, technique, control and balance. Symmetry, Balance, Travel</p>	<p>Tag-Rugby Tag Rugby (Modified Game): The 'tag rugby' modified games unit looks to build on the learning and</p>	<p>Table Tennis develop children's hand-eye coordination, striking, throwing and catching fundamentals through</p>	<p>Volleyball Lend, Move, Score: The 'lend move score' unit looks to develop pupils' understanding of attacking and defending</p>	<p>Tennis Serve, Set, Slam The 'serve, set, slam' unit continues to develop children's hand-eye coordination, striking,</p>	<p>Athletics Speed, Distance, Strength: The 'speed, distance, strength' learning theme gives children in an</p>

<p>The 'symmetry balance travel' unit has an important focus upon pupil's movement skills within gymnastics. Pupils consider how they can use different shapes and movements to create routines and present them to their peers. Each word focuses on a different gymnastics area. Symmetry explores the use of symmetrical and asymmetrical shapes; Balance looks at counter-balance and counter-tension whilst travel considers different jumps and rolls we can use within gymnastics.</p> <p>NC: Developing flexibility, strength, technique and control' 'Link movements to make actions and sequences' 'Compare their performances with previous ones'</p>	<p>fundamentals taught in previous learning themes such as; ✓ lend move score ✓ watch move connect ✓ duel win lose ✓ look run avoid</p> <p>NC: modified games; apply basic principles suitable for attacking and defending'</p>	<p>modified net-based games. The children will have the opportunity to create scoring systems and compete against others in these modified games.</p>	<p>strategies to be implemented during modified games. The pupils will have the opportunity to develop their knowledge of invasion games and experiment with different game formats, rules and scoring systems</p> <p>NC: 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>throwing and catching fundamentals through modified net-based games. The children will have the opportunity to create scoring systems and compete against others in these modified games.</p> <p>NC: 'Use running, jumping throwing and catching in isolation and in combination.'</p> <p>'Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.'</p>	<p>opportunity to develop key fundamental movement skills of running, jumping and throwing. This is delivered through a carousel of activities each week which pupil's complete at least one learning activity for each of speed, distance and strength within the lesson. Links can be made within the learning to areas such as Athletics and around achieving Personal Best scores.</p> <p>NC: Use running, jumping, throwing and catching in isolation and in combination.' 'Develop flexibility, strength, technique, control and balance.' 'Compare their performances with previous ones and demonstrate improvement to achieve their personal best.'</p>
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