



Templenewsam Halton Primary Physical Education Long Term Plan



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	Autumn	Spring	Summer
Early Years (Nursery)	<p><u>Continuous Provision to Promote and 1 weekly PE lesson to focus in more detail:</u></p> <p>Climbs stairs, steps and moves across climbing equipment using alternate feet. Maintains balance using hands and body to stabilise Runs with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Use large-muscle movements to wave flags and streamers, paint and make marks. 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. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Start taking part in some group activities which they make up for themselves, or in teams. Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks Revise and refine the fundamental movement skills they have already acquired: -rolling -crawling -walking -jumping -running -hopping -skipping -climbing Progress towards a more fluent style of moving, with developing control and grace. Develop overall body-strength, balance, co-ordination and agility. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p>		
Early Years (Reception)	<p><u>Provision to enhance fine and gross motor skills:</u></p>	<p><u>Winter and Growing:</u> Experiments with different ways of moving, testing out ideas and adapting movements to reduce risk</p>	<p><u>Improving Skills and Sports Day Prep/Circus Skills:</u></p>

	<p>Negotiate space and obstacles safely, with consideration for themselves and others</p> <p>Demonstrate strength, balance and coordination when playing</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases</p> <p>Use a range of small tools, including scissors, paint brushes and cutlery</p> <p>Begin to show accuracy and care when drawing.</p>	<p>Jumps off an object and lands appropriately using hands, arms and body to stabilise and balance</p> <p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles</p> <p>Uses simple tools to effect changes to materials</p> <p>Handles tools, objects, construction and malleable materials safely and with increasing control and intention.</p>	<p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency.</p>
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Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

<p>Year 1</p>	<p><u>Gymnastics</u> Children will: master basic movements including running and jumping, as well as developing balance, agility and co-ordination.</p> <p><u>Health Related Exercise</u> Children will: 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.</p>	<p><u>Multi-Skills (Fundamental Movement Skills)</u> Children will: 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.</p> <p><u>Dance</u> Children will: Perform dances and simple movement patterns. Master basic movements including jumping.</p> <p><u>Invictus/Improving Skills</u> master basic movements including running, jumping, throwing and</p>	<p><u>Athletics</u> Children will: Build upon skills developed in spring 1 and apply these to more specific events. Using 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.</p> <p><u>Football (Invasion Game)</u> Children will: Apply skills developed throughout year 1 including running, coordination, agility and balance.</p>
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<p>Year 2</p>	<p><u>Orienteering (OAA)</u> Children will: Engage in co-operative physical activities, in a range of increasingly challenging situations.</p> <p><u>Multi – Skills</u> Children will: Build on skills learned in Year 1 and continue to develop fundamental movement skills including running, jumping, throwing, hitting, catching and kicking. As well as, continuing to develop agility, balance and coordination.</p>	<p><u>Dance</u> Children will: Build upon skills learned in year 1 and continue to develop simple movement patterns with balance, agility and control. Children will perform these patterns.</p> <p><u>Multi – Skills</u> Children will: Build on skills learned in Year 1 and Autumn term and continue to develop fundamental movement skills including running, jumping, throwing, hitting, catching and kicking. As well as, continuing to develop agility, balance and coordination.</p> <p><u>Invictus/Improving Skills</u> Build upon more difficult 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.</p>	<p><u>Athletics</u> Children will: Build upon skills developed previously and apply these to more specific events. Using 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. Become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p> <p><u>Striking and Fielding</u> Apply fundamental movements including throwing, running, catching and hitting. Be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p><u>Football (Invasion Games)</u> Children will: Apply skills developed previously including running, coordination, agility and balance.</p>

			Participate in team games, developing simple tactics for attacking and defending.
<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>			
<p>Year 3</p>	<p><u>Swimming</u> Children will aim to: Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke.</p> <p><u>Gymnastics</u> Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p><u>Swimming</u> Children will aim to: Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke.</p> <p><u>Parkour (Fundamental Movement Skills)</u> Children will: Use running and jumping, in isolation and in combination. Develop flexibility, strength, technique, control and balance</p> <p><u>Health Related Exercise</u></p>	<p><u>Swimming</u> Children will aim to: Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke.</p> <p><u>Cricket (Striking and Fielding)</u> Children will: Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>

		<p>Use running, jumping, throwing and catching in isolation and in combination Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p><u>Athletics</u> Children will: Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
<p>Year 4</p>	<p><u>Football (Invasion Games)</u> Children will: Play competitive games, modified where appropriate and continue to develop principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance Develop fundamental movement skills and hand eye/foot coordination.</p> <p><u>Gymnastics</u> Children will: Continue to develop flexibility, strength, technique, control and balance</p> <p><u>Hockey (Invasion Games)</u> Children will:</p>	<p><u>Multi-Skills</u> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games – modified where appropriate.</p> <p><u>Orienteering (OAA)</u> Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p><u>Health Related Exercise</u> Develop flexibility, strength, technique, control and balance.</p> <p><u>Tag Rugby (Invasion Games)</u> Children will: Play competitive games, modified where appropriate and continue to develop</p>	<p><u>Netball (Invasion Games)</u> Children will: Play competitive games, modified where appropriate and continue to develop principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance Develop fundamental movement skills and hand eye coordination.</p> <p><u>Athletics</u> Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and in combination.</p> <p><u>Parkour (Fundamental Movement Skills)</u></p>

	<p>Play competitive games, modified where appropriate and continue to develop principles suitable for attacking and defending</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Develop fundamental movement skills and hand eye coordination.</p>	<p>principles suitable for attacking and defending</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Develop fundamental movement skills and hand eye/foot coordination.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance.</p> <p><u>Cricket (Striking and Fielding)</u></p> <p>Play competitive games, modified where appropriate.</p> <p>Apply tactics and work cooperatively to score points for their team.</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>
<p>Year 5</p>	<p><u>Tag Rugby (Invasion Games)</u></p> <p>Children will:</p> <p>Build upon skills, tactics and knowledge of the sport from year 4.</p> <p>Play competitive games, modified where appropriate and continue to develop principles suitable for attacking and defending</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Develop fundamental movement skills and hand eye/foot coordination.</p> <p><u>Multi-Skills (Fundamental Movement Skills)</u></p>	<p><u>Gymnastics</u></p> <p>Children will:</p> <p>Continue to develop flexibility, strength, technique, control and balance.</p> <p>Develop and improve skills learned in previous year group, applying these to more complex movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><u>Hockey (Invasion Games)</u></p> <p>Children will:</p> <p>Build upon skills, tactics and knowledge of the sport from year 4.</p>	<p><u>Cricket (Striking and Fielding)</u></p> <p>Develop skills, tactics and knowledge of the sport from year 4.</p> <p>Play competitive games, modified where appropriate.</p> <p>Apply tactics and work cooperatively to score points for their team.</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p><u>Athletics</u></p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>

<p style="text-align: center;">Year 6</p>	<p>Use and develop the skills of running, jumping, throwing and catching in isolation and in combination and applying these skills under pressure and in competition. Play competitive games – modified where appropriate.</p> <p><u>Dance</u> Children will: Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance.</p> <p><u>Dodgeball (Invasion Games)</u> Use and develop the skills of running, jumping, throwing and catching in isolation and in combination and applying these skills under pressure and in competition. Show tactical awareness to work cooperatively in a game situation.</p>	<p>Play competitive games, modified where appropriate and continue to develop principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance Develop fundamental movement skills and hand eye coordination.</p> <p><u>Types of Training</u> Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><u>Basketball (Invasion Games)</u> Children will: Play competitive games, modified where appropriate and continue to develop principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance Develop fundamental movement skills and hand eye coordination.</p>	<p><u>Rounders (Striking and Fielding)</u> Play competitive games, modified where appropriate. Apply tactics and work cooperatively to score points for their team. Use running, jumping, throwing and catching in isolation and in combination</p> <p><u>Football (Invasion Games)</u> Children will: Further develop skills, tactical awareness and knowledge of the sport developed in year 4. Play competitive games, modified where appropriate and continue to develop principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance Develop fundamental movement skills and hand eye/foot coordination.</p>
	<p><u>Hockey (Invasion Games)</u></p>	<p><u>Gymnastics</u></p>	<p><u>Cricket (Striking and Fielding)</u></p>

	<p>Children will: Build upon skills, tactics and knowledge of the sport from year 4 and 5. Play competitive games, modified where appropriate and continue to develop principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance Develop fundamental movement skills and hand eye coordination.</p> <p><u>Team Games</u> Use and develop the skills of running, jumping, throwing and catching in isolation and in combination and applying these skills under pressure and in competition. Play competitive games – modified where appropriate. Work cooperatively to create and apply tactics.</p>	<p>Children will: Continue to develop flexibility, strength, technique, control and balance. Develop and improve skills learned in previous year group, applying these to more complex movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><u>Dance</u> Children will: Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance.</p> <p><u>Basketball (Invasion Games)</u> Children will: Continue to develop skills, tactics and knowledge of the sport from year 5. Play competitive games, modified where appropriate and continue to develop principles suitable for attacking and defending</p>	<p>Develop skills, tactics and knowledge of the sport from year 4 and 5. Play competitive games, modified where appropriate. Apply tactics and work cooperatively to score points for their team. Use running, jumping, throwing and catching in isolation and in combination</p> <p><u>Athletics</u> Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and in combination.</p> <p><u>Rounders (Striking and Fielding)</u> Continue to develop skills, tactics and knowledge of the sport from year 5. Play competitive games, modified where appropriate. Apply tactics and work cooperatively to score points for their team. Use running, jumping, throwing and catching in isolation and in combination</p> <p><u>Football (Invasion Games)</u> Children will:</p>
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