



# Churchside Federation Long Term Planning

## Subject: Physical Education



Year Group	Autumn	Spring	Summer
<b>All Year Groups</b>	<p><b>Daily Mile:</b> - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Physical activities to promote wellbeing.</b></p>		
<b>Upper KS2</b>	<p><b>Athletics:</b> - use running, jumping, throwing &amp; catching in isolation &amp; combination - develop technique, strength &amp; control. - compare performance with previous ones &amp; demonstrate improvement to achieve their personal best. (Should include: sprinting &amp; relays over 80m; hurdles; distance running 200m; throwing; long jump; standing triple jump)</p>	<p><b>Trigolf:</b> - communicate, collaborate &amp; compete with one another. - play competitive games (modified where appropriate) - develop technique &amp; control. - compare their performances with previous ones &amp; demonstrate improvement to achieve their personal best.</p>	<p><b>Dance:</b> - perform dances using a range of movement styles. - evaluate &amp; suggest how to improve.</p>
		<p><b>Gymnastics:</b> - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement. - work collaboratively. - evaluate &amp; recognise how to improve.</p>	<p><b>Invasion Games:</b> - communicate, collaborate &amp; compete with one another. - use throwing &amp; catching in isolation and in combination. - play competitive games (modified where appropriate) &amp; apply principles for attacking &amp; defending. (Suggested Sports: Netball &amp; Basketball)</p>
		<p><b>Swimming &amp; Water Safety:</b> - swim competently, confidently and proficiently over a distance of at least 25m. - use a range of strokes effectively. - perform safe self-rescue in different water-based situations.</p>	<p><b>Striking &amp; Fielding Games:</b> - communicate, collaborate &amp; compete with one another. - use throwing &amp; catching in isolation and in combination. - play competitive games (modified where appropriate) &amp; apply principles for attacking &amp; defending. (Suggested Sports: Rounders &amp; Kwik Cricket)</p>
			<p><b>Dance:</b> - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement.</p> <p><b>Orienteering:</b> - take part in outdoor and adventurous activity challenges both individually and within a team. (Y6 – Lakeside Residential)</p>
			<p><b>Invasion Games:</b> - communicate, collaborate &amp; compete with one another. - use throwing &amp; catching in isolation and in combination. - play competitive games (modified where appropriate) &amp; apply principles for attacking &amp; defending. (Suggested Sports: Hockey &amp; Tag Rugby)</p>
<b>Lower KS2</b>	<p><b>Athletics:</b> - use running, jumping, throwing &amp; catching in isolation &amp; combination - develop technique, strength &amp; control. - compare performance with previous ones &amp; demonstrate improvement to achieve their personal best. (Should include: sprinting &amp; relays over 50m; obstacle courses; basic throwing skills; standing long jump)</p>	<p><b>Trigolf:</b> - communicate, collaborate &amp; compete with one another. - play competitive games (modified where appropriate) - develop technique &amp; control. - compare their performances with previous ones &amp; demonstrate improvement to achieve their personal best.</p>	<p><b>Dance:</b> - perform dances using a range of movement styles. - evaluate &amp; suggest how to improve.</p>
		<p><b>Gymnastics:</b> - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement.</p>	<p><b>Racquet Sports:</b> - enjoy communicating, collaborating &amp; competing with one another. - use throwing &amp; catching in isolation and in combination - play competitive games (modified where appropriate) &amp; apply principles for attacking &amp; defending. (Suggested Sports: Badminton &amp; Mini Tennis)</p>
			<p><b>Invasion Games:</b> - communicate, collaborate &amp; compete with one another. - use throwing &amp; catching in isolation and in combination. - play competitive games (modified where appropriate) &amp; apply principles for attacking &amp; defending. (Suggested Sports: Tag Rugby &amp; Football)</p>
			<p><b>Gymnastics:</b> - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement.</p>
			<p><b>Athletics:</b> - use running, jumping, throwing &amp; catching in isolation &amp; combination - develop technique, strength &amp; control. - compare performance with previous &amp; demonstrate improvement to achieve personal best.</p>



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Year Group	Autumn			Spring			Summer		
<b>All Year Groups</b>	<p><b>Daily Mile:</b></p> <ul style="list-style-type: none"> <li>- compete against themselves in increasingly challenging situations (KS1)</li> <li>- children know the importance for good health of physical exercise (EYFS)</li> </ul> <p><b>Physical activities and exercise to promote wellbeing.</b></p>								
<b>KS1</b>	<p><b>Dance:</b></p> <ul style="list-style-type: none"> <li>- perform dances using simple movements.</li> <li>- engage in co-operative physical activities.</li> </ul>	<p><b>Athletics:</b></p> <ul style="list-style-type: none"> <li>- master basic movements including running &amp; jumping &amp; develop agility &amp; co-ordination. (</li> </ul>	<p><b>Ball Games:</b></p> <ul style="list-style-type: none"> <li>- master basic movements including throwing &amp; catching &amp; begin to apply these in activities.</li> <li>- develop agility &amp; co-ordination.</li> </ul> <p>(Suggested Sports: Trigolf &amp; non-contact games involving throwing &amp; catching)</p>	<p><b>Gymnastics:</b></p> <ul style="list-style-type: none"> <li>- master basic movements &amp; develop balance, agility &amp; co-ordination.</li> </ul>	<p><b>Ball Games:</b></p> <ul style="list-style-type: none"> <li>- participate in team games &amp; develop simple tactics for attacking &amp; defending.</li> <li>- master basic movements including throwing &amp; catching &amp; begin to apply these in activities.</li> </ul> <p>(Suggested: racquet Sports)</p>	<p><b>Dance:</b> - perform dances using simple movements.</p>	<p><b>Team Games:</b></p> <ul style="list-style-type: none"> <li>- master basic movements including throwing &amp; catching.</li> <li>- participate in team games, developing simple tactics for attacking &amp; defending.</li> </ul> <p>(Suggested sports: hockey &amp; football)</p>	<p><b>Gymnastics:</b></p> <ul style="list-style-type: none"> <li>- master basic movements &amp; develop balance, agility &amp; co-ordination</li> </ul>	<p><b>Athletics:</b></p> <ul style="list-style-type: none"> <li>- master basic movements including running &amp; jumping &amp; develop agility &amp; co-ordination.</li> </ul>
<b>EYFS</b>	<p><b>Dance:</b></p> <ul style="list-style-type: none"> <li>- move confidently in a range of ways, safely negotiating space.</li> </ul>	<p><b>Ball Skills:</b></p> <ul style="list-style-type: none"> <li>- handle equipment &amp; tools correctly.</li> <li>- catch a large ball.</li> <li>- safely negotiate space.</li> <li>- observe effects of activity on their bodies.</li> <li>- play co-operatively</li> </ul>	<p><b>Racing &amp; Chasing Games:</b></p> <ul style="list-style-type: none"> <li>- move confidently, safely negotiating space.</li> <li>- talk about ways to keep healthy &amp; safe.</li> <li>- observe effects of activity on their bodies.</li> <li>- play co-operatively.</li> </ul>	<p><b>Gymnastics:</b></p> <ul style="list-style-type: none"> <li>- show good control &amp; co-ordination in large &amp; small movements.</li> <li>- move confidently, safely negotiating space.</li> <li>- talk about ways to keep safe.</li> </ul>	<p><b>Ball Skills:</b></p> <ul style="list-style-type: none"> <li>- handle equipment &amp; tools correctly.</li> <li>- show increasing control over an object in pushing, patting, throwing, catching or kicking it.</li> </ul>	<p><b>Dance:</b></p> <ul style="list-style-type: none"> <li>- move confidently in a range of ways, safely negotiating space.</li> </ul> <p>(see Val Sabin Dance for lesson plans &amp; dance ideas)</p>	<p><b>Gymnastics:</b></p> <ul style="list-style-type: none"> <li>- show good control &amp; co-ordination,</li> <li>- move confidently, safely negotiating space.</li> </ul>	<p><b>Ball Skills:</b></p> <ul style="list-style-type: none"> <li>- show good co-ordination &amp; control in large &amp; small movements.</li> <li>- handle equipment &amp; tools effectively.</li> <li>- play co-operatively.</li> </ul>	<p><b>Athletics:</b></p> <ul style="list-style-type: none"> <li>- move confidently, safely negotiating space.</li> <li>- run with control &amp; co-ordination.</li> </ul>
<p>- manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p>									



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**Events:**

- Norfolk Virtual School Games (awaiting timetable)
- Sports Day (July 2021)
- Olympic Games Tokyo (July – Sept 2021)