



Churchside Federation Long Term Planning

Subject: Physical Education Mundford



Teachers are free to choose the order that they teach the units in within each half-term. 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. **Taught by Mr Brotherhood and aligned with teaching at Gooderstone to enable cross-federation tournaments. Taught by Class Teachers** Each half-term, the children from Gooderstone will come over to Mundford to allow the schools to play competitive sport together and apply the skills they have been learning.

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.								
Nursery Development Matters	Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs or climb up apparatus using alternate feet. Skip hop stand on one leg and hold a pose for a game like musical statues. Use large muscle movements to wave flags and streamers. Start taking part in some group activities which they make up for themselves or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting for example they decide whether to crawl walk or run across a plank depending on its length and width								
EYFS	Dance: - move confidently in a range of ways, safely negotiating space.	Fundamentals: - handle equipment & tools correctly. - catch a large ball. - safely negotiate space. - observe effects of activity on their bodies. - play co-operatively.	Racing & Chasing Games: - move confidently, safely negotiating space. - talk about ways to keep healthy & safe. - observe effects of activity on their bodies. - play co-operatively.	Gymnastics: - show good control & co-ordination in large & small movements. - move confidently, safely negotiating space. - talk about ways to keep safe.	Ball Skills: - handle equipment & tools correctly. - show increasing control over an object in pushing, patting, throwing, catching or kicking it.	Dance: - move confidently in a range of ways, safely negotiating space. (see Val Sabin Dance for lesson plans & dance ideas)	Gymnastics: - show good control & co-ordination, - move confidently, safely negotiating space.	Ball Skills: - show good co-ordination & control in large & small movements. -handle equipment & tools effectively. - play co-operatively.	Athletics: - move confidently, safely negotiating space. - run with control & co-ordination.
KS1	Dance: (Autumn 1 CP – Hazel and Maple) - perform dances using simple movements. - engage in co-operative physical activities. (see Val Sabin Dance for lesson plans & dance ideas) Athletics: (Autumn 2 – CP Hazel & Maple) - master basic movements including running & jumping & develop agility & co-ordination. Ball Skills: (Autumn 1, Hazel) - master basic movements including throwing & catching & begin to apply these in activities. - develop agility & co-ordination. Fitness (Choose from: Yoga, Fitness, Fundamentals): (Autumn 1 Maple) (Autumn 2 Yoga – Hazel) - 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			Gymnastics: (Hazel – Spr 1) (Maple, Spr 2) - master basic movements & develop balance, agility & co-ordination Ball/Invasion Games: (Maple, Spr 1) - participate in team games & develop simple tactics for attacking & defending. - master basic movements including throwing & catching & begin to apply these in activities. Dance: -perform dances using simple movements. -engage in co-operative physical activities. (see Val Sabin Dance for lesson plans & dance ideas) Fitness (Choose from: Yoga, Fitness, Trigolf): (CP – Hazel and Maple, Spring 1, Fitness/Fundamentals) (CP – Hazel/Maple, Trigolf) - 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			Striking & Fielding or Target Games: (CP – Hazel/Maple, Sum 1) - master basic movements including throwing & catching. - participate in team games, developing simple tactics for attacking & defending. Athletics: (CP, Hazel/Maple Sum 2) - master basic movements including running & jumping & develop agility & co-ordination. Gymnastics: (Maple, Sum 1) (Hazel, Sum 2) - master basic movements & develop balance, agility & co-ordination Team/Invasion Games: (Hazel, Sum 1) (Maple, Sum 2) - master basic movements including throwing & catching. - participate in team games, developing simple tactics for attacking & defending.		



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Subject: Physical Education Mundeford



Year Group	Autumn	Spring	Summer
All	<p>Daily Mile: - compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>		
Lower KS2	<p>Racquet Sports (Focus Sport: Mini Tennis) - 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.</p> <p>Dance: - perform dances using a range of movement styles. - evaluate & suggest how to improve.</p> <p>Fitness: (Choose from: Trigolf, Yoga or Fitness) 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.</p> <p>Ball Skills: - communicate, collaborate & compete with one another. - play competitive games (modified where appropriate)</p> <p>Gymnastics: - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement.</p>	<p>Swimming & Water Safety: - 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>Invasion Games (Football & Tag Ruby): - 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.</p>	<p>Invasion Games (Focus: Basketball) - 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.</p> <p>Gymnastics: - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement.</p> <p>Athletics: - 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)</p> <p>Striking & Fielding Games (Focus Sport: Cricket/Rounders): - 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.</p>
Upper KS2	<p>Invasion Games (Focus Sports: Netball): - 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</p> <p>Swimming & Water Safety: - 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>Fitness (Choose from Trigolf, Yoga or Fitness): - - 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.</p>	<p>Gymnastics: - perform dances using a range of movement styles. - evaluate & suggest how to improve.</p> <p>Invasion Games (Focus Sport: Hockey or Tag Rugby) - 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.</p> <p>Dance: - develop flexibility, strength, technique, control and balance. - link actions to create sequences of movement. - work collaboratively. - evaluate & recognise how to improve.</p> <p>Invasion Games (Focus Sports: Basketball): - 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</p>	<p>Striking & Fielding Games (Focus Sport: Cricket/Rounders) - 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</p> <p>Orienteering: - take part in outdoor and adventurous activity challenges both individually and within a team. (Y6 – Lakeside Residential)</p> <p>Racquet Sports (Focus Sport: Mini Tennis or Badminton) - 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</p> <p>Athletics: - 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)</p>