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**Physical Education Long-term Curriculum Planning**

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|  |  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year R** | **P.E. taught  by MSport Active** | **Introduction to PE unit 1**   * *Basic principles of a PE lesson e.g. finding space, freezing on command, using and sharing equipment and working individually, with a partner and group* * *Fundamental movement skills such as running, jumping, skipping* | **Introduction to PE unit 2**   * *Basic principles of a PE lesson e.g. safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group* * *Fundamental movement skills such as running, jumping and skipping* * *Play simple games and begin to understand and use rules* | **Gymnastics unit 1**   * *Explore basic movements, creating shapes, balances, and jumps* * *Show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus* * *Copy, create, remember and repeat short sequences* * *Begin to understand using levels and directions when travelling and balancing* | **Ball Skills unit 1**   * *Fundamental ball skills e.g. rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball* * *Develop fine and gross motor skills through a range of game play using a variety of equipment*   *Work independently and with a partner* | **Ball Skills unit 2**   * *Fundamental ball skills e.g. throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball* * *Develop fine and gross motor skills though a range of game play with balls* * *Work independently and with a partner*   *Develop decision making and using simple tactics* | **Games unit 1**   * *Practise and further develop fundamental movement skills through games* * *Learn how to score and play by the rules* * *Learn how to work with a partner and begin to understand what a team is* * *Learn how to behave when winning and losing* |
| **P.E. taught  by class teachers** |  | **Dance unit 1**   * *Explore space and how to use space safely* * *Explore travelling movements, shapes and balances* * *Choose own actions in response to a stimulus* * *Copy, repeat and remember actions* * *Count to help keep in time with the music* * *Perform to others and begin to provide simple feedback* | **Fundamentals unit 1**   * *Fundamental movement skills including balancing, running, changing direction, jumping, hopping and travelling* * *Develop gross motor skills through a range of activities* * *Learn how to stay safe using space, working independently and with a partner* | **Fundamentals unit 2**   * *Develop skills of balancing, running, hopping, jumping, travelling and changing direction* * *Develop fine and gross motor skills, through handling equipment* * *Learn how to stay safe using space* * *Work independently and with a partner to complete tasks* | **Gymnastics unit 2**   * *Explore basic movements, creating shapes and balances, jumps and rolls* * *Begin to develop an awareness of space and how to use it safely* * *Perform basic skills on both floor and apparatus* * *Copy, create, remember and repeat short sequences* * *Begin to understand using levels and directions when travelling and balancing* | **Dance unit 2**   * *Explore space and how to use space safely* * *Explore traveling actions, shapes and balances* * *Choose their own actions in response to a stimulus* * *Copy, repeat and remember actions* * *Count to help keep in time with the music* * *Explore dance through the world around them*   *Perform to others and begin to provide simple feedback* |
| **Year 1** | **P.E. taught by MSport Active** | **Ball Skills**   * *Explore fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball* * *Work independently, in pairs and small groups* * *Explore their own ideas in response to tasks* | **Gymnastics unit 1**   * *Learn to use space safely and effectively* * *Explore basic gymnastic actions on the floor and using low apparatus* * *Use basic skills of jumping, rolling, balancing and travelling individually and in combination to create movement* * *Begin to select their own actions to build short sequences and develop their confidence in performing* * *Understand the use of levels, directions and shapes when travelling and balancing* | **Fitness**   * *Develop understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health* * *Work independently, in pairs and small groups to complete challenges in which they will sometimes need to persevere to achieve their personal best* | **Games: Target**   * *Develop their aim using both underarm and overarm actions* * *Select and apply the appropriate action for the target considering the size and distance of the challenge* * *Apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities* * *Understand the importance of abiding by rules to keep themselves and others safe* | **Games: Net and Wall**   * *Learn the importance of the ready position* * *Develop throwing, catching and racket skills, learning to track and hit a ball* * *Play against an opponent and over a net* * *Begin to use rules and simple tactics when playing against a partner* * *Demonstrate good sportsmanship and show respect towards others* | **Games: Striking and fielding**   * *Develop a basic understanding of striking and fielding games such as Rounders and Cricket* * *Learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball* * *Play one against one, one against two, and one against three* * *Learn how to score points and how to use simple tactics* * *Learn the rules of the games and use these to play fairly* * *Show respect towards others when playing competitively and develop communication skills* |
| **P.E. taught by class teachers** | **Dance: (Weather/Pirates)**   * *Explore travelling actions, movement skills and balancing* * *Understand why it is important to count to music and use this in their dances* * *Copy and repeat actions, linking them together to make short dance phrases* * *Work individually and with a partner to create ideas in relation to the theme* * *Perform and provide feedback, beginning to use dance terminology to do so* | **Dance: (The Lost Toy/On Safari)**   * *Explore travelling actions, movement skills and balancing* * *Understand why it is important to count to music and use this in their dances* * *Copy and repeat actions, linking them together to make short dance phrases* * *Work individually and with a partner to create ideas in relation to the theme* * *Perform and provide feedback, beginning to use dance terminology to do so* | **Gymnastics unit 2**   * *Learn to use space safely and effectively* * *Explore and develop basic gymnastic actions on the floor and using low apparatus* * *Use basic skills of jumping, rolling, balancing and travelling individually and in combination to create movement* * *Select their own actions to build short sequences and develop their confidence in performing* * *Understand the use of levels, directions and shapes when travelling and balancing* | **Games: Sending and Receiving**   * Develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball * Work with a range of different sized balls * Apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities * Understand the importance of abiding by the rules to keep themselves and others safe | **Games: Invasion**   * *Develop the basic skills required in invasion games such as sending, receiving and dribbling a ball* * *Develop their understanding of attacking and defending and what being 'in possession' means* * *Play uneven and even sided games* * *Learn how to score points in these types of games and how to play to the rules* * *Work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents* | **Athletics**   * *Develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing* * *Engage in performing skills and measuring performance, competing to improve on their own score and against others* * *Work collaboratively as well as independently* |
| **Year 2** | **P.E. taught by MSport Active** | **Ball Skills**   * *Develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball* * *Work independently, in pairs and small groups* | **Gymnastics**   * *Learn, explore and develop basic gymnastic actions on the floor and using apparatus* * *Develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases* * *Learn to work safely with and around others and whilst using apparatus* * *Provide feedback to others and begin to recognise elements of high quality performance* | **Fitness**   * *Explore and develop agility, balance, co-ordination, speed and stamina* * *Work independently and with others* * *Develop perseverance and show determination to work for longer periods of time* | Games: Target   * *Develop their understanding of the principles of target games* * *Learn how to score points and play to the rules* * *Develop the skills of throwing, rolling, kicking and striking to targets* * *Begin to self-manage their own games selecting and applying the skills they have learnt appropriate to the situation* | **Games: Net and Wall**   * *Develop their understanding of the principles of net and wall games such as using the ready position to defend their space and sending the ball away from an opponent to maximise their chances of scoring* * *Learn to play games honestly, abiding by the rules and showing respect towards their opponents and teammates* | **Games: Striking and fielding**   * *Develop their understanding of the principles of striking and fielding games* * *Develop the skills of throwing and catching, tracking and retrieving a ball and striking a ball* * *Begin to self-manage small sided games* * *Learn how to score points and play to the rules* * *Begin to think about how to use skills, strategies and tactics to outwit the opposition appropriate to the situation* |
| **P.E. taught by class teachers** | **Dance (Secret Garden, The Circus)**   * *Explore space and how their body can move to express and idea, mood, character or feeling* * *Expand their knowledge of travelling actions and use them in relation to a stimulus* * *Build on their understanding of dynamics and expression* * *Use counts of 8 consistently to keep in time with the music and a partner* * *Explore pathways, levels, shapes, directions, speeds and timing* * *Work independently and with others to perform and provide feedback beginning to use key terminology* | **Dance (The Rainforest, Jack Frost)**   * *Explore space and how their body can move to express and idea, mood, character or feeling* * *Expand their knowledge of travelling actions and use them in relation to a stimulus* * *Build on their understanding of dynamics and expression* * *Use counts of 8 consistently to keep in time with the music and a partner* * *Explore pathways, levels, shapes, directions, speeds and timing*   *Work independently and with others to perform and provide feedback beginning to use key terminology* | **Gymnastics**   * *Learn, explore and develop basic gymnastic actions on the floor and using apparatus* * *Develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases* * *Develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions* * *Learn to work safely with and around others and whilst using apparatus* * *Provide feedback to others and recognise elements of high quality performance* | **Games: Sending and receiving**   * *Develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball* * *Use equipment to send and receive a ball* * *Work with a range of different sized balls* * *Apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities* * *Understand the importance of abiding by rules to keep themselves and others safe* | **Games: Invasion**   * *Develop their understanding of invasion games and the principles of defending and attacking* * *Use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands* * *Play uneven and even sided games* * *Learn how to score points in these types of games and learn to play to the rules* | **Athletics**   * *Develop skills required in athletic activities such as running at different speeds, jumping and throwing* * *Perform skills and measure performance, competing to improve on their own score and against others* * *Work collaboratively as well as independently* * *Learn how to improve by identifying areas of strength as well as areas to develop* |

In all units, children develop physical, social, emotional and thinking whole child objectives.

Please note that, in addition to structured P.E. lessons, each year group has physical activity opportunities through:

* Daily run
* Yoga
* Playtimes (free play)
* Outdoor learning