**Physical Education KS1 Long Term Plan – 2021-22 (inc C.Gowan)**

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| Term | Reception | Year 1 | Year 2 |
| Autumn1 | **CHRIS – AFTER 1ST TWO WEEKS****Big Moves program FUNdamental skills** **Developing balancing and sequencing** **Unit 1 – plastic bean bags**  | **CHRIS – FUNdamental movement skills basic movement** **Unit 1 - ball skills**  | **Fitness** **CHRIS – FUNdamentals** **Unit 1 – throwing and catching inventing games**  |
| Autumn2 | **CHRIS – Developing individual ball skills** **Continuation of FUNdamental skills** **FUNdamentals Unit 2 using a ball**  | **Unit 2 – Throwing and catching – aiming games** **CHRIS – Football basic skills**  | **Unit 2 – making up games** **CHRIS – Football sending and kicking**  |
| Spring1 | **CHRIS - Gymnastics / Dance movement in space**  **Unit 3 – hoops and quoits****Bikeability**  | **Unit 3 – Bat and ball skills and games – Skipping** **CHRIS – Gymnastics / Dance**  | **CHRIS – Gymnastics** **Unit 1 – Dance**  |
| Spring2 |  **CHRIS – Multi skills** **Unit 4 – ropes, bats and balls**  | **CHRIS – Gymnastics Apparatus**  **Unit 4 - Developing partnerwork**  |  **CHRIS –** **Multi skills** **Fitness challenge – personal goals** **Unit 3 - Dribbling, kicking and hitting**  |
| Summer1 | **CHRIS – Developing basic understanding of moving into space – sending and receiving****Athletics**  | Net/ wall skills **CHRIS – Athletics program**  | **Games Unit 4 – group games and inventing rules**Chris - Athletics – unit 1  |
| Summer2 | **CHRIS – Athletics****Multi skills related to adapted Sports Day****Sending and receiving games**  | **CHRIS – Athletics Unit 2****Preparation Sports Day - adapted activities**  | **Athletics Unit 2** **CHRIS – Sports Day adapted skills Fundamentals**  |

**Every class will undertake one hour of PE with Mr Gowan (Sports Coach) and will be taught a second hour of PE by their class teacher throughout the year. Following the National Curriculum in line with a scheme of work, they can adapt ensure the pupils have access to a full range of activities and achieve skill development. Our aim at St John Fisher is to offer high quality, inclusive PE to enable pupils to compete in sport and other activities, build character and help to embed values such as; fairness, team work, leadership and respect.**

**Additional units such as fitness and extra multi-skills and FUNdamentals have been incorporated to address issues from lack of grassroots sports and leisure facilities being open over the last year.**

Key stage 1 Pupils should Pupils should be taught to:

* 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.
* Be able to start to engage in competitive and co-orperative physical activities, in a range of challenging situations, through PE lessons and external competitions – such as Sports-hall Athletics etc.
* Perform dances using simple movement patterns.
* Engage in extra curricular activities Irish Dancing, Tennis etc

Events and competitions

Balance bikes Spring term Reception

Sports Festival Autumn term Yr1