



PE Long Term Plan

School Organisation

Pupils in Nursery to Year 2 are taught as single-entry year groups.

Key Stage 2 pupils are divided into 3 classes. This consists of one mixed Year 3/4 class, one mixed Year 4/5 class and one mixed Year 5/6 class.

There are three possible journeys pupils can take through key Stage 2. Each pupil will spend two years in one of the Key Stage 2 classes. The majority of pupils spend two years in Deer Class (Years 4/5).

How our Curriculum Cycles are organised so that there is coverage of all National Curriculum objectives in all subjects.

Subject Leaders have rigorously planned the curriculum cycles so that all pupils are taught the full National Curriculum, in a sequence which ensures that learning builds on prior learning, no matter how pupils travel through Key Stage 2.

- Pupils from Nursery to Year 2 are taught in single cohorts so no cycle organisation is required.
- A 3-year cycle is in place for pupils who are taught in Rabbit and Deer Class. (Years 3, 4 and some Year 5 pupils)
- A 2-year cycle is in place for pupils who are taught in Stag Class. (Some Year 5 pupils and all Year 6 pupils)

All pupils will complete 4 out of the 5 Curriculum Cycles. Subject Leaders have ensured that the full National Curriculum objectives are taught, no matter which Curriculum Cycle a pupil misses.

How is the curriculum sequenced?

This is done through a focus on fine and gross motor skills in EYFS to strengthen muscles and improve co-ordination. This allows children to be physically ready to access the National Curriculum in PE. In Key Stage 1, children are exposed to focuses in dance, gymnastics and games to provide an initial understanding of movement, balance, tactics, gameplay and working together (in partners, small groups or towards a shared goal). Children also start to learn about the



fundamentals of athletics, outdoor adventure activities and health and well-being focuses (yoga and relax kids).

In Key Stage 2, children build on the foundations acquired from Key Stage 1 to focus further in specific areas of games (such as basketball and football), Gymnastics (such as sequencing and working in partnership) and dance (such as evaluating own and others' performances and showing precision and control within dance).

Our PE curriculum is supported through enrichment and teaching support from our School Sports Partnership which allows us to offer specialised activities to our children across the school. These activities both engage and excite our children by offering them opportunity to link prior knowledge gained in other areas of PE within enrichment opportunities (for example using experience of balance gained in Key Stage 1 gymnastics whilst learning to ride their bike in bikeability).

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p>GROSS MOTOR DEVELOPMENT</p> <ul style="list-style-type: none"> Walk, crawl and run. Sit comfortably on a chair (Development Matters) Use large muscle movements to wave flags and streamers, paint and make marks (Development Matters) Climb up apparatus, using alternate feet (Development Matters) Walks down steps or slopes whilst carrying a small object, maintaining balance and stability (Birthto5Matters) <p>FINE MOTOR DEVELOPMENT</p> <ul style="list-style-type: none"> Beginning to show preference for dominant hand Be able to hold scissors correctly with thumb in the top hole and fingers in the bottom hole. Attempts snips in paper. 		<p>GROSS MOTOR DEVELOPMENT</p> <ul style="list-style-type: none"> Can balance on one foot (Birthto5Matters) Skip, hop, stand on one leg and hold a pose for a game like musical statues. (Development Matters) Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. (Development Matters) Lift, fill, empty and move buckets. Move larger pieces of equipment, e.g. crates. <p>FINE MOTOR DEVELOPMENT</p> <ul style="list-style-type: none"> Beginning to show preference for dominant hand Begin to use tripod grip when holding pens and pencils 		<p>GROSS MOTOR DEVELOPMENT</p> <ul style="list-style-type: none"> Match their developing physical skills to tasks and activities in the setting, eg choosing whether to crawl, walk or run over a plank depending on its length and width. (Development Matters) Collaborate with others to manage large items, such as moving a long plank safely, carrying large blocks (Development Matters) Be increasingly independent when getting dressed and undressed. Put on own coat and doing up zips. (Development Matters) <p>FINE MOTOR DEVELOPMENT</p> <ul style="list-style-type: none"> Beginning to show preference for dominant hand Snips paper to cut along a line Begin to use tripod grip when holding pens and pencils 	



	<ul style="list-style-type: none"> Handles tools, objects and malleable materials safely and with increasing control. Holds a fork and spoon to eat lunch. (may not be held correctly) 	<ul style="list-style-type: none"> Snips paper effectively Manipulate a range of tools and equipment in one hand, tools include paintbrushes, scissors, hairbrushes, scarves or ribbons. (Birthto5Matters) Holds a fork and spoon to eat lunch (may not be held correctly) 	<ul style="list-style-type: none"> Holds a fork and spoon to eat lunch. To begin to write some recognisable letters Have increasing shoulder, elbow and wrist pivot control when manipulating small tools
Reception	<p>GROSS MOTOR DEVELOPMENT</p> <ul style="list-style-type: none"> Revise and refine fundamental movement skills already acquired <p>Rolling</p> <p>Crawling</p> <p>Walking</p> <p>Jumping</p> <p>Running</p> <p>Hopping</p> <p>Skipping</p> <p>Climbing</p> <p>(Development Matters)</p> <ul style="list-style-type: none"> Begin to develop more complex skills travelling along, over, off benches and ramps for example walking with one foot in front of the other along a line 	<p>GROSS MOTOR DEVELOPMENT</p> <ul style="list-style-type: none"> Further develop and refine fundamental movement skills (Development Matters) Jumps off an object and lands appropriately using hands, arms and body to stabilise and balance. (Birthto5Matters) Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (Birthto5Matters) Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (Birthto5Matters) <p>FINE MOTOR DEVELOPMENT</p>	<p>GROSS MOTOR DEVELOPMENT</p> <ul style="list-style-type: none"> Children will be able to be able to sit at a table with good posture. Throw, catch, kick, pass and bat a ball Negotiate space and obstacles safely, with consideration for themselves and others. (Early Learning Goal) Demonstrate strength, balance and coordination when playing. (Early Learning Goal) Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (Early Learning Goal) <p>FINE MOTOR DEVELOPMENT</p> <ul style="list-style-type: none"> To use scissors effectively to cut a circle shape. Be able to form taught letters correctly



	<p>(Development Matters)</p> <p>FINE MOTOR DEVELOPMENT</p> <ul style="list-style-type: none"> Shows a preference for a dominant hand (Birthto5Matters) To use scissors effectively to cut along a line. To develop an effective pincer grip between thumb and first finger To develop fine motor skills to build and balance objects. To begin to write individual graphemes with correct letter formation. (Birthto5Matters) Begins to use anticlockwise movement and retrace vertical lines. (Birthto5Matters) Begins to use a knife and fork correctly 	<ul style="list-style-type: none"> To use scissors effectively to cut along a curved line. To begin to use a tripod pencil grip. To take part in weekly handwriting lesson to develop an effective and accurate handwriting style Uses a knife and fork correctly. 	<ul style="list-style-type: none"> Show control when manipulating small objects Be able to dress and undress independently for PE and fasten own coat Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. (Early Learning Goal) Use a range of small tools, including scissors, paint brushes and cutlery (Early Learning Goal) Begin to show accuracy and care when drawing. (Early Learning Goal)
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School Sports Partnership teaching and learning enrichment

Year 1			
	Autumn	Spring	Summer



Objectives	<u>Games</u> Throwing and catching CORE TASK - 10 Hoops <u>Yoga</u>	<u>Dance</u> The Seasons <u>Gymnastics</u> Traditional Tales	<u>Dance</u> Starry Skies CORE TASK - Moving Along <u>Gymnastics</u> Animals CORE TASK - Making Shapes	<u>Games</u> <u>Invasion Games</u> CORE TASK - Bean Bag Throw <u>Relax Kids</u>	<u>Balance Bikes</u> Life Skills – Delivered by School Sports Partnership. <u>Outdoor Adventure</u> <u>Activities</u> CORE TASK - Where Are We Going?	<u>Games</u> Team Games CORE TASK - Piggy in the Middle <u>Athletics</u> Running and Jumping CORE TASK - Honey Pot
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Year 2

	Autumn	Spring	Summer		
Objectives	<u>Invasion games</u> <u>Yoga</u>	<u>Gymnastics</u> Under the Sea CORE TASK - Families of Actions <u>Dance</u> Toys CORE TASK - Themes and Dreams	<u>Dance</u> Planning delivered by SSP CORE TASK - Cat Dance <u>Gymnastics</u> Landscape and Cityscape	<u>Bat and Ball</u> <u>Relax Kids</u> <u>Games</u> Planning delivered by SSP <u>Outdoor Adventure</u> <u>Activities</u> CORE TASK - Ship Wrecked!	<u>Athletics</u> Animal Olympics CORE TASK - Pass the Baton <u>Games</u>

Year 3/4

	Autumn	Spring	Summer
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Objectives	Health and Fitness Planning delivered by SSP Yoga	Health and Fitness Planning delivered by SSP Dance Carnival of the Animals	Gymnastics Shape Basketball Archery	Football (FA coaching) Planning delivered by FA Coach Dodgeball Planning delivered by SSP	Outdoor Adventure Activities CORE TASK – Search and Rescue Cricket Planning delivered by SSP	Athletics CORE TASK - Take Aim Hockey
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Year 4/5

	Autumn		Spring		Summer	
Objectives	Gymnastics Movement Tennis	Walk and Talk Mental Health and Sport Planning delivered by SSP Hockey	Swimming Dance Planning delivered by SSP Archery	Swimming Tag Rugby	Swimming Outdoor Adventure Activities CORE TASK – Safely across	Swimming Athletics Rounders Planning delivered by SSP

Year 5/6

	Autumn		Spring		Summer	
Objectives	Health and Fitness Planning delivered by SSP Swimming	Health and Fitness Planning delivered by SSP Walk and Talk Mental Health and Sport Planning delivered by SSP Swimming	Gymnastics Shape and Balance Rivers and Mountains Dance World War 2	Football (FA coaching) Planning delivered by FA coach Dodgeball Planning delivered by SSP	Outdoor and adventure activities CORE TASK – Beat the clock Basketball	Athletics Rounders Planning delivered by SSP

*PE CURRICULUM SUBJECT TO CHANGE DEPENDENT ON SPECIALIST SUPPORT/ENHANCED SPORTING PROVISION BEING OFFERED THROUGHOUT THE ACADEMIC YEAR BY THE SCHOOL SPORTS PARTNERSHIP.



Dance	All Year groups		Cricket	Year 3.4 and 5.6
Gymnastics	All Year groups		Basketball	Year 3.4 and 5.6
Athletics	All Year groups		Dodgeball	Year 3.4 and 5.6
Outdoor Adventure Activities	All Year groups		Hockey	Year 3.4 and 4.5
Yoga	Year 1, 2 and 3.4		Rounders	Year 4.5 and 5.6
Relax Kids	Year 1, 2 and 3.4		Football	Year 3.4 and 5.6
Games	Year 1 and 2		Swimming	Year 5.6 and 4.5

Continuous Provision

- Sporting events and festivals organised and run by the Schools Sports Partnership for all children, Reception to Year 6. Offered over the course of the year, 3 x events for pupils year 1-6.
- A range of After School Clubs offered throughout the year by both school staff and external coaches.
- School Sports Organising Crew develop leadership skills throughout the year.
- Tag Rugby team compete in Parkview league yearly.
- Football team compete in Cestria cup and Chest Le Street tournaments regularly.
- Weekly swimming lessons for Year 5/6 class to Freeman's Quay.
- Weekly sporting award in celebration assembly to recognise teamwork/sportsmanship
- Active Ted is sent home with KS1 children and returned the next week with pictures/writing of how that child has kept fit and active over the weekend.
- OPAL – Outdoor Play and Learning embedded into school practice.
- Annual sports day event for all children. Parents invited to view.
- Intra school competitions once a term.

