



# Churchside Federation Long Term Planning

## Subject: Physical Education



Teachers are free to choose the order that they teach the units in within each half-term. It is suggested that, wherever possible, PE is blocked into units of 2-3 weeks with both lessons a week on the same focus area/sport. Fitness activities can be taught as a block or included alongside other units as they are suitable for within the classroom when events or weather may prevent the planned PE taking place.

G Drive contains Get Set 4 PE lessons plans and resources for all areas of PE, but teachers can supplement these with any other resources of their choice.

Year Group	Autumn			Spring			Summer		
All Year Groups	Daily Mile: - compare their performances with previous ones and demonstrate improvement to achieve their personal best.								
EYFS	<b>Dance:</b> - move confidently in a range of ways, safely negotiating space.	<b>Fundamentals:</b> - handle equipment & tools correctly. - catch a large ball. - safely negotiate space. - observe effects of activity on their bodies. - play co-operatively.	<b>Racing &amp; Chasing Games:</b> - move confidently, safely negotiating space. - talk about ways to keep healthy & safe. - observe effects of activity on their bodies. - play co-operatively.	<b>Gymnastics:</b> - show good control & co-ordination in large & small movements. - move confidently, safely negotiating space. - talk about ways to keep safe.	<b>Ball Skills:</b> - handle equipment& tools correctly. - show increasing control over an object in pushing, patting, throwing, catching or kicking it.	<b>Dance:</b> - move confidently in a range of ways, safely negotiating space. (see Val Sabin Dance for lesson plans & dance ideas)	<b>Gymnastics:</b> - show good control & co-ordination, safely negotiating space.	<b>Ball Skills:</b> - show good co-ordination & control in large & small movements. -handle equipment & tools effectively. - play co-operatively.	<b>Athletics:</b> - move confidently, safely negotiating space. - run with control & co-ordination.
KS1	<b>Dance:</b> - perform dances using simple movements. - engage in co-operative physical activities. (see Val Sabin Dance for lesson plans & dance ideas) <b>Athletics:</b> - master basic movements including running & jumping & develop agility & co-ordination. ( <a href="#">example lesson plans</a> ) <b>Ball Skills:</b> - master basic movements including throwing & catching & begin to apply these in activities. - develop agility & co-ordination. <b>Fitness (Choose from: Yoga, Fitness, Fundamentals):</b> - Recognise that activity increases our heart rate, breathing, temperature etc. - Know that they should try to be active every day and be able to describe different things they can do that are active. - master basic movements - develop agility & co-ordination			<b>Gymnastics:</b> - master basic movements & develop balance, agility & co-ordination <b>Ball Games:</b> - participate in team games & develop simple tactics for attacking & defending. - master basic movements including throwing & catching & begin to apply these in activities. <b>Dance:</b> - perform dances using simple movements. - engage in co-operative physical activities. (see Val Sabin Dance for lesson plans & dance ideas) <b>Fitness (Choose from: Yoga, Fitness, Trigolf):</b> - Recognise that activity increases our heart rate, breathing, temperature etc. - Know that they should try to be active every day and be able to describe different things they can do that are active. - master basic movements - develop agility & co-ordination			<b>Striking &amp; Fielding or Target Games:</b> - master basic movements including throwing & catching. - participate in team games, developing simple tactics for attacking & defending. <b>Athletics:</b> - master basic movements including running & jumping & develop agility & co-ordination. ( <a href="#">example lesson plans</a> ) <b>Gymnastics:</b> - master basic movements & develop balance, agility & co-ordination <b>Team/Invasion Games:</b> - master basic movements including throwing & catching. - participate in team games, developing simple tactics for attacking & defending.		



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Year Group	Autumn	Spring	Summer
<b>All</b>	<b>Daily Mile:</b> - compare their performances with previous ones and demonstrate improvement to achieve their personal best.		
<b>Lower KS2</b>	<b>Racquet Sports (Focus Sport: Mini Tennis)</b> - enjoy communicating, collaborating & competing with one another. - use throwing & catching in isolation and in combination - play competitive games (modified where appropriate) & apply principles for attacking & defending. <b>(Focus Sport: Mini Tennis)</b> <b>Dance:</b> - perform dances using a range of movement styles. - evaluate & suggest how to improve. <b>Fitness: (Choose from: Trigolf, Yoga or Fitness)</b> Recognise that muscles get stronger and bigger when we exercise. Know why we need to warm-up before exercise & cool down after. Recognise that exercise can make them feel better or happier. - develop technique & control. <b>Ball Skills:</b> - communicate, collaborate & compete with one another. - play competitive games (modified where appropriate)	<b>Invasion Games (Focus: Netball &amp; Basketball):</b> - communicate, collaborate & compete with one another. - use throwing & catching in isolation and in combination. - play competitive games (modified where appropriate) & apply principles for attacking & defending. <b>Gymnastics:</b> - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement. <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.	<b>Invasion Games (Focus: Football):</b> - communicate, collaborate & compete with one another. - use throwing & catching in isolation and in combination. - play competitive games (modified where appropriate) & apply principles for attacking & defending. <b>Gymnastics:</b> - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement. <b>Athletics:</b> - use running, jumping, throwing & catching in isolation & combination - develop technique, strength & control. - compare performance with previous & demonstrate improvement to achieve personal best. (Should include: sprinting & relays over 50m; obstacle courses; basic throwing skills; standing long jump – <a href="#">example lesson plans</a> ) <b>Striking &amp; Fielding Games (Focus Sport: Rounders):</b> - communicate, collaborate & compete with one another. - use throwing & catching in isolation and in combination. - play competitive games (modified where appropriate) & apply principles for attacking & defending.
<b>Upper KS2</b>	<b>Racquet Sports (Focus Sport: Badminton)</b> - enjoy communicating, collaborating & competing with one another. - use throwing & catching in isolation and in combination - play competitive games (modified where appropriate) & apply principles for attacking & defending. <b>Dance:</b> - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement. - work collaboratively. - evaluate & recognise how to improve. <b>Invasion Games (Focus Sport: Hockey or Tag Rugby)</b> - communicate, collaborate & compete with one another. - use throwing & catching in isolation and in combination. - play competitive games (modified where appropriate) & apply principles for attacking & defending. <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.	<b>Gymnastics:</b> - perform dances using a range of movement styles. - evaluate & suggest how to improve. <b>Fitness (Choose from Trigolf, Yoga or Fitness):</b> - - develop technique & control. - Compare the muscles and fitness required for different sports and physical activities. Suggest suitable ways of warming-up for different activities. Understand the link between physical and mental health and recognise that exercise and time spent outdoors contribute to their overall wellbeing. <b>Invasion Games (Focus Sports: Netball &amp; Basketball):</b> - communicate, collaborate & compete with one another. - use throwing & catching in isolation and in combination. - play competitive games (modified where appropriate) & apply principles for attacking & defending.	<b>Striking &amp; Fielding Games (Focus Sport: Cricket)</b> - communicate, collaborate & compete with one another. - use throwing & catching in isolation and in combination. - play competitive games (modified where appropriate) & apply principles for attacking & defending. <b>Gymnastics or Dance:</b> - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement. <b>Orienteering:</b> - take part in outdoor and adventurous activity challenges both individually and within a team. (Y6 – Lakeside Residential) <b>Athletics:</b> - use running, jumping, throwing & catching in isolation & combination - develop technique, strength & control. - compare performance with previous ones & demonstrate improvement to achieve their personal best. (Should include: sprinting & relays over 80m; hurdles; distance running 200m; throwing; long jump; standing triple jump – <a href="#">example lesson plans</a> )