

St Paul's Catholic Primary School PE Long Term Plan 2019/ 2020

Term	F2	Year 1	Year 2	Year 3 / 4	Year 5 / 6
Autumn 1	<b>Dance</b>	<b>Dance</b> Agility, Balance, Coordination  Creating simple movement patterns  S+E – Importance of being active	<b>Dance</b> Agility, Balance, Coordination  Creating simple movement patterns  S+E – Importance of being active	<b>Co-ordination</b> (Basketball and Hockey – basic co-ordination skills) Technique, control and balance  Basic attacking and defending principles  Running, jumping, throwing and catching  S+E – Empathy - Supporting partner/ adapting to suit needs of partner	<b>Co-ordination</b> (Basketball and Hockey – basic co-ordination skills) Technique, control and balance  Basic attacking and defending principles  Running, jumping, throwing and catching  Communicating, Competing and Collaborating  S+E – Empathy - Supporting partner/ adapting to suit needs of partner
Autumn 2	<b>Gymnastics</b>	<b>Gymnastics</b> Agility, Balance, Coordination  Linking actions to create a sequence of movement S+E – Leading healthy lifestyles	<b>Dance (CPD – Edsential)</b> Agility, Balance, Coordination  Creating simple movement patterns S+E – Improving performance	<b>Inclusion Sports (Tri-Golf/ Sitting volleyball)</b> Technique, control and balance S+E – Empathy – Understanding differences  <b>**Dance (CPD - Edsential)</b>	<b>Inclusion Sports (Tri-Golf/ Sitting volleyball)</b> Technique, control and balance Communicating, Competing and Collaborating S+E – Empathy – Understanding differences
Spring 1	<b>Gymnastics</b>	<b>Gymnastics</b> Agility, Balance, Coordination  Linking actions to create a sequence of movement	<b>Gymnastics</b> Agility, Balance, Coordination  Linking actions to create a sequence of movement	<b>Gymnastics</b> Linking actions and sequences of movement  Flexibility, strength, technique, control and balance	<b>Gymnastics</b> Linking actions and sequences of movement  Flexibility, strength, technique, control and balance

		S+E – Listening and language	Compare performances to improve and achieve personal best  S+E – Communication – Positive communication with others	Communicating and Collaborating  Compare performances to improve and achieve personal best  S+E – Communication – Positive communication	Communicating and Collaborating  Compare performances to improve and achieve personal best  S+E – Self-Awareness and self-improvement – Understanding own performance
Spring 2	<b>Fundamental Skills</b>	<b>Fundamental Skills</b> Throwing, Catching, Jumping, Running <b>(In isolation first)</b>  S+E – Communication and independence	<b>Fundamental Skills</b> Throwing, Catching, Jumping, Running <b>(In combination)</b>  S+E – Communication and independence	<b>Competitive Games</b> (Hockey/ Netball/Basketball) Running, jumping, throwing and catching Communicating, Competing and Collaborating Basic attacking and defending principles (Introducing officiating) S+E – Winning and losing	<b>Competitive Games</b> (Netball) Running, jumping, throwing and catching Communicating, Competing and Collaborating Attacking and defending principles (Introducing rules, positions and officiating) S+E – Winning and losing
Summer 1	<b>Athletics</b>	<b>Athletics</b> Throwing, Catching, Jumping, Running  S+E –Resilience and achieving personal best	<b>Athletics</b> Throwing, Catching, Jumping, Running  S+E –Resilience and achieving personal best	<b>Health and Fitness (Circuits and Athletics)</b> Running, jumping, throwing and catching S+E – Healthy lifestyles/ Resilience	<b>Health and Fitness (Circuits and Athletics)</b> Running, jumping, throwing and catching S+E – Healthy lifestyles/ Resilience
Summer 2	<b>Fundamental Skills</b>	<b>Competitive Games</b> Simple attacking and defending skills S+E – Winning and losing	<b>Competitive Games</b> Simple attacking and defending skills S+E – Winning and losing	<b>Cricket and Rounders</b> Throwing, Catching, Jumping, Running S+E – Sporting values	<b>Cricket and Rounders</b> Throwing, Catching, Jumping, Running S+E – Sporting Values

**Long term plan - KEY:**

**Curriculum Area**

Competencies covered

Social and Emotional Learning

Key Stage 1	<u>Competencies</u>	<u>Coverage</u>
	Agility, Balance, Coordination	<b>Dance/ Gymnastics / Fundamental skills</b>
	Throwing, Catching, Jumping, Running	<b>Team games/ Fundamental skills</b>
	Simple attacking and defending skills	<b>Competitive activities (against self and against others) and Co-operative activities</b>
	Understand the importance of healthy lifestyles and how this can be achieved	<b>Health and Fitness/ Ongoing</b>

Key Stage 2	<u>Competencies</u>	<u>Coverage</u>
	Running, jumping, throwing and catching	<b>Competitive Games and Health and Fitness</b>
	Linking actions and sequences of movement	<b>Compare performances to improving and achieve personal best</b>  <b>Gymnastics</b>
	Flexibility, strength, technique, control and balance	<b>Dance and Gymnastics</b>
	Communicating, Competing and Collaborating	<b>Ongoing</b>
	Basic attacking and defending principles	<b>Athletics</b>
<b>Swimming</b>	Range of strokes used effectively Self-rescue Confident and proficient over 25m	<b>Swimming</b>