



Long Term Plan – Physical Education – 2021-22

Term	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rowan Class	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills
Aims of Unit	To experiment with different ways of travelling; shuffling, running, jumping, skipping, sliding and hopping.	To experiment with different ways of balancing, throwing, climbing and jumping.	To experiment with different ways of throwing and performing a range of gymnastic rolls and jumps.	To experiment with different ways of moving with control and co-ordination. To experiment with a range of small and large equipment.	To experiment with different ways of jumping, throwing and catching.	To experiment with different ways of jumping, throwing and catching.
Willow Class	Baseline Unit	Dance	Gymnastics	Games	Games	Athletics
Aims of the Unit	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is delivered in the FMS units.	Children will explore basic body actions, eg jumping and turning, and use different parts of their body to create and repeat short dances .	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create, short movement phrases of 'like' linked actions, eg two jumps, or two rolls.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping.

Hazel Class	Baseline Unit/FMS	Games	Dance	Gymnastics	Games	Athletics/KS1 Assessment (Yr2)
Aims of the Unit	Children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is delivered in the FMS units.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will explore basic body actions, eg jumping and turning, and use different parts of their body to create and repeat short dances.	Children investigate movement and explore basic gymnastic actions on the floor and using apparatus. They copy or create, short movement phrases of 'like' linked actions, eg two jumps, or two rolls.	Children will develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games.	Children will explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping.
Beech Class	Games	Gymnastics	Dance	Games	Games	Athletics/KS1 Assessment
Aims of the Unit	Children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will focus on increasing their range of basic gymnastic skills. They create simple sequences of 'unlike' actions on the floor, eg a roll, jump and a shape. They then transfer what they learn on the floor to apparatus.	Children will focus on creating and performing short dances that communicate different moods, feelings and ideas. A range of subjects, including some based on different times and cultures can be used.	Children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping,
Pine Class	Gymnastics	Dance	Games	OAA	Games	Athletics
Aims of the Unit	Children will focus on improving the quality of their movement, They will learn how to plan and perform actions and sequences, and develop flow by linking actions smoothly.	Children perform dances, focusing on creating, adapting and linking a range of dance actions. These are inspired by a variety of subjects, including some traditional, social and/or historical dances.	Fundamental skills catch up: Year 2 FMS: Children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions. They will continue to practice and refine their FMS and techniques, using them to outwit others.	Children will explore the Great Outdoors and take part in trails and simple team building exercises	Children will learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down	Children should concentrate on developing good basic running, jumping and throwing techniques. Children will develop their technical understanding across all areas of athletics.

Elder Class	Games	Dance	Gymnastics	Games	Games	Athletics
Aims of the Unit	Children continue to learn simple attacking tactics using a range of equipment and sport specific skills. Develop attacking skills in a 4V2 invasion game. "On the attack"	Children gain inspiration from English and work in pairs and small groups. Children concentrate on combining and linking phrases of movement fluently and with control	Children will learn develop their skills with control and precision and combine them to create a sequence They will extend their range of actions, working on more difficult combinations.	Children will learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down.	Children will learn to develop the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent.	Children should concentrate on developing good basic running, jumping and throwing techniques. Children will develop their technical understanding across all areas of athletics.
Cherry Class	Dance	Dance	Gymnastics	Games	Games	Athletics
Aims of the Unit	Children learn different styles of dance. They create, perform and watch dances in a range of styles, working with partners and groups. They will be improvising and exploring ideas and developing their knowledge of dance.	Children learn different styles of dance. They create, perform and watch dances in a range of styles, working with partners and groups. They will be improvising and exploring ideas and developing their knowledge of dance.	Children will develop a wider range of actions and use their skills and abilities individually, and in sequence with a partner. Children will create longer sequences with a partner to perform paired balances for an audience	Children will learn how to work well as a team when attacking, and explore a range of ways to defend. The play uneven-sided games leading to 5V4 or 4V3. Children will also learn a wider range of sport specific techniques.	Children will learn to develop the range and quality of their skills when playing games using rackets. They also learn specific tactics and skills for net/wall type games.	Children will focus on developing their technical understanding of athletic activity. They learn how to set targets and improve their performance in a range of running, jumping and throwing activities.
Oak Class	Games	Dance Enrichment unit with specialist dance teacher	Gymnastics OAA (Borwick Hall)	Games	Games	Athletics
Aims of the Unit	Children will learn how to work well as a team when attacking, and explore a range of ways to defend. The play uneven-sided games leading to 5V4 or 4V3. Children will also learn a wider range of sport specific techniques.	Children learn different styles of dance. They create, perform and watch dances in a range of styles, working with partners and groups. They will be improvising and exploring ideas developing their knowledge of dance.	Children will develop a wider range of actions and use their skills and abilities individually, and in sequence with a partner. Children will create longer sequences with a partner to perform paired balances for an audience	Children will develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, backstop, fielder and batter.	Children will apply their knowledge and understanding of invasion games from Year 5 and create their own game which follows invasion games principles.	Children will focus on developing their technical understanding of athletic activity. They learn how to set targets and improve their performance in a range of running, jumping and throwing activities.

Swimming to be completed in a 2 week intensive block – x10 times over two weeks – Autumn 2 Year 5 and 6.

Health Related Fitness – to be taught discreetly across the curriculum – Materials from Lancs planning to be used as lesson resources.

Children will use their knowledge of health and fitness and the links with science, PSHE and DT. They will learn about the different types of fitness and about exercise safe practice.