

St George's Central CE Primary School and Nursery

Long Term Plan for Physical Education Nursery

	Autumn Term	Spring Term	Summer Term
Key Question	What can I do with my body?		
Key Learning	Outdoor physical play daily. Indoor hall sessions daily throughout the year incorporating music and movement, gymnastics, large and small apparatus skills. Field athletics in the summer term.		
EYFS Statements	<ul style="list-style-type: none"> • Run safely on whole foot • Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment. • Can kick a large ball. 	<ul style="list-style-type: none"> • Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. • Can stand momentarily on one foot when shown. • Can catch a large ball. 	<ul style="list-style-type: none"> • Moves freely and with pleasure in a range of ways such as slithering, shuffling, rolling, crawling, walking, running, jumpig, skipping sliding and hopping.
Fundamental Movement Skills	<ul style="list-style-type: none"> • Run • Kick 	<ul style="list-style-type: none"> • Line balance • Dodge • Catch • Underarm throw • Balance on one foot 	<ul style="list-style-type: none"> • Hop • Jump for height • Jump for distance • Side step • Skip

'Never settle for less than your best'

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St George's Central CE Primary School and Nursery

Long Term Plan for Physical Education Reception

	Autumn Term	Spring Term	Summer Term
Key Questions	How can I travel in different ways? How do I move to a beat? How do I use my body to play games?		
Key Learning	Outdoor physical play daily. Drawing the Write Way Programme. Gymnastics, Dance and Games		
EYFS Statements	<ul style="list-style-type: none"> Jumps off an object and lands appropriately. Travels with confidence and skill around, over and through balancing and climbing equipment. 	<ul style="list-style-type: none"> Experiments with different ways of moving Negotiates space successfully when playing racing and chasing games with other children adjusting speed or changing direction to avoid obstacles. 	<ul style="list-style-type: none"> Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Children show good control and co-ordination in large and small movements, moving confidently in a range of ways and safely negotiating space. Handle equipment and tools effectively, including pencils for writing.
Fundamental Movement Skills	<ul style="list-style-type: none"> Line balance Jump for height Jump for distance Balance on one foot 	<ul style="list-style-type: none"> Side-step Skip Hop 	<ul style="list-style-type: none"> Dodge Catch Underarm throw Sprint run Kick

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Long Term Plan for Physical Education Year 1 and Year 2 Outdoor PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Learning	Multi-Skills Coordination and Balance	Ball Skills Throwing and Catching	Multi-Skills Running and Jumping	Ball Skills Moving and Passing	Athletics/ OAA	Athletics/ OAA
Key Question	What is meant by coordination and balance?	What is the best way to throw and catch?	How can I change the way I travel?	Have you seen my moving and passing skills?	How do we go for gold?	How do we go for gold?
National Curriculum objectives	<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. 	<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. 	<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. 	<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. 	<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. 	<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.
Assessment Objectives	<ul style="list-style-type: none"> Move and stop safely. Show control when balancing. Show control when moving. Follow rules. 	<ul style="list-style-type: none"> Throw and kick in different ways. Throw and catch with both hands. Throw underarm. Hit a ball with a bat. Use catching skills in a game. 	<ul style="list-style-type: none"> Move and stop safely. Show control when balancing. Show control when moving. Follow rules. Hit a ball with a bat. 	<ul style="list-style-type: none"> Throw and kick in different ways. Throw underarm. Use a tactic to help me in a game. Find and use space during a game. 	<ul style="list-style-type: none"> Show control when moving. Move and stop safely. Discuss differences in technique. Use a tactic to help me in a game. Follow rules. 	<ul style="list-style-type: none"> Show control when moving. Move and stop safely. Discuss differences in technique. Use a tactic to help me in a game. Follow rules.

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Suggested Teaching Units	1.1/2.1: Multi-Skills	1.13/2.13: Throwing and Catching	1.5/2.5: Mighty Movers	1.10/2.10: Brilliant Ball Skills	1.16/2.16: Active Athletics	1.16/2.16: Active Athletics
ATSA Events	<ul style="list-style-type: none"> • KS2 Hockey • KS2 Swimming • KS2 Cross Country 	<ul style="list-style-type: none"> • KS2 Kurling • VX • KS2 Basketball • KS2 Dance 	<ul style="list-style-type: none"> • KS2 Cross Country • Football Leagues • Y3/4 Hockey • Y1/2/3 MUFC Football 	<ul style="list-style-type: none"> • KS2 Water polo • Y3/4 Futsal • KS1 Dance 	<ul style="list-style-type: none"> • Girls' Football • KS2 Tag Rugby • Y5/6 Rounders 	<ul style="list-style-type: none"> • Girls' Netball League • KS2 Athletics • Mixed Football Cup • KS2 Kwik Cricket • KS1 Football
Key Sporting Events 2020/21	<ul style="list-style-type: none"> • British Championship (Athletics - Manchester) • Frech Open (Tennis) • Ryder Cup (Golf) • London Marathon 	<ul style="list-style-type: none"> • Men's T20 World Cup (Cricket) • European Artistic Championships (gymastics) 	<ul style="list-style-type: none"> • Australian Open (Tennis) • Women's ODI World Cup (Cricket) 	<ul style="list-style-type: none"> • World Indoor Championship (athletics) • Six Nations (Rugby) 	<ul style="list-style-type: none"> • Invictus Games (athletics) • French Open (Tennis) 	<ul style="list-style-type: none"> • Euro 2021 (football) • Tour de France (Cycling) • Wimbledon (Tennis) • Summer Olympics
Key Sporting Events 2021/22	<ul style="list-style-type: none"> • Frech Open (Tennis) • Paralympic Games 	<ul style="list-style-type: none"> • Men's T20 World Cup (Cricket) • Rugby League World Cup 	<ul style="list-style-type: none"> • Winter Olympics • Six Nations (Rugby) 	Invictus Games (athletics)	<ul style="list-style-type: none"> • Tour de France 	<ul style="list-style-type: none"> • World Games (multi-sports) • British Open (Golf) • Commonwealth Games

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Long Term Plan for Physical Education Year 1 and Year 2 Indoor PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Learning	Multi-Skills	Multi-Skills	Dance	Gymnastics	Strength/Agility/Fitness	Yoga
Key Question	Which skills are needed to play different sports?	Is it better to be a tortoise or a hare?	How can a story be told through movements?	What makes a great gymnast?	What does exercise do to my body?	What does exercise do to my brain?
Narional Curriculum objectives	<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. 	<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. 	<ul style="list-style-type: none"> Perform dances using simple movement patterns. 	<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. 	<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. 	<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.
Assessment Objectives	<ul style="list-style-type: none"> Move safely into space. Move and stop safely. Follow rules. Find and use space during a game. Discuss differences in technique. 	<ul style="list-style-type: none"> Move safely into space. Move and stop safely. Follow rules. Find and use space during a game. Discuss differences in technique. 	<ul style="list-style-type: none"> Make up a short dance. Copy dance moves. Move to music. Use dance to show a mood or feeling. Dance with control and coordination. Change level and direction in dance. Change rhythm and speed in dance. 	<ul style="list-style-type: none"> Show control when balancing. Show control when moving. Curl, tense, stretch and relax my body. Roll, curl and travel in different ways. Work on my own and with a partner. Improve sequences based on feedback. 	<ul style="list-style-type: none"> Use equipment safely. Copy and repeat sequences. Curl, tense, stretch and relax my body. Work on my own and with a partner. Find different ways to follow a rule. Perform sequences of movements. Plan a sequence of movements. 	<ul style="list-style-type: none"> Show control when balancing. How control when moving. Curl, tense, stretch and relax my body. Work on my own and with a partner. Improve sequences based on feedback.

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Suggested Teaching Units	1.1: Multi-Skills	2.1: Multi-Skills	1.4: Story-time Dance 2.4: Ugly Bug Ball	1.7/2.7: Groovy Gymnastics	1.14/2.14: Cool Core	Yoga Resources
ATSA Events	<ul style="list-style-type: none"> KS2 Hockey KS2 Swimming KS2 Cross Country 	<ul style="list-style-type: none"> KS2 Kurling VX KS2 Basketball KS2 Dance 	<ul style="list-style-type: none"> KS2 Cross Country Football Leagues Y3/4 Hockey Y1/2/3 MUFC Football 	<ul style="list-style-type: none"> KS2 Water polo Y3/4 Futsal KS1 Dance 	<ul style="list-style-type: none"> Girls' Football KS2 Tag Rugby Y5/6 Rounders 	<ul style="list-style-type: none"> Girls' Netball League KS2 Athletics Mixed Football Cup KS2 Kwik Cricket KS1 Football
Key Sporting Events 2020/21	<ul style="list-style-type: none"> British Championship (Athletics - Manchester) French Open (Tennis) Ryder Cup (Golf) London Marathon 	<ul style="list-style-type: none"> Men's T20 World Cup (Cricket) European Artistic Championships (gymnastics) 	<ul style="list-style-type: none"> Australian Open (Tennis) Women's ODI World Cup (Cricket) 	<ul style="list-style-type: none"> World Indoor Championship (athletics) Six Nations (Rugby) 	<ul style="list-style-type: none"> Invictus Games (athletics) French Open (Tennis) 	<ul style="list-style-type: none"> Euro 2021 (football) Tour de France (Cycling) Wimbledon (Tennis) Summer Olympics
Key Sporting Events 2021/22	<ul style="list-style-type: none"> French Open (Tennis) Paralympic Games 	<ul style="list-style-type: none"> Men's T20 World Cup (Cricket) Rugby League World Cup 	<ul style="list-style-type: none"> Winter Olympics Six Nations (Rugby) 	Invictus Games (athletics)	<ul style="list-style-type: none"> Tour de France 	<ul style="list-style-type: none"> World Games (multi-sports) British Open (Golf) Commonwealth Games

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Long Term Plan for Physical Education Year 3 and Year 4 Outdoor PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Learning	Ball Skills Throwing and Catching	Striking and Fielding Cricket/ Hockey/ Tennis	Invasion Games Attack and Defence	Swimming		
Key Question	How many ways can you throw and catch a ball?	Which sports involve striking a ball?	What does it take to win?	What is the importance of being able to swim? How do I swim using a range of strokes? What makes a competent swimmer? How can we be safe in water?		
Narional Curriculum objectives	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. 	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. 	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriat 	<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. perform safe self-rescue in different water-based situations
Assessment Objectives	<ul style="list-style-type: none"> Throw and catch with control. Throw and catch accurately. Catch with one hand. Throw accurately in different ways. 	<ul style="list-style-type: none"> Change speed and direction. Run at different speeds. Hit a ball with control. 	<ul style="list-style-type: none"> Know and use rules fairly. Use space within a game. Show awareness of space. Vary tactics and skills to suit a game. Keep possession. 	<ul style="list-style-type: none"> Swim 25 metres safely. Swim 25m in a range of strokes. Have a knowledge of water safety. 	<ul style="list-style-type: none"> Swim 25 metres safely. Swim 25m in a range of strokes. Have a knowledge of water safety. 	<ul style="list-style-type: none"> Swim 25 metres safely. Swim 25m in a range of strokes. Have a knowledge of water safety.
Suggested Teaching Units	3.13: Throwing 3.10: Brilliant Ball Skills	4.10: Striking and Fielding 4.13: Nimble Nets	4.1: Invaders 3.10: Brilliant Ball Skills	Pelican Centre Scheme	Pelican Centre Scheme	Pelican Centre Scheme

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ATSA Events	<ul style="list-style-type: none"> • KS2 Hockey • KS2 Swimming • KS2 Cross Country 	<ul style="list-style-type: none"> • KS2 Kurling • VX • KS2 Basketball • KS2 Dance 	<ul style="list-style-type: none"> • KS2 Cross Country • Football Leagues • Y3/4 Hockey • Y1/2/3 MUFC Football 	<ul style="list-style-type: none"> • KS2 Water polo • Y3/4 Futsal • KS1 Dance 	<ul style="list-style-type: none"> • Girls' Football • KS2 Tag Rugby • Y5/6 Rounders 	<ul style="list-style-type: none"> • Girls' Netball League • KS2 Athletics • Mixed Football Cup • KS2 Kwik Cricket • KS1 Football
Key Sporting Events 2020/21	<ul style="list-style-type: none"> • British Championsip (Athletcis - Manchester) • Frech Open (Tennis) • Ryder Cup (Golf) • London Marathon 	<ul style="list-style-type: none"> • Men's T20 World Cup (Cricket) • European Artistic Championships (gymastics) 	<ul style="list-style-type: none"> • Australian Open (Tennis) • Women's ODI World Cup (Cricket) 	<ul style="list-style-type: none"> • World Indoor Championship (athletics) • Six Nations (Rugby) 	<ul style="list-style-type: none"> • Invictus Games (athletics) • French Open (Tennis) 	<ul style="list-style-type: none"> • Euro 2021 (football) • Tour de France (Cycling) • Wimbledon (Tennis) • Summer Olympics
Key Sporting Events 2021/22	<ul style="list-style-type: none"> • Frech Open (Tennis) • Paralympic Games 	<ul style="list-style-type: none"> • Men's T20 World Cup (Cricket) • Rugby League World Cup 	<ul style="list-style-type: none"> • Winter Olympics • Six Nations (Rugby) 	Invictus Games (ahtletics)	<ul style="list-style-type: none"> • Tour de France 	<ul style="list-style-type: none"> • World Games (multi-sports) • British Open (Golf) • Commonwealth Games

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Long Term Plan for Physical Education

Year 3 and Year 4

Indoor PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Learning	Multi-Skills	Strength/Agility/Fitness	Dance	Gymnastics	Strength, Agility and Fitness	Yoga
Key Question	Would you rather have agility, balance or coordination?	What can we do to improve our core strength?	How can we use dance to show different ideas?	How can my body make different shapes?	How might we improve strength and stamina?	How can exercise look after our mind and body?
National Curriculum objectives	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Assessment Objectives	<ul style="list-style-type: none"> Know and use rules fairly. Use space within a game. Show awareness of space. Vary tactics and skills to suit a game. 	<ul style="list-style-type: none"> Show control when I am working. Show strength and suppleness. Create/ Improve work in pairs. Take the lead when in a group. 	<ul style="list-style-type: none"> Repeat, remember and perform. Share and create in small groups. Improvise and translate ideas. Use dance to show an idea. 	<ul style="list-style-type: none"> Compare and contrast sequences. Include a range of different shapes. Include a range of speed/ direction. 	<ul style="list-style-type: none"> Show strength and suppleness. Adapt sequences for different areas. Take the lead when in a group. Follow a routine within a time limit. 	<ul style="list-style-type: none"> Take the lead when in a group. Show strength and suppleness. Create/ Improve work in pairs. Repeat, remember and perform.
Suggested Teaching Units	3.1: Multi skills	3.14/4.14: Cool Core	5.4/6.4: Dynamic Dance	5.7/6.7: Gym Sequences	5.17/6.17: Fitness Frenzy	Yoga Resources

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ATSA Events	<ul style="list-style-type: none"> • KS2 Hockey • KS2 Swimming • KS2 Cross Country 	<ul style="list-style-type: none"> • KS2 Kurling • VX • KS2 Basketball • KS2 Dance 	<ul style="list-style-type: none"> • KS2 Cross Country • Football Leagues • Y3/4 Hockey • Y1/2/3 MUFC Football 	<ul style="list-style-type: none"> • KS2 Water polo • Y3/4 Futsal • KS1 Dance 	<ul style="list-style-type: none"> • Girls' Football • KS2 Tag Rugby • Y5/6 Rounders 	<ul style="list-style-type: none"> • Girls' Netball League • KS2 Athletics • Mixed Football Cup • KS2 Kwik Cricket • KS1 Football
Key Sporting Events 2020/21	<ul style="list-style-type: none"> • British Championsip (Athletcis - Manchester) • Frech Open (Tennis) • Ryder Cup (Golf) • London Marathon 	<ul style="list-style-type: none"> • Men's T20 World Cup (Cricket) • European Artistic Championships (gymastics) 	<ul style="list-style-type: none"> • Australian Open (Tennis) • Women's ODI World Cup (Cricket) 	<ul style="list-style-type: none"> • World Indoor Championship (athletics) • Six Nations (Rugby) 	<ul style="list-style-type: none"> • Invictus Games (athletics) • French Open (Tennis) 	<ul style="list-style-type: none"> • Euro 2021 (football) • Tour de France (Cycling) • Wimbledon (Tennis) • Summer Olympics
Key Sporting Events 2021/22	<ul style="list-style-type: none"> • Frech Open (Tennis) • Paralympic Games 	<ul style="list-style-type: none"> • Men's T20 World Cup (Cricket) • Rugby League World Cup 	<ul style="list-style-type: none"> • Winter Olympics • Six Nations (Rugby) 	Invictus Games (ahtletics)	<ul style="list-style-type: none"> • Tour de France 	<ul style="list-style-type: none"> • World Games (multi-sports) • British Open (Golf) • Commonwealth Games

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Long Term Plan for Physical Education Year 5 and Year 6 Outdoor PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Learning	Invasion Games: Passing and Moving	Invasion Games: Attacking Skills	Invasion Games: Defending Skills	Ball Skills: Throwing and Catching	Athletics/ OAA	Athletics/ OAA
Key Question	What is 'reading a game' and why is it important?	Why is Lionel Messi such a great attacker?	What are the best ways to defend?	Does practise make perfect?	What does it take to be an Olympian?	How do I achieve my personal best?
Narional Curriculum objectives	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. 	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. 	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. 	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Take part in outdoor and adventurous activity challenges both individually and within a team. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Take part in outdoor and adventurous activity challenges both individually and within a team.
Assessment Objectives	<ul style="list-style-type: none"> Pass dribble and shoot. Pass in different ways. Pass dribble and shoot. 	<ul style="list-style-type: none"> Use tactics to attack and defend. Lead others in a game situation. Play fairly and to agreed rules. Play fairly and to agreed rules. 	<ul style="list-style-type: none"> Use tactics to attack and defend. Gain possession working in a team. Make a team and communicate plans. 	<ul style="list-style-type: none"> Field accurately. Use forehand and backhand shots. Throw, catch and field accurately. Umpire/ Referee a game. 	<ul style="list-style-type: none"> Combine running and jumping. Show control when taking off/ landing 	<ul style="list-style-type: none"> Change my route when needed. Navigate using clues/ a compass. Follow a map in an unknown location
Suggested Teaching Units	5.1: Invaders	5.1: Invaders 6.1: Invaders	6.1: Invaders	5.10: Striking and Fielding 6.10: Striking and Fielding	5.16: Young Olympians 6.16: Young Olympians	5.16: Young Olympians 6.16: Young Olympians

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ATSA Events	<ul style="list-style-type: none"> • KS2 Hockey • KS2 Swimming • KS2 Cross Country 	<ul style="list-style-type: none"> • KS2 Kurling • VX • KS2 Basketball • KS2 Dance 	<ul style="list-style-type: none"> • KS2 Cross Country • Football Leagues • Y3/4 Hockey • Y1/2/3 MUFC Football 	<ul style="list-style-type: none"> • KS2 Water polo • Y3/4 Futsal • KS1 Dance 	<ul style="list-style-type: none"> • Girls' Football • KS2 Tag Rugby • Y5/6 Rounders 	<ul style="list-style-type: none"> • Girls' Netball League • KS2 Athletics • Mixed Football Cup • KS2 Kwik Cricket • KS1 Football
Key Sporting Events 2020/21	<ul style="list-style-type: none"> • British Championsip (Athletcis - Manchester) • Frech Open (Tennis) • Ryder Cup (Golf) • London Marathon 	<ul style="list-style-type: none"> • Men's T20 World Cup (Cricket) • European Artistic Championships (gymastics) 	<ul style="list-style-type: none"> • Australian Open (Tennis) • Women's ODI World Cup (Cricket) 	<ul style="list-style-type: none"> • World Indoor Championship (athletics) • Six Nations (Rugby) 	<ul style="list-style-type: none"> • Invictus Games (athletics) • French Open (Tennis) 	<ul style="list-style-type: none"> • Euro 2021 (football) • Tour de France (Cycling) • Wimbledon (Tennis) • Summer Olympics
Key Sporting Events 2021/22	<ul style="list-style-type: none"> • Frech Open (Tennis) • Paralympic Games 	<ul style="list-style-type: none"> • Men's T20 World Cup (Cricket) • Rugby League World Cup 	<ul style="list-style-type: none"> • Winter Olympics • Six Nations (Rugby) 	Invictus Games (ahtletics)	<ul style="list-style-type: none"> • Tour de France 	<ul style="list-style-type: none"> • World Games (multi-sports) • British Open (Golf) • Commonwealth Games

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Long Term Plan for Physical Education Year 5 and Year 6 Indoor PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Learning	Dance	Strength, Agility and Fitness	Dance	Gymnastics	Strength, Agility and Fitness	Yoga
Key Question	How do dancers move so fluently?	How fast can I go?	What does it take to be a choreographer?	How do we combine action, balance and shape like Simone Biles?	How long can I last?	How might yoga lead to a better life?
National Curriculum objectives	<ul style="list-style-type: none"> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Assessment Objectives	<ul style="list-style-type: none"> Show fluency and consistency. Compose own dances creatively. Perform well to different audiences. Choose my own music and style. Develop sequences in different styles. 	<ul style="list-style-type: none"> Show fluency and consistency. Combine action, balance and shape Demonstrate stamina. Sequence ideas to specific timings. 	<ul style="list-style-type: none"> Show fluency and consistency. Compose own dances creatively. Perform well to different audiences. Choose my own music and style. Develop sequences in different styles. 	<ul style="list-style-type: none"> Combine action, balance and shape. Make a complex, extended sequence. Perform well to different audiences. Sequence ideas to specific timings. Combine my work with that of others. 	<ul style="list-style-type: none"> Show fluency and consistency. Combine action, balance and shape. Demonstrate stamina. Sequence ideas to specific timings. 	<ul style="list-style-type: none"> Combine action, balance and shape. Make a complex, extended sequence. Perform well to different audiences. Sequence ideas to specific timings. Combine my work with that of others.

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12

Suggested Teaching Units	5.8/6.8: Step to the Beat	5.14/6.14: Cool Core	5.4/6.4: Dynamic Dance	5.7/6.7: Gym Sequences	5.17/6.17: Fitness Frenzy	Yoga Resources
ATSA Events	<ul style="list-style-type: none"> • KS2 Hockey • KS2 Swimming • KS2 Cross Country 	<ul style="list-style-type: none"> • KS2 Kurling • VX • KS2 Basketball • KS2 Dance 	<ul style="list-style-type: none"> • KS2 Cross Country • Football Leagues • Y3/4 Hockey • Y1/2/3 MUFC Football 	<ul style="list-style-type: none"> • KS2 Water polo • Y3/4 Futsal • KS1 Dance 	<ul style="list-style-type: none"> • Girls' Football • KS2 Tag Rugby • Y5/6 Rounders 	<ul style="list-style-type: none"> • Girls' Netball League • KS2 Athletics • Mixed Football Cup • KS2 Kwik Cricket • KS1 Football
Key Sporting Events 2020/21	<ul style="list-style-type: none"> • British Championship (Athletics - Manchester) • Frech Open (Tennis) • Ryder Cup (Golf) • London Marathon 	<ul style="list-style-type: none"> • Men's T20 World Cup (Cricket) • European Artistic Championships (gymastics) 	<ul style="list-style-type: none"> • Australian Open (Tennis) • Women's ODI World Cup (Cricket) 	<ul style="list-style-type: none"> • World Indoor Championship (athletics) • Six Nations (Rugby) 	<ul style="list-style-type: none"> • Invictus Games (athletics) • French Open (Tennis) 	<ul style="list-style-type: none"> • Euro 2021 (football) • Tour de France (Cycling) • Wimbledon (Tennis) • Summer Olympics
Key Sporting Events 2021/22	<ul style="list-style-type: none"> • Frech Open (Tennis) • Paralympic Games 	<ul style="list-style-type: none"> • Men's T20 World Cup (Cricket) • Rugby League World Cup 	<ul style="list-style-type: none"> • Winter Olympics • Six Nations (Rugby) 	Invictus Games (athletics)	<ul style="list-style-type: none"> • Tour de France 	<ul style="list-style-type: none"> • World Games (multi-sports) • British Open (Golf) • Commonwealth Games

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