

Physical Education - Long term plan Key Stage 1 & 2 Hadlow Primary School

Autumn Terms 1 & 2	Spring Terms 3 & 4	Summer Terms 5 & 6
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Are physically active for sustained periods of time Engaged in competitive sports and activities Lead healthy, active lives 	<ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns 	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best

Reception Class- Puresports Black / Teachers Blue

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Sport	Motor Skills	Dance	Gymnastics	Rolling and Bouncing	Throwing and catching	Athletics track
	Introduction PE unit 1	Fundamentals	Dance unit1	Ball Skills unit 1	Games Unit 1	Athletics Fielding/games 2

Year 1 - Puresports Black / Teachers Blue						
Sport	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Tag Rugby	Dance	Gymnastics- Floor work	Netball	OAA	Athletics- Track
	Fundamentals	Target Games	Dance	Ball Skills	Sending and Rec	Athletics- Fielding/fitness
Year 2- Puresports Black / Teachers Blue						
Sport	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Tag Rugby	Dance	Gym- Apparatus	Netball	Cricket/Rounders	AthleticsRecap
	Invasion	Gymnastics-Floor Work	Dance	Net & Wall	Striking and Fielding	Fielding/Fitness
Year 3 - Puresports Black / Teachers Blue						
Sport	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Hockey	Dance	Gym- Apparatus	Tennis	Cricket/rounders	Athletics
	Handball	Gymnastics	Dance	Volley Ball	Ball Skills	Fielding/Fitness
Year 4 - Puresports Black / Teachers Blue						
Sport	Term 1	Term2	Term 3	Term 4	Term 5	Term 6
	Tag Rugby	Dance	Gym –Apparatus	Volleyball/Netball	Soft Ball	Athletics
	Basketball	Gymnastics	Dance	Badminton	OAA	Fielding/Fitness

Year 5 - Puresports Black / Teachers Blue						
Sport	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Hockey	Dance	Gym – Apparatus	Tennis	Cricket/Rounders	Athletics
	Handball	Gym	Dance	Swimming/Volleyball	Swimming/Ball Skills	Fielding/Fitness
Year 6 - Puresports Black / Teachers Blue						
Sport	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Tag Rugby	Dance	Gym- Apparatus	Volleyball/Netball	Soft Ball	Athletics
	Basketball	Swimming/Yoga	Swimming/Yoga	Badminton	OAA	Fielding/Fitness
Sporting Values	Determination	Teamwork	Communication	Respect	Fun	Honesty
	Inspiration	Encouragement	Confidence	Helping Others	Creativity	Positivity